

# groups.

— Notes | January 26<sup>th</sup>, 2026

## Reset How I Live in Community

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The book of Ephesians marks a clear movement from what God has done to how His people are called to live. Paul reminds believers of what is already true: in Christ, we are made holy, God is good, and His Spirit is already at work in us. Only after establishing that foundation does Paul urge believers to live a life worthy of their calling. That calling is not meant to be lived out in isolation, but within Christian community, where humility, patience, unity, and love take shape through relationships. Scripture implies that growth, healing, and maturity happen together, not alone. God's design for spiritual transformation has always included people walking side by side in faith.

### Key Scripture | Ephesians 4:17-32

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. 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. 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.

That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 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; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Therefore, each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. 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.

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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

### Related Scriptures

— Ephesians 4:2-5, Acts 4:19, Ephesians 4:20-32

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## Key Thoughts and Reflections:

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### I. Groups call you up.

Q: Who helps ground your decisions and beliefs in Scripture rather than opinion?

Q: How do you usually respond when God's Word challenges the way you're living?

Q: Where do you need someone to lovingly point you back to biblical truth right now?

### II. Groups draw you in.

Q: How comfortable are you being fully honest about your struggles and weaknesses with others?

Q: Name one reason someone might choose to keep you wearing a "mask" in community settings?

Q: In what ways might you see freedom come from being more authentic with people you trust?

### III. Groups call you out.

Q: How do you typically respond when someone challenges you or confronts a blind spot?

Q: Where might you be settling for less than what God desires for you?

Q: Who in your life is allowed to speak hard truth when something feels off spiritually?

### IV. Groups carry you through.

Q: What burdens are you carrying right now that feel too heavy to carry alone?

Q: How easy or difficult is it for you to ask others for help or prayer?

Q: Name some practical ways could you both receive and offer support within Christian community?

## Get Practical

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Community grows through intentional participation. This week, take one step toward deeper connection by choosing one trusted person in your group and sharing something real, an area where you need prayer, encouragement, or accountability. If your group has drifted toward surface level conversations, help reset the culture by asking a deeper question or inviting honest prayer. Look for a practical way to carry someone else's burden, whether that's a follow-up text, a meal, or showing up when it matters. Think about who you know that you could invite to join your group. Send them an invite to jump in, groups start February 8<sup>th</sup>!