



GROUNDED & SENT

BEING GROUNDED ISN'T SETTLING IN.
IT'S PREPARING TO MOVE.

A 7-Session Small Group Study through Ephesians

Themes: Transformation • Mission • Calling

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Series Overview

Ephesians is one of the most discipleship-dense letters in the New Testament. Written by Paul during his imprisonment, it holds together two inseparable realities: who God says you are in Christ, and how that identity reshapes every dimension of your life. This is not a letter about trying harder. It is a letter about becoming who you already are.

The series title **Grounded & Sent** draws from Paul's prayer in Ephesians 3:17 — that believers would be “rooted and grounded in love” — and from the missional thrust of chapters 4–6. Transformation happens as we become grounded in who Christ has made us. Mission and calling flow from being sent.

This framework also quietly echoes Brazos Pointe's mission to guide people to discover, develop, and deploy faith in Jesus. “Grounded and Sent” is about “developing” to “deploy.”

The Three-Movement Arc + Rhythms and Practices

Movement 1 — Grounded (Sessions 1–3)

Who God says you are before you do anything. Identity precedes activity. Transformation begins here, not in effort or performance, but in grasping what has already been done and declared over you in Christ.

Movement 2 — Grown (Sessions 4–5)

How identity shapes community, calling, and character. This is the bridge between being and doing. Calling is explored first as communal before it becomes individual, and transformation is framed as a daily, practiced decision rather than a one-time event. Session 4 also introduces the Group Mission Statement process that culminates in Session 7.

Movement 3 — Going (Sessions 6–7)

How grounded people live differently — in their closest relationships, in their neighborhoods, and in spiritual resistance. Mission begins at home, not overseas, and calling requires the courage that comes from knowing who you are. Session 7 also brings the series to a close with a group mission statement — a short, owned commitment to where this specific group is being sent — followed by a personal mission commitment from each group member.

Rhythms and Practices:

Confession: A stand-alone session using texts regarding sins of the tongue.

Serve the Community: Each group will arrange a service project to do sometime this quarter.

Session-by-Session Framework

Session	Movement	Passage	Session Title	Central Theme	Mission Statement Elements
1	Grounded	Eph 1:1–14	Chosen Before You Knew It	Transformation begins with identity, not effort	
2	Grounded	Eph 1:15–2:10	Dead, Alive, and Made for This	Grace as the only foundation for change	
3	Grounded	Eph 2:11–3:21	Closer Than You Think	The mystery of belonging — mission flows from union	
4	Grown	Eph 4:1–16	One Body, Many Callings	Calling is communal before it is individual	Plant mission statement idea in “Say It” section
5	Grown	Eph 4:17–5:21	Taking Off, Putting On	Transformation as a daily, practiced decision	Mission statement Q: Who are we being sent to? (Say It)
6	Going	Eph 5:22–6:9	Sent Into Your Closest Relationships	Mission starts at home, not overseas	Mission statement Q: What has God been doing in us? (Say It)
7	Going	Eph 6:10–24	Stand	Calling requires courage — you were built for this	Mission statement finalization + personal mission commitment (replaces Do It)

“Chosen Before You Knew It”

Session 1: Ephesians 1:1-14

Movement: Grounded

Theme: Transformation begins with identity, not effort.



OPEN IT | Icebreaker • ~6 minutes

1. When you were growing up, was there a label or reputation that followed you around?
Ex: the funny one, the responsible one, the troublemaker, the quiet one, etc. Did it fit? Did you choose it?

READ IT | Scripture • ~6 minutes

- Ephesians 1:1-2
- Ephesians 1:3-14

EXPLORE IT | Discussion • ~28 minutes

2. Paul writes this entire passage (this explosion of praise) from a prison cell. He's not writing from a good season. What do you observe about Paul's attitude while in prison?

★ 3. Think about how you actually talk to God on a normal day... not how you're supposed to, but how you actually do. Is it more like approaching a generous Father, or like you're trying to stay in good standing with a demanding boss? Where did that posture come from?

★4. Paul says God chose us before the world began... before we existed, before we had a single thing to offer. If someone chooses you before you've done anything, what does that tell you about why they chose you?

5. Is there an area of your life right now where you're still performing... trying to earn approval, prove your worth, or stay in someone's good graces? What would it look like to bring that same energy into your relationship with God?

★6. Verse 5 says God adopted every Christ follower as a full heir... chosen, redeemed, sealed. The person next to you carries that identity. So does the difficult person at work, the family member who frustrates you, the stranger in line at the grocery store. If you saw every one of them that way, how would you interact with them differently? Think of someone specific. Who is it, and what would it look like to treat them according to who they actually are in Christ?

