

The title 'FLIP THE SWITCH' is rendered in a bold, yellow, sans-serif font. The word 'THE' is white with a black outline and is positioned between 'P' and 'SWITCH'. A central illustration of a light switch is integrated into the letter 'I' of 'SWITCH'. The switch is white with a red knob and a black handle. Above the switch are three white lightning bolts and three small white stars. The entire graphic is set against a solid blue background with decorative white swirls and dots.

A Southeast Sermon Series

DISCUSSION GUIDE

**“AS A PRISONER FOR THE LORD, THEN,
I URGE YOU TO LIVE A LIFE WORTHY OF
THE CALLING YOU HAVE RECEIVED.”**

EPHESIANS 4:1 NIV

INTRODUCTION TO EPHESIANS

When we discover who we are in Jesus, our mindset is transformed by the Holy Spirit to reflect our true nature as children of God. Therefore, as this internal mindset changes, our external language and actions begin to display that reality. Our lives illuminate the heart of God in everything, and as a result we begin to see the world differently. Standards change to not just pursuing what is good, but what is pleasing to God. Perspectives shift from the temporary to the everlasting—from not just what we see with our eyes, but what we know in our hearts to be true.

In the second of this 4-part curriculum through the book of Ephesians, we discover how Paul helps everyday Christians discover the markers of true believers and uncover the way to a life of maturity and consistency in Christ. Through this study, our desire is that each person would embrace the switch in mindset and attitudes that occurs through the Holy Spirit in order to walk in the radically different way our living God has called us to. We are not who we were. God has given us a new identity and has called us to a radically different way of living. While at one time we thought, spoke, and lived differently, now that we know who we truly are in Jesus, it's time to flip the switch.

Transformation in Christ comes through being filled by the Holy Spirit and united with God's people.

**“FOR YOU WERE ONCE DARKNESS, BUT NOW YOU ARE
LIGHT IN THE LORD. LIVE AS CHILDREN OF LIGHT (FOR
THE FRUIT OF THE LIGHT CONSISTS IN ALL GOODNESS,
RIGHTEOUSNESS, AND TRUTH) AND FIND OUT WHAT
PLEASES THE LORD.**

EPHESIANS 5:8-10

HISTORICAL BACKGROUND

Ephesus was a wealthy port city in the Roman province of Asia (modern day Turkey) located on the Aegean Sea, an arm of the Mediterranean Sea. It was a key location along the Royal Road—the major East-West trade route. Ephesus was a large city (possibly population of over 200,000 in the 1st Century) and second only to Rome at the time. It was a city devoted to the worship of the pagan goddess Artemis. Her massive marble temple there was one of the Seven Wonders of the Ancient World. Magic Arts were also widely practiced there. Ephesus was a melting pot of cultures and diverse population: Jews, Gentiles, Greeks, Free, and Enslaved.

AUTHOR

The apostle Paul wrote the book of Ephesians, addressing the letter to followers of Jesus in the region of Ephesus. Paul spent most of his time traveling and bringing the Gospel message to all who would listen. Of his three major missionary journeys, covering 12-15 years and over 10,000 miles, Paul briefly spent time in Ephesus at the end of his second missionary journey (Acts 18:18-21) and then again spent approximately three years there on his third missionary journey (Acts 19:1-41, 20:3). Eventually Paul had to leave, because so many had converted to Christianity that it was destroying businesses who sold items to worship Artemis. Because the news of the Gospel was affecting their economy and everyday life, Paul was eventually driven away from the city.

DATE WRITTEN

Church history and tradition would typically date this letter from Paul between 60-63 AD, during Paul's imprisonment near the end of his life (see Acts 28). Unlike many other of his letters, Paul was not addressing an issue or concern in this book. It is likely that Paul simply took the opportunity to send a letter with Tychicus (6:21) who was traveling to the region.

SUMMARY

Paul's letter to the church in Ephesus is a powerful tribute to God's power, grace, and mercy and who we are because of what God has done for us. His desire is that believers would understand the depth of who they were made to be and then to walk out of that reality for the rest of their days.

