

# groups.

Notes | January 11, 2026

## Reset Back to God's Truth

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What makes you a follower of Jesus? This was the question Paul addressed in his letter to the Church of Ephesus—a church set in the middle of a large city that embraced Pagan Idol Worship at the Temple of Artemis. The culture of Ephesus sought to earn the approval of its gods. Paul's letter to the Church served as a reminder of what God had done for them through Jesus to help them continually RESET back to God's truth amid a culture that opposed God's will.

Paul's letter to the Ephesians is just as relevant to our culture today. Why? Because the ruler of this world is Satan. He is the prince of the air. The enemy of God who comes to steal, kill, and destroy everything God loves.

Before we bow to Jesus, the spirit of the enemy is at work within us. Just as a breaker panel is dead before power is delivered to it, so we are dead in our sins. When we bow to Jesus, God gives us His Holy Spirit, who begins His work in us. As a breaker panel is energized and made "live" by the power delivered to it, we too move from death to life when the power of God moves through us. This RESET flips us from spiritually dead to alive in Christ, the greatest reset of our lives!

## Key Scripture | Ephesians 2:1-10

"As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

## Related Scriptures

John 5:24, Ephesians 1:19-20, Ephesians 2:19, Galatians 5:16-18

## Icebreakers:

Q: What's the most embarrassing fashion trend you used to love that makes you cringe now?

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## Key Thoughts and Reflections:

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### I. FIRST Surrender

Q: The thief comes to steal, kill, and destroy. What are some things that God loves that the thief attempts to steal, kill, and destroy?

Q: Before our first surrender to Jesus, we were dead in our sins. Share what you think this means and then read Ephesians 2:3 to see how Paul explains it. What did Jesus do even when we were dead in sin, to raise us into new life?

Q: Read John 5:24 and Ephesians 2:8-9. From these two passages, summarize the Gospel and the steps Jesus took to secure our salvation and ultimately our eternal life through Him.

### II. FRESH Surrender

Q: Ephesians 2:19 says that we are citizens with God's people, members of His household. As members of His household, we must stop living for self and claim Christ. What are some things that we are called to surrender to have the full life Jesus came to give?

Q: When we bowed to Jesus, we were made alive in Him. Share an example from your own life of what it means to be spiritually alive.

Q: When we said yes to Jesus, He imparted His Spirit, the Holy Spirit, to begin the process of sanctification (transformation). Read Galatians 5:16-18. How does the Holy Spirit help us in our transformation?

### III. FULL Surrender

Q: Jesus made us alive in Him and then gave us His Spirit to sanctify us. Our response is to call Jesus our Savior and our Lord. Read Ephesians 2:10. What is the result of our giving our full surrender?

Q: To fully surrender, we must give God full access. What are some places in life that can make this difficult?

Q: Reread Ephesians 2:8-9. Apply this passage to the answer you gave to the last question and share how the Holy Spirit will help when surrender is difficult.

## Get Practical

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We have all been dead in our sins at some point in our lives. Take time this week to remember who you used to be. Be still before the Lord and allow this reminder to stir up gratitude and affection for Jesus. Journal the ways He has worked in and through you as He brought you from death to life. Ask Him to reveal any areas of your heart that still need full surrender. If you need prayer, reach out to your small group leader or text prayer to 37748 so we can pray with you.