SAY IT | *Leader Teaching* • ~3 minutes

Here's what's easy to miss about this passage: Paul doesn't start by telling us what to do. He starts by telling us who we are. The whole second half of Ephesians, the practical stuff about relationships, community, and how to stand firm is built entirely on this foundation. You can't live differently until you see yourself differently, and Paul's picture of who we are is not modest. Chosen before the world began. Adopted as full heirs. Redeemed at great cost. Sealed by the Spirit of God as a guarantee of what's coming. That's not a list of goals. That's a description of who you already are in Christ... right now, today, whatever your week looked like. So, as we move into this series together, here's the question underneath everything: What would change about the way you live if you actually believed that? Not just knew it, but believed it... staked your week on it. That's what Grounded & Sent is trying to find out.

DO IT | *Application* • ~8 minutes

Choose one of the following this week:

- **The Two Lists.** Write down five words you'd use to honestly describe yourself right now... not the Sunday morning version, the real one. Then, open Ephesians 1:3–14 and write five words Paul uses to describe who you are in Christ. Sit with the gap between those two lists. Bring it to God.

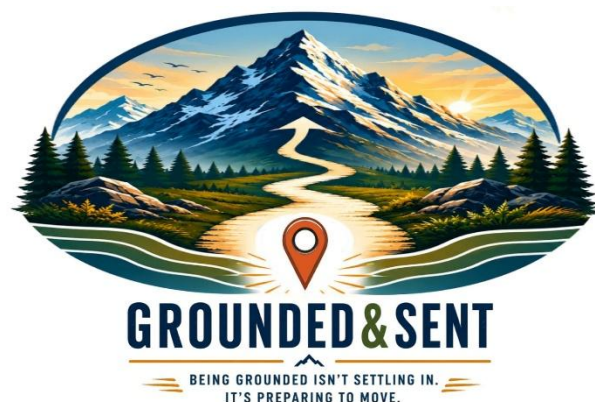
- **Say It Out Loud.** Every morning this week, before you check your phone, say this out loud: “I am chosen, adopted, redeemed, and sealed. I don’t need to earn what I already have.” Say it even if you don’t fully feel it yet. Especially then.
- **Speak Identity Over Someone.** Find one person this week... a family member, a friend, someone at Brazos Pointe... and tell them something true about who they are. Not what they did. Who they are. Practice speaking identity over someone the way Paul does in this passage.
- **Reflect On It.** Read Ephesians 1:3–14 slowly, one verse at a time. After each verse, complete this sentence: “Because of this, I am ____.” Let the text name you for a few minutes and see what it surfaces.

PRAY IT | *Closing Prayer* • ~3 minutes

Father, thank you that before we did anything... before we chose you, before we got it right, before we even knew your name, you had already chosen us. We confess that we spend more energy performing for your approval than resting in what you’ve already declared over us. Today we heard it again: we are chosen, adopted, redeemed, and sealed. We are yours... not because we earned it, but because you willed it. Would you let that truth travel from our heads to the places in us that still don’t quite believe it? This week, may we live like people who have nothing left to prove. In Jesus’ name, Amen

“Dead, Alive, and Made for This”

Session 2: Ephesians 1:15-2:10



Movement: Grounded

Theme: Grace is the only foundation for real transformation.

Check-In | *DO IT follow-up from Session 1 • ~3 minutes*

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker • ~6 minutes*

2. What's the most dramatic “before and after” transformation you’ve ever witnessed . . . a home renovation, a person’s physical transformation, a car restoration, anything? What made it feel significant?

READ IT | *Scripture • ~3 minutes*

SAY IT:

This passage has two movements. First, Paul prays for what God wants to do in us. Then he shows us what God already did for us. We'll read them in two parts.

- Ephesians 1:15-23

3. Paul is praying that his readers would know God better . . . not just know more about him, but actually know him. He specifically prays they would grasp “his incomparably great power for us who believe.” What’s the difference between knowing about someone’s power and actually trusting it?

READ IT | Scripture • ~3 minutes

- Ephesians 2:1-10

EXPLORE IT | Discussion • ~22 minutes

★ 4. Paul says we were “dead in transgressions and sins.” Not sick. Not lost. Dead. Dead people can’t fix themselves, negotiate their way out, or try harder. What does it do to your understanding of salvation when you take that word seriously?

★ 5. Verses 4 and 5 are one of the most dramatic pivots in all of Scripture: “But God . . .” Two words that change everything. What was true before those two words? What became true after them?

★ 6. Verse 8 says salvation is “by grace . . . through faith . . . not by works.” But verse 10 says we were “created in Christ Jesus to do good works, which God prepared in advance for us to do.” Same passage, ten verses apart. How do you hold those two things together . . . that works have absolutely nothing to do with how you got here, and everything to do with why you’re here?

7. Verse 10 says we are God’s “handiwork” . . . some translations say masterpiece or workmanship. The Greek word is *poiema*, which is where we get the word poem. God didn’t mass-produce you. He authored you. And he did it with a purpose in mind: “good works, which God prepared in advance for us to do.” What does it do to your sense of calling to know that the works you’re meant to do were written into your story before you showed up?

