

## EPHESIANS - LIFE GROUP STUDY GUIDE

For the remainder of 2025 we will be preaching through the book of Ephesians. During this series we encourage you to follow along with the sermons by leading your life group in the Discovery Bible Study (DBS) method.

### Why are we doing a DBS?

We believe DBS is one of several key elements we want to equip our Life Groups in as we pursue the vision of making 10,000 disciples in ten years. We believe a crucial element in making disciples who can make disciples, is people knowing God's word. Training people in the DBS is a skill they can easily transfer to others.

Part of what makes DBS so valuable is the "discovery" of what a text is saying. We will be studying the passage during the week *before* the passage is preached on to discover as a group what the text is saying and how it can be applied first. Then hear a sermon on the passage on Sunday. You may then like to begin your next meeting with a recap of what else you learned in the sermon.

The ideal passage length for a DBS is 5–6 verses. Some of the preaching passages are longer or shorter than this, so use your judgement on 5–6 key verses within the preaching passage to lead your group in a DBS.

A guide on how to lead a DBS follows the passages we will be looking at.

Week	Passage	Topic	Sermon Date
Aug 4-10	Eph 1:1-2	Intro to Ephesians: Paul and the church in Ephesus	Aug 10 <sup>th</sup>
Aug 11-17	Eph 1:3-14	Adoption and inheritance	Aug 17 <sup>th</sup>
Aug 18-24	Eph 1:15-23	Paul's prayer for wisdom and revelation	Aug 24 <sup>th</sup>
Aug 25-31	n/a	EGS Sunday	Aug 31 <sup>st</sup>
Sep 1-7	Eph 2:1-10	Once dead, now made alive by grace	Sep 7 <sup>th</sup>
Sep 8-14	Eph 2:11-22	Unity, breaking down dividing walls	Sep 14 <sup>th</sup>
Sep 15-21	Eph 3:1-13	The purpose of the church and the purpose for you	Sep 21 <sup>st</sup>
Sep 22-28	Eph 3:14-20	Prayer for strengthening, comprehending and filling	Sep 28 <sup>th</sup>
Sep 29-Oct 5	Eph 4:1-6	How to walk in unity (and why its everything)	Oct 5 <sup>th</sup>
Oct 6-12	Eph 4:7-13	How to walk in gifts (dependency on the Spirit)	Oct 12 <sup>th</sup>
Oct 13-19	Eph 4:14-16	Grow up into Christ	Oct 19 <sup>th</sup>
Oct 20-26	Eph 4:17-24	Putting aside the old self	Oct 26 <sup>th</sup>
Oct 27-Nov 2	Eph 4:25-5:20	How to walk in the new life	Nov 2 <sup>nd</sup>
Nov 3-9	Eph 5:21-33	Wives and husbands	Nov 9 <sup>th</sup>
Nov 10-16	Eph 6:1-4	Children and parents	Nov 16 <sup>th</sup>
Nov 17-23	Eph 6:5-9	Slaves and masters	Nov 23 <sup>rd</sup>
Nov 24-30	n/a	EGS Sunday	Nov 30 <sup>th</sup>
Dec 1-7	Eph 6:10-17	Stand in the armour of God (overcome your lies)	Dec 7 <sup>th</sup>
Dec 8-14	Eph 6:18-20	Stand in prayer	Dec 14 <sup>th</sup>

## Leading a DBS

There are five main steps in the DBS method:

1. One person reads the passage out loud.
2. Everyone reads the passage 1-2 times silently to themselves.
3. Everyone closes their bible and as a group try to repeat as much of the passage as you can together.
  - Note: focus on trying to just repeat what was read, this isn't the step to ask questions, summarise the meaning or unpack the application.
4. Open bibles and read the passage again, noting any parts that the group didn't remember.
5. Facilitate a time of discussion using some of these suggested questions:
  - What stood out to you?
  - What questions do you have?
  - What does this passage teach us about God's nature?
  - If you had to pick the most important/central verse, what would it be?
  - How would you summarise the central message of this passage?
  - Did God say anything to you personally out of this passage?
  - What can you apply from this passage?

The strength of this method is that it provides time for the group to become familiar with the passage before discussing it and helps them remember what they studied afterwards.

### ***Guidelines for conversation:***

- Try to stick to the passage. Discourage people from cross-referencing and going to other parts of the bible.
- It is simpler if everyone is reading from the same bible translation, but not critical.
- Try to discourage people from reading out any study notes in their bible. These are great for private study but tend to shut down group discussion and bypass the process of 'discovery'.
- A good facilitator will NOT do most of the talking but 'facilitate' the 'discovery' process for the group members. Good facilitation takes practice!
- You don't have to know all the answers. Always see if the group can answer hard questions. Simply be honest when you don't know and ask a bible teacher later that week.

### ***Preparing to lead a DBS:***

Although a DBS is simple to lead, it is still vital to prepare as a facilitator and have an idea of where you would like the discussion to go. Preparation might include:

- Learning the context of the passage - who wrote it, when, where, why?
- What are the difficult or confusing parts of the passage?
- What is the big idea of the passage?
- Pray and think about what the applications could be.

Further resources:

- Training on leading a DBS, including a live example, during the Life Group Facilitator training session recording [here](#) (DBS overview from 21:25-38:00).
- Tim King's 7 minute overview of leading a DBS (a few years old) [here](#).