If you've been studying with us through our Ephesians 1-3 curriculum, *Becoming Who You Are*, we hope that you have begun to understand and rest in your identity in Christ and the purpose for which God created you. As we move into Ephesians 4 and 5, Paul builds on this teaching and directs us to *flip the switch* on our thinking and our behaviors by dying to ourselves as we live in the body of Christ. These chapters will help us to understand how we can take the truths of chapters 1-3 and use them to grow into maturity in Christ.

Paul begins Ephesians 4 by reminding us of the markers of mature believers, which are exemplified in Christ and expressed through the unique, yet unified, body of believers. Even as each part that makes up the body is diverse, these markers unify each of us in the body because we share one Spirit. Paul drives home in these chapters that in order for that diverse body to mature and spread the Gospel throughout the earth, it must be unified. This requires learning to appreciate the differences that exist among God's people and use the opportunity to keep Jesus as the central unifier of the church.

But in order for this diverse body to grow up into maturity and reflect Christ to the world, there is a complete switch that needs to be made in each one of us. A switch in the way we think, talk, and act both toward ourselves and others. As Paul moves into Ephesians 5, he emphasizes that the markers of true believers are those who follow in God's example in every aspect of their lives—both the seen and the unseen. Those who live this way make it their aim to walk in love and follow the example of Jesus, an identity deeply rooted as God's children and living in a way that pleases the Lord.

OVERVIEW OF CHAPTERS 4 and 5

Chapter 4

Paul is clear from the beginning of Ephesians 4 that every believer is called to grow in maturity, attaining to the whole measure of the fullness of Christ. Spiritual maturity is the result of Christ-likeness. And as each of us grows to become more like Christ, the Church is built up. This means that as believers, if we care about the Church, we care about our brother's and sister's spiritual journey. Spiritual maturity is not an isolated event relegated to one person; it happens through the body of Christ and builds up the body of Christ. But in order to live in this way, it means dying to our old ways of living in order to step into this new life, and new body.

We cannot live the way we have been and grow in Christ-likeness. To become like Christ means accepting the lifelong journey of switching everything we once thought, believed, and did to reflect the mind and actions of Christ. In short, this chapter is all about the journey a believer must take

in dying to self—to preferences, to habits, to sinful beliefs and actions, to selfish ways, in order to be built into who we are meant to be.

Chapter 5

If chapter 4 is Paul's charge to die to self in every way, chapter 5 is his explanation of how to do that: we walk as Jesus walked. Jesus walked in the way of love, selflessly giving his life up for us as a sacrifice to God. The way to a unified, mature body of believers is the way of selflessness. It's a switch from our own thinking on things to take on the mindset of Christ. From our own standards of living, to the sacrificial way of Jesus. It's a switch from pleasing people to making it our aim to please God. The switch that comes as we become who we are is found in seeing everything—from the mysterious, to the mundane, to the marvelous—with God's eyes and heart. As we flip the switch from our old way of living, we deeply root into our identity as God's children and living in a way that pleases the Lord.

KEYWORDS

Grace.

If any word stands out, it is this one, which appears a total of 12 times in the book of Ephesians (1:2,6,7; 2:5,7,8; 3:2,7,8; 4:7,29; 6:24). Grace is referenced more in Ephesians than in any other New Testament book. God never deals with believers apart from grace. The extravagant grace of God is central in becoming who we are. Ephesians has been described as “The Letter of Grace,” and rightly so. Oftentimes our misunderstanding of grace is at the root of a broken understanding of our true identity. Teaching that tries to mix grace with works immediately denies grace. Ephesians details what grace really means (2:4-9).

Spirit.

Paul had less of a need to address pastoral issues or corrections in his letter to the Ephesians than what is commonly seen in his other letters. This gave him time to explain the vital role the Holy Spirit plays in the life of everyday believers. Ephesians, therefore, carries a major focus on the Spirit’s role in reflecting the fullness of God in our everyday lives (1:17, 23) and an encouragement to not follow the spirit of disobedience. It is by the Spirit that believers can grow in maturity to become who God has said they are.

Mystery.