SAY IT | Leader Teaching • ~3 minutes

SAY IT:

Here's the thing about transformation: we tend to think of it as something we produce. We try harder, commit more, show up better. And when it doesn't stick, we assume the problem is effort. Paul says the problem is the starting point. You can't transform yourself from the inside out. You were dead. Dead things don't improve themselves.

But God.

Those two words are the hinge everything swings on. Not "but you tried harder." Not "but you finally got serious." But God, who is rich in mercy, made you alive. That's not a self-improvement story. That's a resurrection story.

And here's what resurrection means for how you live: you're not trying to become something. You're learning to live as what you already are. Grounded & Sent isn't a small group study for getting better. It's an invitation to discover what God already did . . . and let that change everything.

DO IT | Application • ~6 minutes

Choose one of the following this week:

- **But God.** Think back to the moment . . . or the season . . . when your story turned. Write it down in three parts: what was true before, how did it turn, and what became true after. Around Brazos Pointe, we call this your "Three-Word Story." If you're not sure you've had that moment yet, write about what you wish were different and bring that honestly to God.
- **The Poiema Exercise.** Read Ephesians 2:10 slowly. You are God's handiwork . . . his poem . . . created for good works he prepared in advance. Spend ten minutes writing or thinking about this: What do you think those works might be? What has God wired into you that keeps showing up? Bring what you find to God as a prayer.
- **Grace Audit.** For one day this week, pay attention to every moment you feel the need to compensate, perform, or earn standing with God or with other people. Just notice it. Don't fix it yet. At the end of the day, bring the list to God and read Ephesians 2:8-9 over it.

- **Giving Grace.** Not the dinner table kind. Since God made you alive and you don't have to earn His grace, extend to someone else the grace you have received. Have a conversation, send a text, or remind someone else of God's grace toward them.

PRAY IT | *Closing Prayer* • ~3 minutes

Father, we were dead . . . and you made us alive. We had nothing to offer . . . and you gave us everything anyway. We confess that we still reach for effort when grace has already done the work. Remind us tonight that transformation isn't something we produce. It's something you do in people you already love. You authored us with purpose and planted good works in our path before we ever showed up to walk them. This week, would you help us live from that reality rather than toward it . . . not as people trying to earn your favor, but as people who can't believe they already have it. In Jesus' name, Amen.

“Closer Than You Think”

Session 3: Ephesians 2:11-3:21

Movement: Grounded

Theme: Belonging to God means belonging to each other
— and that changes everything about how we live.



Check-In | *DO IT follow-up from Session 2* • ~3 minutes

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker* • ~5 minutes

2. Think of a time you were the outsider . . . a new school, a new job, a new city, a room full of people who all seemed to know each other. What did it feel like? And what changed the moment you actually belonged?

READ IT | *Scripture* • ~4 minutes

SAY IT:

Paul is about to describe the most dramatic social barrier of the first-century world — and what Christ did to it.

- Ephesians 2:11-22

EXPLORE IT | *Discussion* • ~14 minutes

3. Paul says the Gentiles were once *“separated from Christ, excluded from citizenship . . . foreigners to the covenants of the promise, without hope and without God in the world.”*

That’s a brutal description. Have you ever felt spiritually homeless . . . like you were on the outside of something everyone else seemed to have? What did that feel like?

★ 4. Verse 14 says Christ *“himself is our peace”* . . . and that he made the two groups *“one.”* He didn’t broker a truce between people who were different. He created something entirely new: one body, one Spirit, one humanity. Who in your life represents the kind of person you’d least expect to be in deep community with? What would it take for that to actually happen?

5. Verses 19-22 describe the church as a building . . . a temple being constructed with Christ as the cornerstone and every believer as a living stone fitted together. You’re not just a member of a group. You’re a structural piece of something God is building. What part of that image is most challenging to you personally?

READ IT | Scripture • ~3 minutes

SAY IT:

In 3:1-13, Paul describes his own calling to bring this message to the Gentiles — people who were never supposed to hear it. He calls it ‘the mystery’: that Jews and Gentiles would become one body together. He says he’s the least deserving person to carry this message, and yet that’s exactly who God chose. That’s worth sitting with. Then in verse 14, Paul drops to his knees and prays. That’s where we’ll pick up.

- Ephesians 3:14-21

EXPLORE IT | Discussion • ~14 minutes

6. Paul prays that his readers would grasp *“how wide and long and high and deep is the love of Christ”* . . . and then immediately says it *“surpasses knowledge.”* He’s praying they would know something that can’t be fully known. What do you think he means? And has there been a moment in your life when you felt the edges of that love — when it was bigger than you could explain?

★ 7. Verse 17 says Paul prays that we would be “*rooted and grounded in love*” — and that phrase is where the title *Grounded & Sent* comes from. Being grounded in this series doesn’t mean staying put. It means being stable enough to move. Where in your life right now do you feel most ungrounded . . . most easily shaken? What would it look like to let Christ’s love be the thing that steadies you there?

★ 8. Paul closes his prayer with one of the most audacious statements in Scripture: God “*is able to do immeasurably more than all we ask or imagine.*” He’s not just saying God is powerful. He’s saying our imagination is the limiting factor, not God’s ability. What are you currently not asking God for because you’ve already decided it’s too much?

