

Ephesians 1

Sermon date 10/19/2025

Ice breaker

- 1) If your life had a personalized license plate, what would it say and why?

Unpack It

What stood out to you from Sunday's sermon and why? What was a takeaway or something that left you wondering about?

Looking Back

When Paul wrote the letter to the Ephesians, he was under house arrest in Rome, around A.D. 60–62. Ephesus was a major city in Asia Minor (modern-day Turkey), known for its cultural diversity, wealth, and the temple of Artemis—one of the Seven Wonders of the Ancient World. The city was a center for pagan worship and spiritual activity, making it a strategic location for Paul to emphasize the spiritual riches found in Christ. Paul wrote this epistle to encourage believers in their faith, remind them of the spiritual blessings they had received, and anchor their identity not in culture, status, or past, but in Christ.

Ephesians 1 is essentially a spiritual “who you are” letter for the early church. Paul opens with a poetic cascade of blessings, declaring that believers are adopted and redeemed, and sealed by the Holy Spirit. This chapter is less about what to do and more about who believers are. Paul intentionally shifts focus from behavior to identity, knowing that how people see themselves shapes how they live. In a world of competing labels and shifting values, Paul roots the believer's identity in God's eternal purpose and grace.

Diving In

Read together: Ephesians 1

Diving Deeper

- 1) How does Paul describe our identity in Christ in this chapter? Which description do you find most meaningful?
- 2) Why do you think Paul opens his letter with a focus on identity instead of behavior?
- 3) How does this chapter counteract the ways our culture tries to define identity?
- 4) Where do you most often look for your identity—career, family, social media, achievements—and how is that different from Paul's description in Ephesians 1?

- 5) In what areas of your life do you struggle to live from your identity in Christ rather than striving for approval?
- 6) How has God reshaped or clarified your identity over the years?
- 7) What is one way you can remind yourself of your true identity this week—and how might it change the way you interact with others?

Closing It Out

- 8) Suggested prayer time together to close out: Pray that we would know and identify our true identity and to live from that truth.