The word mystery shows up several times throughout Ephesians. Anytime it is referenced, it can be summarized as *now revealed truth which*

had previously been hidden. God made known the mystery of His will: to unite all things in Him (1:9), the mystery was made known by revelation (3:3), the mystery of Christ—that Gentiles are fellow heirs and members of the same body (3:4), that the wisdom of God is made known to everything and everyone through the Church (3:9), the mystery of man and woman and Christ and the Church—that man and wife become one flesh referring to Christ and the Church. (5:32), and the mystery of the Gospel (6:19).

Heavenly Realms.

A phrase unique to this book is “*in the heavenly realms,*” which describes the invisible spiritual realm, the dwelling place of both the good and the evil forces. The positive sense is seen in the following passages: “*Every spiritual blessing in the heavenly realms*” (1:3), “*at His right hand in the heavenly realms*” (1:20), “*Raised us up with Christ, and seated us with him in the heavenly realms in Christ Jesus*” (2:6). The evil side is seen in the following: “*the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms*” (3:10) and “*against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms*” (6:12). The riches we claim are not earthly; they are heavenly. And while we are on this earth, we are also in the heavenlies right now; as believers, our place there is already set. This is the confidence we have for whatever we face. We are not yet there *physically*, but we are there *positionally*. Our position is “in Christ in the heavenlies.”

EPHESIANS' ROLE IN THE WHOLE BIBLE

The book of Ephesians unpacks the richness of the entire Bible in our everyday lives. It helps us see what all of Scripture collectively moves us toward: that God has provided all that we need to live a heavenly calling on earth by the power of His Holy Spirit through the work of Jesus on the cross.

It is one of the most formal of Paul’s letters, dealing with topics at the very core of what it means to be a Christian in faith and practice. Paul helps us understand how to live out the truths revealed throughout the whole Bible through the work and example of Jesus, the power of the Spirit, the body of believers. It is quite likely that the early church at Ephesus was made up of both Gentiles and Jews, as well as those who had formerly practiced

magic and idolatry. It is possible that if we were to meet one of these 1st Century Ephesians Paul was writing to, they might identify or define themselves by what they do or what they are known for: a free Roman citizen, merchant, farmer, politician, or a slave—which is why Paul makes such a case for understanding our true identity in Christ.

As a letter to the early church, Ephesians would have been read aloud in the local church(es) by a messenger or the local leaders because the literacy rates were low and only the very wealthy could afford written materials. The location of Ephesus made it an influential and optimal location to preach and expand the Gospel rapidly to the nations.

OUTLINE OF EPHESIANS

The book of Ephesians helps us see that God provides all that we need to live out strong Godly lives on earth with the power of His Holy Spirit.

Work of God through Christ | When We Know Who We Are in Jesus

1:1-14 Chosen in Christ	1:15-23 We can trust in God’s power.	2:1-10 We are changed for a purpose.	2:11-22 We are one.	3 We can confidently go to God and grow through Him.
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Work of God through Christ | Our Calling in Christ

1:1-14 Chosen in Christ	1:15-23 Prayer for trust in God’s power	2:1-10 Changed for a purpose	2:11-22 New union as Church	3 Prayer for growth
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Walk of Believer in Christ
We Will Know How to Live

THEN

4:1-16

Live unique and unified

4:17-6:9

Living unleashed in all God has made us for

6:10-24

Living by the Spirit in a world of warfare

Walk of Believer in Christ
Living out Our Calling

THEREFORE/ THEN

4:1-16

Walk worthy by keeping unity

4:17-6:9

Walk worthy by holy living

6:10-24

Walk worthy by fighting spiritual warfare

DISCUSSIONS AT A GLANCE

WEEK 1

Switch Your Thinking

Text

Ephesians 4:1-24

Takeaway

Becoming like Jesus requires a new way of thinking.

WEEK 2

Switch Your Flip

Text

Ephesians 4:25-32

Takeaway

As the Spirit transforms what we think, it informs what we say.

WEEK 3

Switch Your Standards

Text

Ephesians 5:1-14

Takeaway

Our standard as believers is to live in a way that pleases God.

WEEK 4

Switch Your Perspective

Text

Ephesians 5:15-20

Takeaway

God wants us to see everything from His perspective.

GROUP LEADER TIPS

Before beginning Week 1, share some **Ground Rules** with your group.

THIS SHOULD BE A SAFE PLACE.