SAY IT | Leader Teaching • ~3 minutes

Here’s what Paul is doing across these two chapters: he’s showing us that the gospel isn’t just personal. It’s cosmic. Christ didn’t just save individuals. He created a new kind of community — one where the dividing walls that make perfect sense in every human culture have been demolished. Not lowered. Not made optional. Demolished.

And then he prays. Not for programs or strategies or better small groups. He prays that Christ would take up residence in His people so deeply that they become **rooted and grounded** in love. Stable. Immovable. Not because the world around them is stable — it isn’t — but because the love underneath them is.

That’s the whole series in two chapters. **Grounded & Sent**. You can’t be meaningfully sent if you’re not genuinely grounded. And the thing that grounds you isn’t a discipline or a doctrine. It’s a Person. Christ dwelling in you. Love going down like roots. And then — only then — are you ready to move.

DO IT | Application • ~6 minutes

Choose one of the following this week:

- **Pray the Prayer.** Read **Ephesians 3:14-21** slowly, once a day for the next seven days. Don't just read it — pray it. Let Paul's words become your words. Pay attention to what shifts in you by day seven.
- **Take Down a Wall.** Think about the person from Question 4 — the one you'd least expect to be in deep community with. Do one thing this week to move toward them. It doesn't have to be dramatic. A conversation. A text. Showing up somewhere you normally wouldn't. Just one move toward the wall Christ already demolished.
- **Ask the Bigger Thing.** Write down the prayer you've stopped praying because it felt too big or too unlikely. Say it out loud to God this week. Then read **Ephesians 3:20** over it: *"Now to him who is able to do immeasurably more than all we ask or imagine."*
- **Find Your Stone.** **Ephesians 2:22** says you are being *"built together"* with other believers. This week, identify one person in your group or at Brazos Pointe whose faith has steadied yours. Tell them. Specifically. Don't just think it — say it. (or text it)
- **Reflect On It.** Write "Rooted and grounded in love" at the top of a page. Below it, answer honestly: What does my root system actually look like right now? What am I drawing stability from? Is it Christ's love . . . or something else?

PRAY IT | Closing Prayer • ~3 minutes

Father,
We were far off, and you brought us near.
We were strangers, and you made us family.
We were divided, and Christ became our peace.
Tonight we heard that you want to dwell in us so deeply
that we become **ROOTED AND GROUNDED** in love . . .
stable enough to withstand whatever comes,
and secure enough to move toward whatever you're doing in the world around us.
We confess that we often draw our stability from things that can't hold us.
Tonight we ask for the real thing.
Root us in your love.
Ground us in your presence.
And when you're ready to send us . . . may we be ready to go.
In Jesus' name, Amen.

“One Body, Many Callings”

Session 4: Ephesians 4:1–16

Movement: Grown

Theme: Calling is communal before it is individual — and you can’t fully become who God made you to be alone.



Check-In | *DO IT follow-up from Session 3* • ~3 minutes

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker* • ~5 minutes

2. What’s the best team you’ve ever been part of — a work team, a sports team, a family pulling together in a crisis, even a really good group of friends? What made it work? Was everyone doing the same thing?

READ IT | *Scripture* • ~4 minutes

Say it:

We’ve been grounded in who we are.
Now Paul tells us how to walk. And before he talks about what we do, he talks about how we do it.

- Ephesians 4:1-6

EXPLORE IT | Discussion • ~10 minutes

★3. Paul lists five qualities in verses 2–3 that maintain the unity of the Spirit: humility, gentleness, patience, bearing with one another in love, and making every effort for peace. Which of these is hardest for you personally . . . and which one do you think would fill a need in your group, your family, or your workplace right now?

4. Paul tells believers to "make every effort to keep the unity of the Spirit" (v.3), not to create it. Then he reminds them of seven things they already share in Christ (vv.4–6). Why do you think Paul starts there? How might remembering those shared realities change the way you respond when relationships become difficult?

READ IT | Scripture • ~3 minutes

Say it:

So we share one foundation. But Paul isn't finished — because within that unity, every person has been given something different.

- Ephesians 4:7-16

EXPLORE IT | Discussion • ~16 minutes

★5. Verse 7 says "to each one of us grace has been given as Christ apportioned it." Not some of us. Not the especially gifted ones. Each one. What do you think your contribution to the body actually is . . . and have you ever been told, told yourself, or felt that what you bring doesn't count?

★6. Verses 11–12 say leaders exist "to equip his people for works of service." The leaders aren't the ones doing the work — they're the ones preparing everyone else to do it. How does it change your understanding of your own role in the church when you realize the "works of service" aren't reserved for staff or volunteers in official roles . . . but for you, wherever you are?

★7. Verse 16 says the whole body grows when “each part does its work.” Not the gifted parts. Not the visible parts. Each part. Is there a place in your life right now — your family, your neighborhood, your workplace, your small group, your finances, etc — where you’ve been holding back? What would it look like to actually show up in one of those places as someone who has been equipped and sent?

