walk WORTHY

A JOURNEY THROUGH EPHESIANS | PART 2

GROUP GUIDE

This guide is designed to help you study the Scriptures and deepen your relationship with God. Use this guide by yourself or with others.
To find a group, visit brookwoodchurch.org/groups.

Message Title: *Walking Out Faith*
November 15, 2026

OPEN

If new people have joined your group, take time to introduce yourselves to each other.

1. When have you seen a child imitate their father in a positive way?
2. What about a negative example?

ABOUT EPHESIANS

Ephesians is Paul's letter celebrating God's grace in Christ and showing how the Gospel creates a new kind of people. Chapters 1-3 lift our eyes to the grace of God and what He's done. Believers have been chosen, redeemed and the Spirit has sealed them as His own. Salvation is not earned by good works; it is God's gift, received by faith, so we may now walk worthy of our calling. Paul also explains that Christ has broken down the old wall between Jew and Gentile, making one united family, one temple, and one body under one Lord. Chapters 4-6, then, turn doctrine into daily life. Because Christians belong to Christ, they are called to humility, unity, truthfulness, purity, forgiveness, wise speech, thankful worship, faithful marriages, obedient households, honest work, and spiritual alertness. Ephesians closes by reminding believers that the Christian life is a real spiritual battle, but God provides armor through truth, righteousness, the Gospel, faith, salvation, His Word, and prayer. In simple terms, Ephesians teaches us to know who we are in Christ, live worthy of that calling, and stand firm together in God's strength as His church today.

PRAY

Invite someone to open your time in prayer.

GROUP TIPS

- If your group has eight or more people, it might be helpful to break into circles of four or five for greater participation and deeper discussion. When you come back together, invite each group to share a few takeaways from their conversation.
- Don't worry if you don't get to all the questions. Spend time reading and really thinking about what the Bible is saying and what God is revealing to you personally.

STUDY AND DISCUSSION

Ephesians 5:1-14 (NIV)

[1] Follow God's example, therefore, as dearly loved children [2] and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

[3] But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. [4] Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. [5] For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. [6] Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. [7] Therefore do not be partners with them.

[8] For you were once darkness, but now you are light in the Lord. Live as children of light [9] (for the fruit of the light consists in all goodness, righteousness and truth) [10] and find out what pleases the Lord. [11] Have nothing to do with the fruitless deeds of darkness, but rather expose them. [12] It is shameful even to mention what the disobedient do in secret. [13] But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. [14] This is why it is said:

"Wake up, sleeper,
rise from the dead,
and Christ will shine on you."

1. What does it mean that Christ *gave himself up for us as a fragrant offering*?
    a. What other passages in Scripture help you understand this idea?
    b. How is this related to the idea of *sacrifice*?

2. Draw a line down the middle of a blank piece of paper or on a page in your journal.
    a. On the left, list attitudes and actions we are to avoid as described in verses 3-14.
    b. What are clear examples of each of these, and what are the results?
    c. On the right side, describe the exact opposite of each of those on the left. Include in your list the positive traits mentioned in verse 9.
    d. Why does Paul describe these as *fruit*?
    e. What would it look like to put each of these into action?
    f. Which do you feel God is trying to cultivate in you?
3. Why do you think Paul places greed alongside sexual immorality and impurity? What might these sins have in common?
4. If we are saved by grace, how do you explain verse 5?
5. When have you felt the pleasure of God because of a choice you made (verse 10)? Describe.
6. What does light symbolize, and why would this imagery have been especially meaningful to the early church?
7. What are works of darkness you encounter on a regular basis?
8. Describe a time you witnessed someone's darkness being exposed. What happened as a result?
9. If someone observed your conversations, priorities, relationships and daily habits, what evidence might they see that you are walking in love and living in the light?
10. How does knowing you're a dearly loved child of God (verse 1) help you live the life described in this passage?
11. Read verse 14. Why do you think Paul closes this section that way?

FURTHER STUDY AND DISCUSSION

1. What parallels do you see between today's passage and Titus 3:3-11?
2. What has Christ done for you, and what stirs in you as you reflect on His love?
3. Slowly meditate on these Scriptures, noticing the thoughts and emotions that arise.
    a. Psalm 36:5-9
    b. Psalm 104:1-4
    c. John 12:44-46
    d. Philippians 2:14-15
    e. 1 Peter 2:9-10

ONE THING

What's one thing you'll take with you from this week's study and discussion? Ask God what He wants to say to you, then spend a few minutes quietly listening for Him to speak. How do you feel God wants you to respond?

PRAY

Share what you sense God is saying to you and pray for each other.

SCRIPTURE MEMORY

Memorizing Scripture allows us to carry God's Word with us all the time, wherever we go. It provides wisdom and direction for everyday life, shapes who we are becoming, and deepens our relationship with God and each other. Here's a good verse to memorize based on this week's teaching:

> *And walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*
>
> **Ephesians 5:2 (NIV)**