Please:

- ▶ Keep things that are shared confidential.
- ▶ Respect those with different backgrounds and beliefs. We are not all the same, and that is good.
- ▶ Remember the difference between an opinion and a fact. Discuss ideas and be open to learning.
- ▶ Try not to make sweeping generalizations, especially about groups you are not a part of.
- ▶ Listen at least as much as you share.
- ▶ Bring your Bibles (app is OK!). Different Bible translations are often helpful. For the purposes of this curriculum, all verses are cited from the NIV Bible translation.

Tips for leading discussions:

- ▶ Start with prayer!
- ▶ Silence is OK. Resist the temptation to jump in when there is a pause. Some need a bit of quiet time to process before answering.
- ▶ "Tell me more" or "Can you say more about that?" are helpful questions for pulling out more information and for clarifying statements. Take your time. Don't skip over reading the passages or the memorization components.
- ▶ *Be more discussion leader than teacher.* Many questions are meant for discussion and reflection and don't have one "correct" answer. It is OK to say, "I don't know the answer to that" or "Why don't we all look into that this week and re-loop on it when we come back?"
- ▶ Take your time. Don't skip over reading the passages or the memorization components.

Each week begins with an icebreaker and prayer, followed by a simple summary of the discussion material for the week, the text and questions, and a group challenge.

THE BIG IDEA FOR THIS STUDY IS

Transformation in Christ comes through being filled by the Holy Spirit and united with God's people.

DISCUSSION MATERIAL

WEEK 1

SWITCH YOUR THINKING

Part of becoming who we are begins with our minds. Studies show that humans have 6,000+ thoughts a day—*our minds are always going*. So, it shouldn't surprise us when we've thought so long one way that we have a difficult time shifting to a new way of thinking. As we grow in spiritual maturity, we constantly need to switch our thinking to become more like Christ. Paul's desire for believers is that in receiving our new identity in Christ, we would grow up into maturity in ways that are seen and unseen. But it starts with the unseen; *it starts with our minds*. Paul is clear from the beginning of Ephesians 4 that every believer is called to grow in maturity, attaining to the whole measure of the fullness of Christ. Spiritual maturity is the result of Christ-likeness. And as each of us grows to become more like Christ, the Church is built up. This means that as believers, if we care about the Church, we care about our brother's and sister's spiritual journey. We care about their *mindsets and attitudes*. Spiritual maturity is not an isolated event relegated to one person, it happens through the body of Christ and builds up the body of Christ. As we let the Spirit renew our thoughts and attitudes, we learn more of what it means to live in a way toward ourselves and others that pleases the Lord.

BECOMING LIKE JESUS REQUIRES A NEW WAY OF THINKING.

ICEBREAKER

“Penny for Your Thoughts” Provide each person with a penny that is no more than 15 years old. Ask them to think back to the date on their coin and share with the rest of the group something significant or interesting that happened to them in that year.

DISCUSSION GUIDE WEEK 1

SWITCH YOUR THINKING

PRAY

to open up your group discussion time.

DISCUSS**Read Ephesians 4:1-24 out loud as a group.**

What stands out to you in Ephesians 4:1-24? (*There is no pressure to answer difficult questions that come up from reading the passage right now. Simply take time as a group to observe the text together.*)

How would you say our society defines maturity?

How have you and/or your family defined maturity?

What are some markers of maturity pointed out in Ephesians 4:1-24?

Paul describes maturity in Ephesians as spiritual growth that transforms every aspect of our life. As our identity changes, we should have both inward and outward transformation. Why do we tend to focus only on the outward changes?

Why do you think it is important in our personal faith journey to focus on **BOTH** the inward changes such as how we think and process things **AND** the outward ways in which we behave and treat others?

How is spiritual growth and maturity connected to our mindset and attitude?

Read 4:2-6. According to the text, how do believers “walk worthy of our calling”?

Would you say you are currently “walking worthy of your calling”? Explain.

Read 4:11-13. How does Paul describe the process by which we move toward maturity?

Discuss what Paul could mean when he says *put off* the old self, *put on* the new self to *be made new in the attitude of your minds*.

If you are comfortable answering, what are some areas of thinking that you have struggled to surrender since following Jesus? Be honest.

