

These Southland Group discussion guides are intended to guide you through the biblical text(s) from the weekend sermon. As a leader, your task **is not** to make it through every question here (choose 1-3 from each section), but to guide through the 5W's below. **Before group**, read the passage, and choose the questions or options you want to use in group.

Sermon Series: Ephesians: A People Formed by Grace

Sermon Date: February 8, 2026

Main Idea: In Christ, you are adopted by God according to His plan, into His eternal love, to the praise of His grace.

WELCOME The goal is to get everyone talking. Approx 10 min

- *Option 1:* Share highs and lows from the week.
- *Option 2:* Ask: "What is one title or role you have (friend, parent, student, etc.) that shapes the way you see yourself each day?"

WORSHIP The goal is to humble your hearts before God. Approx 10 min

- *Option 1:* Have a group member (or you) share the gospel with the group to remember the work of Jesus.
- *Option 2:* Play "[Who You Say I Am](#)" by Hillsong Worship on YouTube. Encourage people to listen or sing if comfortable.

WORD The goal is to discuss God's Word together and apply it to your lives. Approx 50 min

Open in a word of prayer, inviting God to speak through His word and transform your hearts.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?

Have two volunteers **read Ephesians 1:1-6, each in a different translation.**

- **HIGHLIGHT** What does the text say? (5-10 min)
 - *Use a study Bible to answer:* Who wrote this letter, to whom, and why?
 - What words or phrases are repeated or emphasized here? Which ones are particularly powerful or confusing?
 - What does Paul say God has done for those "in Christ" or "in Him"?
 - What is the emotional tone of this passage here?
- **EXPLAIN** What does this text mean? (20 min)
 - What does God reveal about Himself here?
 - What does God reveal about people here? What are we to be/do?
 - What does Paul mean when he says God "chose us ... before the foundation of the world"? What does that tell us about God's plan?
 - What does adoption communicate about our relationship with God?
 - What is the ultimate purpose of God's saving work?
 - Summarize, what did God intend to communicate in this passage? Why is this passage in the Bible?

- **APPLY** How does this text apply today? (20 min)
 - How should knowing you are chosen and adopted in Christ shape your identity? How would your week look different if you live from this truth?
 - What gets in the way of living in this truth? Where do you most often look for worth or approval besides God?
 - How can you – individually – remember and live in this reality? How could we – as a group – help you?
 - How can this group better reflect that we are one adopted family in Christ?
 - How can you and your family grow in gratitude and worship this week?
 - What is one thing God wants you to do or believe in response to this section of Scripture?
- **RESPOND** Pray, thanking God for what He revealed from the passage (5 min)

WANTS The goal is to share prayer requests and pray for one another. (Approx 20 min)

- *Option 1:* Break off into groups of 3-4 (same gender) to share prayer requests and pray for the person on your left. Encourage one another throughout the week by text. (LEADER NOTE: If doing this option, do WITNESS [below] before dividing.)
- *Option 2:* Share prayer requests as a large group. Then (1) choose someone to close in prayer, (2) you open in prayer, (3) leave silence in-between for people to pray out loud as the Spirit leads

WITNESS The goal is to get people thinking about others outside of the group. Approx 5 min

- *Option 1:* Who is one person in your life who needs to hear and receive the Gospel? How can you make sure to share with him/her?
- *Option 2:* What is one way we could serve the families, teachers, or staff at the middle school? What will we do?

LEADER REMINDERS

- Reach out to at least one group member to encourage them in their walk with Jesus.
- Identify at least one potential leader in your group and ask them to help you lead one part of the group.

ANNOUNCEMENTS: UPCOMING CHURCH EVENTS

- **CHURCH POTLUCK:** February 22 – bring a side dish to share after service
- **FAMILY EQUIP.** March 1, 4-5:30pm – Parents and kids (5th grade and under) learn from Elise Fraser, author of *Serving Made Simple*, how to serve those in need as a family. Kids are welcome and encouraged to attend with their parents.