SAY IT | Leader Teaching • ~3 minutes

In the original Greek, chapter 4 begins with the word “therefore”. Everything Paul says about how to live flows directly from what he’s already said about who you are. You don’t walk worthy in order to become someone. You walk worthy because of who you already are.

And the walk he describes isn’t primarily about personal spiritual achievement. It’s about the body. Humility, gentleness, patience, bearing with one another — these are all relational. You can’t practice them alone. And the gifts Christ gives . . . apostles, prophets, evangelists, pastors, teachers . . . aren’t given so a few people can feel special. They’re given so that every person in the body gets equipped for the work they were made to do.

That’s what Brazos Pointe is trying to do. Discover, develop, deploy. Not as a program. As a way of understanding what the church is actually for. You’re sitting in the “develop” part of that right now. But develop was never the destination. The destination is a body where every part is doing its work . . . deploying it’s faith, and the whole thing is growing up into the fullness of Christ.

We’ve been talking tonight about what it means for each part of the body to do its work. Over the next couple of weeks, I want us to be thinking about a bigger question together: What does this specific group, our small group exist to do? What’s our mission? Who are we to each other, and who are we being sent to together? We’re going to land on something in Session 7 — but start noticing between now and then. *(check the Mission Statement Framework attached at the end of this document)*

DO IT | Application • ~6 minutes

Choose one of the following this week:

- **Speak It.** Think of someone in your life—a coworker, a family member, or a friend—who is carrying a heavy load or whose contribution often goes unnoticed. Send them a quick text or pull them aside this week to tell them specifically what you see in them and how they build up the people around them. Don't look for a return text; just give it away.
- **Show Up Somewhere.** From Question 7 — the place where you've been holding back. Do one thing this week to show up there. Not a commitment to change everything. Just one move. A conversation. A text. Showing up when you'd normally opt out.
- **Equip Someone.** Verses 11-12 say leaders exist to equip others for works of service. Think about someone in your life who is younger in faith, newer to the church, or still searching. Do one thing this week to invest in that person. A conversation about faith. An invitation. Pointing them toward something that helped you. You don't have to be a pastor to equip someone.
- **Practice One of the Five.** Pick one of the five qualities from verses 2–3 — humility, gentleness, patience, bearing with one another, making every effort for peace — and intentionally practice it every day this week in one specific relationship. At the end of the week, notice what it cost you and what it produced.
- **Reflect On It.** Read Ephesians 4:1-16 slowly. Write down your honest answers to these two questions: What has Christ given me to contribute? And where have I been sitting on it?

PRAY IT | *Closing Prayer* • ~3 minutes

Father, thank you that you didn't save us and leave us to figure it out alone. You put us in a body. You gave each of us something to bring. And you promised that when every part does its work, the whole thing grows into something that looks more and more like Jesus. We confess that we often hold back — waiting until we feel ready, waiting to be asked, waiting for someone else to go first. Tonight we heard that the body needs what you put in us. So we ask for the courage to actually show up — in our groups, in our families, in our neighborhoods, in the places only we can reach. Equip us for the works you prepared. And may what you're building through us be far more than anything we could have built alone. In Jesus' name, Amen.

“Taking Off, Putting On”

Session 5: Ephesians 4:17–5:21

Movement: Grown

Theme: Transformation isn’t a feeling that comes over you. It’s a daily decision you make — one thing taken off, one thing put on, over and over again.



Check-In | *DO IT follow-up from Session 4* • ~3 minutes

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker* • ~5 minutes

2. Is there something you used to wear, say, or do regularly that you look back on now and think . . . what was I thinking? What changed?

READ IT | *Scripture* • ~4 minutes

Say it:

Paul is about to get specific. He’s going to name things that need to come off and things that need to go on — and he’s going to be blunt about it.

- Ephesians 4:17-32

EXPLORE IT | Discussion • ~10 minutes

★3. Verses 22-24 give us the core command: take off the old self, be made new in the attitude of your minds, put on the new self. Paul isn't describing a one-time event. He's describing a daily practice. What's the difference between transformation as something that happens to you and transformation as something you participate in every day?

★4. Verses 25-32 get very specific: lying, uncontrolled anger, stealing, unwholesome words, bitterness, rage, slander. Paul isn't writing to obviously wicked people. He's writing to church members. Which of these is the one your group . . . or if you're honest, you personally . . . would most benefit from taking more seriously?

5. Paul says "do not let the sun go down while you are still angry" (v.26). Most of us have let the sun go down . . . and then the next day . . . and then longer. Is there a relationship in your life right now where unresolved anger or bitterness has been sitting longer than it should? What's kept you from dealing with it?

READ IT | Scripture • ~4 minutes

Paul told us what to take off. Now he's going to tell us what to put on — and it's bigger than a list of behaviors.