Paul describes the futility of godless thinking as progressively spiraling downward. In contrast, we are to be “made new in the attitudes of our minds.” What would you say the general “attitude of your mind” has been over the last month? Why do you think that is?

Are there any areas of your mind that you find yourself more inclined toward godless thinking?

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In light of what you've read, how does the role of Scripture, the Holy Spirit, and the body of believers become necessary when you make it a priority to "put off the old self" and "put on the new self"? Explain the significance of each.

Throughout this chapter, Paul places a huge emphasis on spiritual maturity being

connected to what we think and the attitude we have. Becoming like Jesus requires a new way of thinking. As you commit to flip the switch, what is one change in your thoughts that you want to ask the Spirit for help with this week?

GROUP CHALLENGE

Choose one or two people in your group this week and share with one another each day how you've practiced putting off your old way of thinking (*make sure everyone in the group has a partner*).

DISCUSSION MATERIAL

WEEK 2

SWITCH YOUR FLIP

Growing up into maturity starts with switching our thinking, but it continues with our words. A shift in our thinking is noticed by others through a shift in our talking. Our minds inform our words, and our words create ways of interacting with the world. As the Spirit renews our thoughts and attitudes, our language begins to adjust. We no longer talk the way we used to—lies are no longer on our lips and anger doesn't fill our body. Instead, we practice muscle memory by learning to put on our new nature that is given through the Holy Spirit. We express the life-giving language of God to the world as His children.

AS THE SPIRIT TRANSFORMS WHAT WE THINK, IT INFORMS WHAT WE SAY.

ICEBREAKER

What is one frequently used word that you can't stand?

DISCUSSION GUIDE WEEK 2

SWITCH YOUR FLIP

PRAY

to open up your group discussion time.

DISCUSS**Read Ephesians 4:25-32 out loud as a group.**

What stands out to you in Ephesians 4:25-32? *(There is no pressure to answer difficult questions that come up from reading the passage right now. Simply take time as a group to observe the text together.)*

What are the different ways that words are expressed in our society? (think social media, texting, talking, etc.)

What value (if any) would you say our culture places on words?

Read Proverbs 18:21. Discuss the implications of this. How is this different than the way our culture uses words?

Do you personally see your everyday words as a sacred tool to speak life into others? How would you describe the vision of Christian community that Paul presents in Ephesians 4:25-32 in contrast to the rest of the world?

What does this passage help us understand about how we grow and change in regards to our words?

It's been said that "words shape our worlds." In verse 29, it says to "get rid of any unwholesome talk." Can you think of a time in your life where the words of others have wounded you? Have you asked God to heal the damage in your heart or are you holding on to anger or bitterness of those words? Feel free to share if you are comfortable.

In light of Proverbs 18:21, what would be some examples of unwholesome talk? What would be some everyday examples of using your words for life?

Can you think of a time in your life where the words of others have *built you up*? How did that experience change you?

Read Ephesians 4:25-5:7. Share some of the examples Paul gives of our old language. What do all the negative things Paul wants them to abandon have in common?

Of the following three, which way do you find yourself using your words most often? Unwholesome talk, building others up, neither.

How might apathy with our words (neither building up nor tearing down) hinder us from Spiritual maturity?

In what areas have you seen God begin to change how you speak?

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What role does the love and sacrifice of Christ play into our words?

With our words, how do we balance God's call for truth with God's equal call for grace?

How might it change the way you communicate when you realize we are *all members of one body* (v25)?

How does *switching your thinking* help you to **switch your flip** (language)?

As the Spirit transforms what we think, it informs what we say. What is one way you can use your words for life this week? Share with the group.

GROUP CHALLENGE

Split into groups of 2-3. Pray specifically over one another that the wounds made by words (old or new) would be healed.

DISCUSSION MATERIAL

WEEK 3

SWITCH YOUR STANDARDS

Oftentimes we think the way of Jesus involves a checklist of dos and don'ts, and many times this mindset can be perpetuated in the Church. But when Jesus invited us to this new way of living, He wasn't calling us to embrace a checklist, but to encounter a deeper calling. A calling of being children of God who live in the light, and this means that our standards for life change. What we do, what we participate in, and our decision-making standards switch.

