walk WORTHY

A JOURNEY THROUGH EPHESIANS | PART 2

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: *Before & After*
November 8, 2026

OPEN

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

1. What's the difference between changing your behavior and actually becoming a different kind of person?
2. What's something you've changed your mind about over the years that has significantly affected how you live?

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 4:17-32 (NIV)

17 So I tell you this, and insist on it in the
Lord, that you must no longer live as the
Gentiles do, in the futility of their
thinking. 18 They are darkened in their
understanding and separated from the
life of God because of the ignorance
that is in them due to the hardening of
their hearts. 19 Having lost all sensitivity,
they have given themselves over to
sensuality so as to indulge in every kind
of impurity, and they are full of greed.

20 That, however, is not the way of life
you learned 21 when you heard about
Christ and were taught in him in
accordance with the truth that is in
Jesus. 22 You were taught, with regard to
your former way of life, to put off your
old self, which is being corrupted by its
deceitful desires; 23 to be made new in
the attitude of your minds; 24 and to put
on the new self, created to be like God
in true righteousness and holiness.

25 Therefore each of you must put off
falsehood and speak truthfully to your
neighbor, for we are all members of one
body. 26 "In your anger do not sin": Do
not let the sun go down while you are
still angry, 27 and do not give the devil a
foothold. 28 Anyone who has been
stealing must steal no longer, but must
work, doing something useful with
their own hands, that they may have
something to share with those in need.

29 Do not let any unwholesome talk come
out of your mouths, but only what is
helpful for building others up according
to their needs, that it may benefit those
who listen. 30 And do not grieve the Holy
Spirit of God, with whom you were sealed
for the day of redemption. 31 Get rid of all
bitterness, rage and anger, brawling and
slander, along with every form of malice.
32 Be kind and compassionate to one
another, forgiving each other, just as in
Christ God forgave you.

EPHESIANS 4:17-24 — THE OLD SELF AND THE NEW SELF

1. What contrasts do you notice between the way of life Paul describes in verses 17-19 and the life he describes in verses 20-24?

2. How does a person move from being sensitive to something that is wrong to no longer being bothered by it? What might that progression look like?

3. How would you summarize this passage to help someone who's searching for God?

4. What are practices or steps you can take to increase your sensitivity to God's voice and His heart for you?

5. How is putting on the new self different from trying harder to become a better person?

6. When you recognize something in yourself that needs to change, what's your typical response:
    a. Determination
    b. Discouragement
    c. Defensiveness
    d. Avoidance
    e. or something else?

    What does your answer reveal about you?

    If you're feeling brave, share an example.

7. What attitudes or patterns of thinking have you found particularly difficult to change?

8. Paul describes the new self as *created to be like God in true righteousness and holiness*. How might that change the way we understand personal growth and spiritual maturity?

9. If someone observed your conversations, reactions and relationships over the past month, what evidence might they see of the old self or the new self?

EPHESIANS 4:25-32 — LIVING DIFFERENTLY IN EVERYDAY RELATIONSHIPS

10. Describe a time when truthfulness strengthened one of your relationships. What was that like for you?

11. When is anger sin, and when is it not? How can you tell the difference?

12. If a neighbor or co-worker asked you what it means for the devil to get a foothold (verse 27), what would you say?

13. In verse 29, Paul challenges us to use words that build others up. What distinguishes words that are merely pleasant from words that genuinely strengthen someone?

14. What does it mean to *grieve the Holy Spirit of God*? What does it look like to do the opposite of that?

15. How can we distinguish between a genuine desire to grow spiritually and the pressure to appear spiritually mature?

16. How can we cultivate friendships where people feel accepted in their struggles but are also challenged and encouraged to grow?

17. Which instruction in verses 25-32 might have the greatest impact on your relationships if you began practicing it more intentionally?

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

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, a simple thought He brings to mind, or a way He wants you to respond. Share what you sense God is saying to you and pray for each other.

SCRIPTURE MEMORY

Memorizing Scripture allows us to carry God's Word with us all the time, wherever we go. It provides wisdom and direction for everyday life, shapes who we are becoming, and deepens our relationship with God and each other. Here's a good verse to memorize based on this week's teaching:

And to put on the new self, created to be like
God in true righteousness and holiness.

Ephesians 4:24 (NIV)