- Ephesians 5:1-21

EXPLORE IT | Discussion • ~14 minutes

★6. Verse 1 says to "follow God's example . . . as dearly loved children." The word means to mimic or imitate. Children mimic their parents naturally — not out of obligation, but because of relationship. What does it look like in your actual daily life to mimic God? And is that mostly something you do consciously . . . or something that just happens as you spend time with him?

★7. Verse 29 says only say what is "helpful for building others up according to their needs." Think about the people closest to you — your family, your small group, your coworkers. Do they experience you as someone whose words build them up? What would they say if you asked them?

SAY IT | Leader Teaching • ~3 minutes

Here's what's easy to miss about this passage: Paul isn't describing a program for moral improvement. He's describing what it looks like when identity becomes behavior. You've been made new. The new self already exists. Taking off and putting on isn't how you get there — it's how you live from there.

And notice that every single thing Paul tells people to take off or put on has to do with other people. Stop lying — to each other. Resolve anger — before it damages the relationship. Build each other up with your words. Be kind and compassionate to one another. You can't practice any of this alone. Transformation in Ephesians is always communal.

So the question this session leaves us with is simple: What needs to come off . . . and what needs to go on? Not as a way to earn anything. Not as a performance for God or for this group. But as someone who has already been made new . . . and is choosing every day to live like it.

Do NOT skip this:

Say It: (read the following transition aloud.)

Before we move into our "Do It" choices tonight, we're going to take 3-4 minutes on something we'll be building toward across the next few weeks. We've been talking all quarter about what it looks like to be grounded and sent. Starting tonight, I want us to begin thinking together about what that looks like specifically for this group. The first two questions can be found on your handout.

1. Who are we?
2. What has God been doing this quarter?

Don't try to answer it fully right now. Just give a few answers out loud. We'll come back to this in Session 6 and land on something together in Session 7.

DO IT | Application • ~6 minutes

Say it:

Verse 15 says "Be very careful, then, how you live — not as unwise but as wise, making the most of every opportunity." Choose one of the following or create your own "Do it" plan for this week and share it with the group.

Choose one of the following this week:

- **Name Your One Thing.** From the list in 4:25-32, identify the one behavior that most needs to come off in your life right now. Write it down. Then write down what you're going to put on in its place — Paul always pairs them. Tell one person in your group what you chose. Ask them to check in with you next week.
- **The Mimic Practice.** Each morning this week, before you engage with anyone, ask one question: "How would someone who is dearly loved by God treat the people I'm about to encounter today?" Then try to live the answer. At the end of each day, notice where you did and where you didn't.
- **Words That Build.** Verse 29 says let nothing unwholesome come out of your mouth — only what is helpful for building others up. For one day this week, pay attention to every word that comes out of your mouth. At the end of the day, ask: Did my words build anyone up today? Who . . . and how?
- **Deal With It Before the Sun Goes Down.** Consider the relationship where unresolved anger or bitterness has been sitting longer than it should (question 5). This week, do one thing to address it. Not necessarily a full conversation. Not a resolution of everything. Just one move: a text that opens a door, a phone call you've been putting off, or an honest prayer asking God to prepare you to deal with it. Name what you're going to do before you leave tonight.
- **Reflect On It.** Write two headings on a page: "Taking Off" and "Putting On." Under each one, write honestly about what that looks like in your life right now. Bring what you find to God as a prayer.

PRAY IT | Closing Prayer • ~3 minutes

Father, you've already made us new. The old self has been crucified and we are empowered by Your Holy Spirit. Forgive us for the days we live in our old ways — reaching back for what we've already been freed from, holding onto patterns that

belong to a version of ourselves you've already buried. Tonight we heard your invitation: take it off, put it on. Not to earn anything. Not to impress anyone. But because we are your dearly loved children . . . and we want to look like our Father. This week, give us the awareness to notice what needs to come off, and the courage to actually take it off. And may what we put on in its place be something that builds the people around us up rather than tearing them down. In Jesus' name, Amen.

“Sent Into Your Closest Relationships”

Session 6: Ephesians 5:22-6:9

Movement: Going

Theme: Mission doesn’t begin overseas. It begins in your closest relationships.



Check-In | *DO IT follow-up from Session 5* • ~3 minutes

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker* • ~5 minutes

2. Who in your life has required the most patience from you . . . and what have they taught you about yourself in the process?

READ IT | *Scripture* • ~4 minutes

Say it:

Paul is about to describe what it looks like when the gospel enters the most intimate relationships we have. This passage has been misread and misused in a lot of contexts — so read it carefully and we’ll talk about what Paul is actually saying.

- Ephesians 5:22-33

EXPLORE IT | Discussion • ~12 minutes

★3. Verse 25 says husbands are to love their wives “as Christ loved the church and gave himself up for her.” That’s not a posture of authority. It’s a posture of sacrifice. “In your most important relationships — marriage, family, close friendship — what does self-giving love actually look like compared to self-protecting love? And honestly, which one shows up more often in yours?”