OUR STANDARD AS BELIEVERS IS TO LIVE IN A WAY THAT PLEASURES GOD.

ICEBREAKER

Describe a perfect day for you.

DISCUSSION GUIDE WEEK 3

SWITCH YOUR STANDARDS

PRAY

to open up your group discussion time.

DISCUSS

**Read Ephesians 5:1-14
out loud as a group.**

What stands out to you in Ephesians 5:1-14?
*(There is no pressure to answer difficult questions
that come up from reading the passage right now.
Simply take time as a group to observe the text
together.)*

In general, what is the standard that culture
uses to define acceptable behavior? Or is
there a standard? Explain.

What does Ephesians 5:1-2 tell us about how
we can be like God and Christ?

How is the standard of Godliness and Christ-
likeness different than the standards of
culture?

How did Jesus live when He walked on the
earth? Be specific.

Read Ephesians 5:3-7. What does Paul want
them to understand?

What connection does Paul make between
character and eternal destiny?

Paul is realistic in this passage about the
challenge of walking in the light. If you feel
comfortable, share with the group where you
have let “darkness” get a foothold in your life.

Of what deception is Paul warning the
Ephesians? How might we be deceived about
sex in our culture?

What motivation does Paul give for turning
away from these sins?

Read 5:8-12. What does Paul say is the
standard for children of the light?

Would you say your everyday decisions are
filtered through the lens of “what pleases the
Lord?” Explain why or why not.

Our standard as believers is to live in a way
that pleases God. What are some practical
ways to make sure the standards we are using
are God-honoring?

Read 5:13-14. This section provides some
additional motivation for Christian
obedience. What does verse 14 imply about
the transforming power of “light”?

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Feel free to split into same-gender groups for the final few questions.

What areas of your life do you tend to hide from the light?

Part of “flipping the switch” in our identity comes through embracing and leaning into

a safe, Godly community we can trust. Healthy believers need to find safe people to whom they can confess their sins and find forgiveness and encouragement. Is there anything that you’ve hidden in darkness that you need to bring to the light?

GROUP CHALLENGE

This week, evaluate key areas of your life and the standards you are holding yourself to. Where do you feel confident about your standards? Where might you not be honoring God? Choose someone in your group to share these with (make sure everyone has a partner!).

DISCUSSION MATERIAL

WEEK 4

SWITCH YOUR PERSPECTIVE

We live in a world of dooming headlines. On every physical and digital corner, the stories we're told are ones of hopelessness and despair. And while those headlines may be true, as believers we know they are not the truest thing. The days are certainly evil, but as believers we hold a different perspective with how we engage with these days. We see them as opportunities rather than obstacles, living wisely in them rather than trying to just survive through them. This shift in perspective changes everything about the way we live. We don't live with hopelessness because we know that Jesus is over everything in every way. But at the same time, we also don't live with apathy by merely waiting out the days. Instead, we *engage*, living by the power of the Spirit and joining God in the work of making all things new.

GOD WANTS US TO SEE EVERYTHING FROM HIS PERSPECTIVE.

ICEBREAKER

What is the strangest thing you've seen this year?

DISCUSSION GUIDE WEEK 4

SWITCH YOUR PERSPECTIVE

PRAY

to open up your group discussion time.

DISCUSS

Read Ephesians 5:15-20 out loud as a group.

What stands out to you in Ephesians 5:15-20? (*There is no pressure to answer difficult questions that come up from reading the passage right now. Simply take time as a group to observe the text together.*)

What are some things growing up or currently that can shape our perspective on the world?

If someone were to describe your perspective on the world from their experience of engaging with you, what might they say?

Would you say that your perspective of the world is informed more by Scripture or by something else? If something else, what is it? (news station, social media, family opinions, etc.)

Read Ephesians 5:15-18. Does “making the most of every opportunity” describe your perspective on life? Explain.

A wise person will *understand what the Lord’s will is* and will make *the most of every opportunity*. Do you believe it is God’s will for us to simply survive challenges and opportunities or to thrive through them? Explain. What might we miss when we are only trying to survive?

How often do you see evil in the world as opportunities for you to engage with the hope of Jesus? Explain.

Paul exhorts us to live wisely. What might it look like for you to live wisely in your home? workplace? neighborhood?

