

CITIZENS & SAINTS

A JOURNEY THROUGH EPHESIANS | PART 1

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: New Humanity

August 30, 2026

OPEN

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

1. When have you sought to be part of a new group: a new country, a circle of friends at school or work or a club? Describe your experience.
2. What's something God has been showing you lately?

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 2:11-22 (NIV)

¹¹ Therefore, remember that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (which is done in the body by human hands)—¹² remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. ¹³ But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵ by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the

two, thus making peace, ¹⁶ and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷ He came and preached peace to you who were far away and peace to those who were near. ¹⁸ For through him we both have access to the Father by one Spirit.

¹⁹ Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, ²⁰ built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹ In him the whole building is joined together and rises to become a holy temple in the Lord. ²² And in him you too are being built together to become a dwelling in which God lives by his Spirit.

1. What words or ideas about separation do you notice in verses 11-12?
2. According to this passage, who created the barrier between the Jews and Gentiles? What leads you to believe that?
3. Why might the image of Christ tearing down a dividing wall have been especially powerful for Paul's original audience?

4. Why do you think Paul tells these believers to remember their former condition rather than simply move on from it?
5. What different things does Paul say Christ has done in verses 13-18?
6. Which picture of what Christ does speaks to you most? *Why that one?*
 - A. Brings people near
 - B. Tears down walls
 - C. Makes peace
7. What challenges often come up when groups of people who used to be separate come together to form one group? What are some examples?
8. How did the blood of Christ (verse 13) and the cross (verse 16) reconcile Jews and Gentiles?
9. What do the images of citizenship, family and a building tell us about Christian belonging?
10. Sometimes we can have an *us and them* mentality. Where in your life might you be maintaining a dividing wall (or even keeping someone at a distance) that Christ is inviting you to reconsider?
11. What would it look like this week to live as someone who genuinely belongs in God's household?
12. Where are you tempted to base your identity around nationality, background, politics, status, personality or another distinction more than your identity in Christ? What are ways you can learn to see yourself more like Jesus sees you?
13. Where does this passage feel comforting, challenging, or exposing?
14. What helps a church or small group become a place where people experience genuine belonging rather than simply attendance?
15. Who in your life could you pray for using the concepts of this passage?

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. This could be a word or phrase from the passage that stands out to you, or a simple thought He brings to mind.

PRAY

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

SCRIPTURE MEMORY

Memorizing Scripture helps us carry the words of God with us all the time, wherever we go. His Word gives light and direction and ultimately has the power to change us and deepen our relationship with Him. Here's a good verse to memorize based on this week's teaching:

So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God.

Ephesians 2:19 (ESV)