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: *Spirit-Filled Life*
November 22, 2026

OPEN

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

1. You wake up, the house is on fire; besides family and pets, what do you grab first?
2. Answer in 30 seconds or less: what's a harmless hill you're willing to die on?

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 5:15-20 (NIV)

15 Be very careful, then, how you live—
not as unwise but as wise, 16 making the
most of every opportunity, because the
days are evil. 17 Therefore do not be
foolish, but understand what the Lord's
will is. 18 Do not get drunk on wine,
which leads to debauchery. Instead, be
filled with the Spirit, 19 speaking to one
another with psalms, hymns, and songs
from the Spirit. Sing and make music
from your heart to the Lord, 20 always
giving thanks to God the Father for
everything, in the name of our Lord
Jesus Christ.

1. What might we discover about ourselves if we paid closer attention to the way we live?
2. What's the difference between intelligence, knowledge and wisdom? What are some everyday examples of each?
3. How would making the most of every opportunity combat these evil days?
4. How can we distinguish between making the best use of our time and simply being busy?
5. What are some opportunities you tend to overlook or waste?
6. What role did psalms, hymns and spiritual songs seem to have in Paul's life?
7. Why do you think Paul emphasizes music as part of the Christian life?
8. Why do you think Paul contrasts getting drunk with wine and being filled with the Spirit?
    a. What do they have in common, and how are they fundamentally different?
    b. What draws you away from God?
    c. How can you recognize when something other than the Spirit is directing your life?

9. What does it look like, practically, to be filled with the Holy Spirit?

10. What do these passages teach you about the Holy Spirit?

    a. Ezekiel 36:26-27

    b. John 14:16-17, 26

    c. John 16:12-15

    d. Romans 8:12-16

    e. Galatians 5:16-26

11. What does it look like to be grateful to God without pretending that everything in life is good, especially when you're hurting or struggling?

12. What's one area of your life you sense God inviting you to walk more wisely or become more responsive to His Spirit?

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.

PRAY

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 do not get drunk with wine, for that is
debauchery, but be filled with the Spirit.

Ephesians 5:18 (ESV)