

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: March 8, 2026

Main Idea: Jesus rose from the dead and has been exalted above all powers and authorities. He is established as the supreme and reigning head over all!

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

- *Option 1:* Share highs and lows from the week.
- *Option 2:* Ask: "If you were put in charge of the world for one day, what's the first rule you would make, and why?"

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

- *Option 1:* Have a group member (or you) share your testimony with the group – where you came from, how you recognized your need for Jesus, how Jesus saved you, and where you are now because of Him.
- *Option 2:* Play "[King of Kings](#)" 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 1:15-23, each in a different translation.**

- **HIGHLIGHT** What does the text say? (5-10 min)
 - What words or phrases are repeated or emphasized here?
 - Which phrases are particularly powerful or confusing?
 - What repeated themes from earlier in Ephesians 1 do you see?
 - What imagery is used in verse 22? Why is it significant?
- **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 it mean that Christ is seated at God's right hand? (See Acts 2:33-36)
 - What does it mean that all things are placed under his feet?
 - In what sense is Christ "head over all things to the church" (ESV)?
 - 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 does knowing Christ reigns over all authority affect your response to cultural or political anxiety?
 - In what ways are you tempted to believe something else is in control? How can you remember Jesus in the highest authority?
 - What should it look like to practically live under Christ's headship? How would it impact your work? Family? Private life?
 - How should this passage affect our view of the church? How we treat other believers?
 - What is one specific area of your life that needs to come more fully under Jesus' rule?
 - 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:* What is one need within the community (i.e. domestic abuse, poverty, foster care, etc.)? What is one way this group can bless or serve those in need this month?
- *Option 2:* Who in your life needs to turn to Jesus? Let's pray for him/her now.

LEADER REMINDERS

- Reach out to at least one group member to encourage them.
- 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

- **MEN'S BREAKFAST**, March 18, 7-8:30am at the clubhouse in the Retreat at Rayfield. Register online.
- **WOMEN'S GATHERING**, March 18, 6:30-8:30pm at the clubhouse in the Retreat at Rayfield. Register online.
- **MEMBERSHIP CLASS**, March 22, 2-3:30pm at the clubhouse in the Retreat at Rayfield. Register online.