



Growth Group Questions
September 28, 2025
“It’s Not Just About Me”

CONTEXT

Ephesians, along with Colossians, Philippians and Philemon, is considered one of the “prison epistles” written when Paul was more than likely under house arrest in Rome. Paul spends the first three chapters in Ephesians emphasizing God’s eternal purposes which would shape a fractured world into a new humanity. This new society would be united as one people (both Jews and Gentiles) and would be holy and set apart for God.

Paul highlights four qualities that make this oneness visible: humility, gentleness, patience, and love. In Greek culture, humility and lowliness were viewed negatively but Jesus redefined them as marks of true greatness. Humility resists pride and instead respects others as bearers of God’s image. Meekness, or strength under control, was embodied by Jesus, who was gentle and lowly in heart.

Patience and love further display this unity. Bearing with one another in love means choosing another’s good above our own. Love becomes the crowning virtue that holds the community together. Paul alludes to this same idea in Colossians 3:14 when he says that “over all these virtues, put on love, which holds them together in perfect unity.”

Paul says that unity flows from the nature of God himself. Verses 3–6 describe “one Lord, one Spirit, one God,” each grounding the oneness of the church. The Father creates one family, the Son one faith, hope, and baptism, and the Spirit one body. Just as God cannot be divided, the church’s unity cannot ultimately be fractured, and it must be expressed in visible relationships of love and peace.

Paul calls believers to live lives worthy of their calling, reflecting the unity and holiness they have received in Christ. Spiritual unity is already given through the Spirit, but it must be maintained relationally. The church is one body with one faith, baptism, and Lord, demonstrating unity across cultures and languages. This unity shows the world the fulfillment of God’s eternal purposes.

SCRIPTURE

Ephesians 4:1-6

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

Psalms 133:1-3

¹How good and pleasant it is when God's people live together in unity! ²It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. ³It is as if the dew of Hermon were falling on Mount Zion. For there the LORD bestows his blessing, even life forevermore.

Galatians 3:26-28

²⁶So in Christ Jesus you are all children of God through faith, ²⁷for all of you who were baptized into Christ have clothed yourselves with Christ. ²⁸There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

John 17:20-23

²⁰"My prayer is not for them alone. I pray also for those who will believe in me through their message, ²¹that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. ²²I have given them the glory that you gave me, that they may be one as we are one— ²³I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

QUESTIONS

1. This week's sermon focused on the unity of God's people. How do you define this type of unity? What does it look like?
2. In Ephesians 4:1-6, the Apostle Paul urges us to "live a life worthy of the calling you have received." What does this mean to you?
3. What does it mean practically to "bear one another in love"? (Ephesians 4:2)
4. What is the "unity of the Spirit" that the Apostle Paul refers to in Ephesians 4:3?
5. Why is it "good and pleasant" for God's people to live together in unity? (Psalm 133:1)
6. What are some of the things that Satan uses to destroy the unity among believers?
7. What does it mean that all who believe in Christ have "clothed themselves" in Him? (Galatians 3:27)

8. How does the idea of being one in Christ translate from a theological concept into practical living?
9. What are some ways in which we can better achieve true Christian unity?
10. What Bible verses help you to better understand what Christian unity really means?

PASTOR PAUL'S SERMON QUESTIONS

1. How do you work at seeing others as “anointed, set apart and made in the image of God?”
2. Are people seeing the humility, love and unity that Paul and Jesus talk about in your words and actions?