



# Thrive

More than just living

A SERIES ON  
EPHESIANS

Dear Homegroup Leader,

**Welcome to the *Thrive* Homegroup Leaders' Guide.**

It is our earnest prayer that this series will challenge, bless and grow your homegroup as you study and explore God's Word together, allowing it to take hold of your hearts, renew your minds and transform your lives.

This guide will work through each section of Ephesians that we will cover in the Sunday sermon during our *Thrive Series*. It is not divided exactly according to the chapters of the epistle, but rather into overarching themes we find in it.

We also encourage you and your group to make use of the *Thrive Devotional Journal* that we have made available in hard copy and online. This devotional will help you take your study further and do more personal reflection.

May God bless you and your group as you embark on this journey.

Date	Theme	Scripture
Sun 14 May	Empowered in Christ	Ephesians 1
Sun 21 May	Alive in Christ	Ephesians 2
Sun 28 May	One in Christ	Ephesians 3-4:16
Sun 4 June	New in Christ	Ephesians 4:17-5:7
Sun 11 June	Wisdom in Christ	Ephesians 5:8-6:9
Sun 18 June	Victorious in Christ	Ephesians 6:10-23





**Read Ephesians 1 and use the following questions to guide your discussion.**

1. Paul talks a great deal in Ephesians (and in all his epistles) about being “in Christ.” What do you think this means?
  2. Is there a time in which you felt very connected to God? Share this with the group.
  3. Was there a time you felt really disconnected from God? If you are willing, share this with the group.
  4. Ephesians 1 reveals that we are:
    - a. Blessed with every spiritual blessing in Christ (vs 3)
    - b. Chosen to be holy and blameless (vs 4)
    - c. Destined to be adopted as God’s children (vs 5)
    - d. Redeemed and forgiven (vs 7)
    - e. Enlightened about his will (vs 9)
    - f. Given an inheritance (vs 10)
    - g. Sealed by the Spirit (vs 13-14)
    - h. Called in hope (vs 18)
    - i. Empowered by His Spirit (vs 19-20)
- 4.1. Discuss what you understand by each of these concepts?
- 4.2. How are we empowered in Christ with each of these things?
- 4.2. How can we live in the reality of these things God has given us / made available to us?
5. Being *in Christ* and is about responding to God’s invitation and it’s about the choices we make. Christ chooses to be with us, but we need to choose to be with Him and allow Him into every aspect of our lives. How do you think we practically do this?



**Read Ephesians 2 and use the following questions to guide your discussion.**

1. Are there Christians to whom you look up who seem truly “alive” to you? What is it that you see in them that you admire?
2. We are made alive IN Christ – not just with or because of Him. We are united and connected to Him. Apart from Him there is no true life. In what ways do you think you’ve been seeking life and joy apart from God?
3. In order to really be alive in Christ, we have to die to self. Read John 12:24-26 and reflect on what Jesus is saying in this parable. What does it mean for you today?
4. Oscar Muriu speaks about how sometimes we don’t trust God and die to self, but rather, just sleep to self. What do you think true surrender and really dying to self looks like for you right now?
5. Do you feel like you are living in the abundant life of Christ right now (see John 10:10). Why or why not? How do you think you can find or connect more fully to the abundance of life Christ offers?



**Read Ephesians 3-4:16 and use the following questions to guide your discussion.**

1. Sometimes it is easy for us to relate to power in a physical sense, but Paul prays in Ephesians 3:16-19 that the young Christians in Ephesus would be strengthened by God in their *inner* being. How strong do you feel in terms of your inner being right now? Why?

2. The word “power” used in Scripture here is the word “*dunamis*”, which speaks about a dynamic, explosive kind of force and strength. The unlimited, earth-shattering power of God is available to all who are in Christ. Why do you think so many Christians live lives that have no evidence of that power?
3. Where do you need the power of Christ in your life right now?
4. We are meant to experience God’s power “together with all the saints” (Ephesians 3:18). Why do you think the power of God is revealed and granted in community?
5. Paul focuses in on unity in the beginning of Ephesians Chapter 4. Why do you think oneness in Christ is so critical? How does the image of a body with Christ as the head help us to understand God’s purpose for us?



**Read Ephesians 4:17-5:7 and use the following questions to guide your discussion.**

1. Life in Christ is about putting off the old self, being made new in Christ and putting on the new self. How do you think we practically do this?
2. Read Ephesians 4:25-5:7. Which of these practical elements of living out the Christian life is the biggest struggle for you right now? Why?
3. When we obey God and surrender to Him, we find true fullness of life in Him. What is preventing you from fully surrendering to and obeying God right now?
4. How do you think we can continually allow God to renew us and live in the newness of life He offers. (Also see Romans 12:1-2).



**Read Ephesians 5:8-6:9 and use the following questions to guide your discussion.**

1. How would you define wisdom? How is it different from knowledge?
2. Are there any people you know who you would describe as “wise”? What is about them and the way they live that would make you say this about them?
3. Why do you think Paul warns the Ephesians (and us) to “be very careful how you live – not as unwise, but as wise, making the most of every opportunity because the days are evil”? (Ephesians 5: 15-16).
4. Wisdom comes from understanding what God’s will is (See Ephesians 5:17). How do you think we can discern and know God’s will?
5. The way in which Christ calls us to live involves sacrifice, surrender, submission and putting others before ourselves. This may seem contradictory to the wisdom of the world. What is most challenging for you about living according to the wisdom of God and why?
6. Is there a specific issue in your life for which you feel like you need wisdom right now? If you are willing, share it with the group. How can you seek God’s wisdom around this issue?



**Read Ephesians 6:10-24 and use the following questions to guide your discussion.**

1. Ephesians 6 talks about the spiritual battle in which all of us are involved – and that our struggle is not against flesh and blood, but against rulers, authorities and powers of darkness and spiritual forces of evil. Are you aware of the spiritual battle in your life or not? Why?

2. In what ways do you think you need to stand against the schemes of darkness in your sphere of influence right now?
3. Being strong in the Lord means that we have to be strong in our spiritual disciplines, like prayer, fasting, spending time with God, etc. How are you doing in terms of your spiritual disciplines right now?
4. Read about the armour of God in Ephesians 6:10-20. Why do you think Paul give us this image of spiritual armour we need to put on? What does it mean to you?
5. Which one of the pieces of armour is most significant for you where you find yourself right now? Why?
6. Paul moves directly from speaking about the armour of God to speaking about the importance of praying at all times (Ephesians 6:18). How do you think prayer helps us in terms of spiritual warfare and battles?
7. How strong and courageous do you feel in Christ right now? Why? (Reflect on Joshua 1:5-9).