



**Growth Group Questions**  
**May 3, 2026**  
**“The Seven Wonders of Christ’s Peace”**

**CONTEXT**

The book of Ephesians is written to the people of Ephesus, which was located in modern-day Turkey on the western coast of the Aegean Sea. The story of how the Apostle Paul gets to this place can be found in Acts 19. It was a huge city and was very important and influential during the time this letter was written. Paul wrote this from a prison in Rome, many years after working with them and seeing great things happen.

There are two main sections of Ephesians. Chapters 1-3 lay down the road map for the gospel story and teaches about the Father, the Son, and the Holy Spirit. The story tells about discovering your new life and therefore finding out your new purpose, which God created for us all.

In Chapter 4, Paul switches to a new way of challenging the people of Ephesus to be one body that is built on unity, but contrasts that with the concept of uniformity. We are all created differently. As we become new creations, we have to seek after unity in Christ, while being a person who strives to use their unique gifts to be a part of the body of Christ.

When we truly live according to our purpose, the Apostle Paul teaches us that we receive peace when we strive to live in the Spirit. Peace is a gift of the Holy Ghost that covers us in the midst of difficult times as we try to navigate this concept of being unified and unique.

**SCRIPTURE**

**Ephesians 4:1-7**

<sup>1</sup>I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>making every effort to maintain the unity of the Spirit in the bond of peace: <sup>4</sup>there is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all, who is above all and through all and in all. <sup>7</sup>But each of us was given grace according to the measure of Christ’s gift.



### **Ephesians 4:11-13**

<sup>11</sup> He himself granted that some are apostles, prophets, evangelists, pastors and teachers <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity,<sup>[a]</sup> to the measure of the full stature of Christ.

### **Ephesians 4:25-5:2**

<sup>25</sup> So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. <sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil. <sup>28</sup> Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy. <sup>29</sup> Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

<sup>5</sup> <sup>1</sup> Therefore be imitators of God, as beloved children, <sup>2</sup> and walk in love, as Christ loved us<sup>[d]</sup> and gave himself up for us, a fragrant offering and sacrifice to God.

### **QUESTIONS**

1. How would you explain the “peace” that is the fruit of the Holy Spirit to someone?
2. What Bible verse(s) help you to understand the kind of peace that is God’s peace?
3. Pastor Scott said that “God’s peace is the supernatural force that has the power to empty our hearts of trouble, of worry, of fear.” How can we experience this type of peace in our daily lives?
4. What can rob you of God’s peace?
5. In Ephesians 4:3, the Apostle Paul says we are to “make every effort to maintain the unity of the Spirit and the bond of peace. . . .” Pastor Scott said that we will never be able to do this unless we surrender the idol of our ‘self’ to the peace of Jesus Christ. What does that mean to you?
6. In Ephesians 4:4-6, the Apostle Paul uses the word “one” seven times. What does this repetition communicate to you?
7. How do the “seven one’s” in Ephesians 4:4-6 form the “recipe for peace” described by Pastor Scott?
8. What does it look like to behave as if God is “above all and through all and in all”? (Ephesians 4:6)

This final question is to be answered following your group’s discussion of the above questions.

9. Given our discussion, has your definition of peace as a fruit of the Holy Spirit changed? If so, how?