4. Verse 31 quotes Genesis: “A man will leave his father and mother and be united to his wife.” Paul uses a marriage to describe the relationship between Christ and the church. If your closest relationships are meant to be a picture of something larger — of love, sacrifice, and faithfulness — what does the picture your relationships currently paint actually look like?

READ IT | Scripture • ~3 minutes

Say it:

Paul now moves from marriage into the other relationships that define our closest world — parents and children, employers and employees.

- Ephesians 6:1-9

EXPLORE IT | Discussion • ~16 minutes

★5. Verse 7 says to “serve wholeheartedly, as if you were serving the Lord, not people.” Paul is describing a way of working — at a job, in a home, in any context of responsibility — that is fundamentally different from just doing what’s required. What would change about how you approach your work, your roles, or your responsibilities this week if you genuinely treated them as service to God rather than obligation to people?

★6. Paul’s instructions in this passage are almost entirely directed at the person with more power in each relationship — husbands, parents, masters. He’s not asking the powerful to

maintain their position. He's asking them to use their power differently. Where in your life do you hold more power or influence than others . . . and are you using it the way Paul describes?

★7. Looking across all the relationships Paul describes — marriage, family, work — which one feels most like a mission field to you right now? Not a burden . . . but a genuine place where you sense God might want to do something through you?

SAY IT | Leader Teaching • ~3 minutes

Here's what most people think being sent means: going somewhere. A mission trip. A ministry role. A dramatic moment where you do something significant for God in front of other people. Paul has a different picture. He says: go home. Go to work. Go back to the relationships you were already in. And do them differently.

The household codes aren't a detour from the mission of Ephesians. They are the mission. Christ didn't redeem you so you could go perform Christianity somewhere else. He sent you back into the most ordinary, most challenging, most revealing relationships of your life — and said: let what I've done in you show up there first.

Your marriage. Your family. Your workplace. Those aren't obstacles to your calling. They are your calling. And the person whose identity is grounded in Christ, has grown in community, and is now learning to go . . . starts right where they already are.

Do NOT skip this:

SG Mission Statement Framework | Application • ~4 minutes

Say it:

Take out your Mission Framework handout. Last session we discussed the first two questions in the mission framework. This week we will consider the next two questions. Let's spend 3-4 minutes on this:

3. Who are we being sent to? Be specific!

4. What is the one thing we want to commit together going forward?

We're going to use what surfaces here next week in Session 7 to land on a short group mission statement together. So... take a minute. What has God been using us (our group) to do/accomplish?

DO IT | *Optional Application* • ~6 minutes

Choose one of the following this week:

- **Go First.** In the relationship you named in Question 7, do one act of self-giving this week that you wouldn't normally do — something that costs you something. Not a grand gesture. Just one move that puts the other person's needs ahead of your own preferences.
- **Change Your Why.** Pick one responsibility or role in your life that you've been approaching as obligation. This week, do it as an act of worship. Same task. Different posture. At the end of the week, notice whether anything changed — in you, or in the people around you.
- **Use Your Influence.** From Question 6 — the relationship where you have more power or influence. Do one thing this week to use that influence in service rather than self-protection. A conversation you've been avoiding. A need you've been ignoring. One move toward the person rather than away.
- **Tell Someone They're Sent.** Think of someone in your closest circle who doesn't yet know they're loved by God . . . someone who hasn't stepped over the line of faith. This week, do one thing to show them what that love looks like. Not a speech. Just one act that points somewhere beyond yourself.
- **Reflect On It.** Read Ephesians 5:22–6:9 slowly. Write honestly about this: Which relationship in my life most needs the Gospel to show up differently? What would that actually look like starting this week?

PRAY IT | *Closing Prayer* • ~3 minutes

Father, you didn't send us somewhere dramatic. You sent us home. You sent us to work. You sent us back into the most ordinary, most challenging relationships of our lives and said: let what I've done in you show up there. We confess that we often treat our closest relationships as the hardest part of following you rather than the first part. Tonight we

heard that the mission begins right where we already are. Give us the courage to go first in our homes. To serve as though we're serving you in our work. To use whatever influence we have in service of the people around us rather than in protection of ourselves. May the people closest to us be the first to see the difference you've made. In Jesus' name, Amen.

“Stand”

Session 7: Ephesians 6:10-24

Movement: Going

Theme: Calling requires courage. You were built for this, and you were never meant to stand alone.



Check-In | *DO IT follow-up from Session 6 • ~3 minutes*

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | *Icebreaker • ~5 minutes*

2. Think of a time someone sent you into something hard and said “I believe you can do this.” It could be a coach, a parent, a mentor, a friend. What did it feel like to be sent by someone who believed in you? And did it change how you faced what was ahead?

READ IT | *Scripture • ~3 minutes*

Say it:

Paul ends this letter the way a commander sends people into the field. He’s not wishing them well. He’s equipping them.