If a particular perspective shapes our lives, then what role should the Spirit play in the Christian life?

Ephesians 5 makes it clear that Godly perspective comes from being filled by the Spirit. In verse 18, Paul challenges believers by saying, “Do not get drunk on wine... Instead, be filled with the Spirit.” Why do you think Paul makes this particular comparison?

What might someone be seeking in alcohol? Get specific. Other than alcohol, what else do others use to try to accomplish the same outcome?

Read 5:19-21. These verses display the results of being filled with the Spirit. What are they?

What does it look like to put these verses to action in your everyday life? How might these help you have the right perspective and express the right perspective toward others?

How does thankfulness qualify as an expression of being Spirit-filled?

God wants us to see everything from His perspective. What is one area of your life this week you want to grow in switching your perspective to a Godly one?

GROUP CHALLENGE

Set a timer for five minutes and write down as many things you can think of that you are grateful for. Share a few with the group and pray as a group over your blessings.

PERSONAL CHALLENGE

Evaluate the areas in your life where you are struggling to keep your perspective and live by the Holy Spirit. Ask yourself "why?" And then "why?" again. Are you always angry in the car? Why? Because you are always rushed? Why are you always rushed? Is it because you don't leave yourself enough time or because your plate is too full? Try to get below the surface to the root and ask for the Holy Spirit's help in switching your perspective or guiding you toward action.

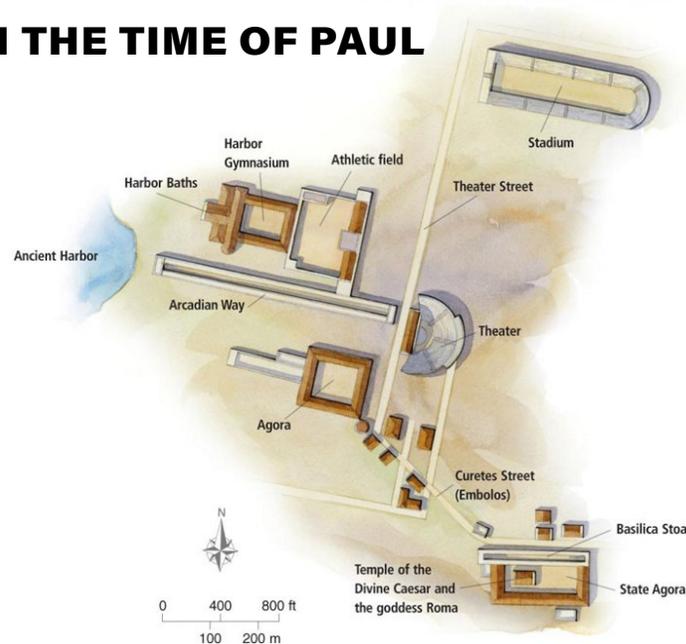
BONUS CONTENT

OTHER BIBLICAL REFERENCES TO EPHESUS

Ephesus is the first of seven churches to be addressed in Revelation (written about 30 years after Ephesians). They are told to repent because they have since lost their initial passion and love for Christ and the Church.

See also Acts 18:19, 21, 24; Acts 19:1, 17-20, 23-31, 35; Acts 20:16-38; 1 Corinthians 15:32; 1 Corinthians 16:8; 1 Timothy 1:3; 2 Timothy 1:18; 2 Timothy 4:12; Revelation 1:11; and Revelation 2:1.

EPHESUS IN THE TIME OF PAUL



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LOOKING FORWARD IN EPHESIANS

Paul's letter to the church in Ephesus is a tribute to God's power, grace, and mercy and who you are because of what God has done for us. Our prayer is that the time we've spent in chapters 1-3 has helped you to understand your identity in Christ both as individuals and as the Church, as well as the purpose for which God created you.

In Ephesians 4-6, Paul builds on this teaching and directs us in how we can think about our behaviors and the work of the Christian. Chapters 4-6 will help us to understand how we are to take the truths of chapters 1-3 and grow into maturity.

Our next set of curriculum for the series will focus on maturity in our relationships with one another. You can continue studying through Ephesians by going to southeastchristian.org/resources.



southeastchristian.org