

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: *Power Through Surrender*

September 20, 2026

OPEN

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

1. What's the difference between knowing that someone loves you and actually feeling secure in their love?
2. What's an area of your life in which you're thriving? How about one you're just surviving?

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.
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STUDY AND DISCUSSION

Ephesians 3:14-21 (NIV)

¹⁴For this reason I kneel before the Father, ¹⁵from whom every family in heaven and on earth derives its name.

¹⁶I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is

the love of Christ, ¹⁹and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

²⁰Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

1. Spend several minutes quietly reading the passage. What words or phrases stand out to you? *Share with each other why those are significant.*
2. Why does Paul include the thought that *every family in heaven and on earth derives its name from the Father*? Knowing that God doesn't waste words, what does Paul's comment add to the passage?
3. What specific things does Paul ask God to do?
4. What images come to mind when you think about being *rooted in love* and *established* (or grounded) *in love*? What do these teach you about growing in Christ's love?
5. What is Paul trying to communicate when he wants us to know a *love that surpasses knowledge*?

6. What are some ways God's love have changed who you are and how you've related to others.
7. Think about a relationship in which you sometimes become defensive or guarded. How could feeling more secure in Christ's love change the way you listen or respond?
8. What does another person tend to experience from you when you feel secure? What tends to come out of you when you feel insecure?
9. What significant changes would occur in your life if you were *filled to the measure of all the fullness of God*?
10. Paul prays that people would have strength to receive the reality of Christ's love. In what area of your life are you longing to feel more of God's love?
11. Paul ends by imagining God doing beyond what we can ask or imagine. What's something in your spiritual or relational life that feels difficult to imagine changing?
12. Who can you pray for using particular themes from this passage?

***** Rewrite Paul's prayer in the first person and pray it for yourself. *****

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

What prayer in this passage would you most like someone to pray for you this week? Share this 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:

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.

Ephesians 3:16 (NIV)