- Ephesians 6:10-17

EXPLORE IT | *Discussion • ~12 minutes*

★3. Verse 12 says our struggle is not against flesh and blood but against spiritual forces. Most of us spend our energy fighting the visible things — the difficult person, the hard circumstance, the frustrating situation. What would change about how you approach your hardest challenges if you actually believed the real battle was happening at a different level?

★4. Verse 10 says “be strong in the Lord and in his mighty power” — not in your own strength, not in your own resolve, not in your own discipline. Where have you been trying to fight something in your own strength that actually requires a completely different kind of power? What would it look like to stop trying to win that battle alone?

5. Look at the armor piece by piece: truth, righteousness, the gospel of peace, faith, salvation, the Word of God. These aren’t things you manufacture — they’re things you put on. Which piece of armor feels most accessible to you right now . . . and which one feels like it’s been sitting unused?

READ IT | Scripture • ~2 minutes

Say it:

Paul adds one more thing to the armor — and it’s not a piece of equipment. It’s a practice.

- Ephesians 6:18-24

EXPLORE IT | Discussion • ~8 minutes

★ 6. Verse 18 says to “pray in the Spirit on all occasions with all kinds of prayers and requests.” Then Paul immediately asks them to pray for him — a man in chains who has spent this entire letter telling them how strong they are in Christ. What does it tell you about the nature of this life that even Paul, in prison, still needed other people to pray for him?

★7. Paul closes with “Grace and peace to you.” The same words he opened with in chapter 1. Seven sessions later, after everything he’s described — who you are, what God did, how you

belong, what you're called to, how you live, where you're sent — it still comes back to grace and peace. What does grace and peace mean to you now that you've spent seven sessions in this letter . . . compared to what it might have meant before this series?

SAY IT | *Leader Teaching • ~3 minutes*

Paul ends this letter standing in chains, writing to people he loves, asking them to pray for his courage. That's the picture he leaves us with. Not a triumphant commander. Not a polished teacher. A man in prison who knows that what he's been given is worth standing for . . . and who knows he can't stand alone.

That's what seven sessions of *Grounded & Sent* have been about. Not a curriculum. Not a set of ideas to agree with. An invitation to become people who know who they are in Christ — so deeply, so thoroughly, so immovably — that they can be sent into the ordinary, difficult, beautiful mess of their lives and actually stand.

You've been grounded. You've been grown. Tonight, you go. Not because you have it all figured out. Not because you feel ready. But because the same God who chose you before the world began, made you alive when you were dead, demolished the wall that kept you out, and gave you a piece of his own mission to carry . . . is the same God who is sending you. And that's enough.

DO IT | *Mission Statement Finalization & Mission Personalization • ~30 minutes*

PART 1 — Group Mission Statement Finalization (12 minutes)

Say it:

Over the last few weeks we've been asking ourselves some questions. Who are we? What has God been doing in us this quarter? Who are we being sent to? Tonight we land on something together.

We're going to take about ten minutes to develop a short group mission statement — one or two sentences that capture what this group exists to do and who we're being sent to together. It doesn't have to be perfect. It has to be ours.

Spend time working on "Session 7 Finalization" on your handout.

DO IT | *Mission Personalization • ~9 minutes*

Say it:

I'd like you to take a moment to think and pray. Ask God to show you a specific way that you can personally contribute to our group mission—an intentional decision—something you can commit to do or a direction you can walk in as you seek to satisfy what God is doing in you. Tonight, with a mission statement in hand, I'd like each of us to share this conviction, to identify this personal step. This is the one thing you sense God is asking you to do (or be) as a result of this quarter together.

It doesn't have to be dramatic. It doesn't have to be something you feel fully ready for. Follow where God is leading, not where you think you should go. Write it on the paper below your mission statement — one sentence. Then those who choose to do so, will have the opportunity to share it the group.

If you struggle to know where to start, take a moment to look over the “Personal Mission” categories list on the handout.

PRAY IT | *Closing Prayer • ~3 minutes*

Father, we came into this series carrying a lot of ideas about who we are — some true, many not. You spent seven sessions telling us the truth.

Chosen.

Alive.

Belonging.

Gifted.

Growing.

And now . . . sent.

Not because we have it figured out.

Not because we feel ready.

But because you are the one doing the sending — and you've never sent anyone you haven't also equipped.

We ask tonight for the courage to actually go. Into our marriages and our families. Into our workplaces and our neighborhoods. Into the relationships that are hard and the ones that are easy and the ones we've been avoiding. And we go together — as a community with a mission we've named: _____ your group mission statement _____ and each of us has a personal mission that we've committed to.

May the people closest to us be the first to see the difference that our time in your Word has made. And may we never forget that:

Being grounded isn't settling in. It's preparing to move.

So move us, Lord. Send us. And keep us standing in the territory you've already won.
In Jesus' name, Amen.

“Mission Statement Framework”



The Four Questions

1. Who are we? (Session 5)

Not a theological answer. An honest description of this specific group. The ages, the backgrounds, the season of life, what brought you together, what keeps you coming back. What would you say to someone who asked “what kind of people are in your group?”

2. What has God been doing this quarter? (Session 5)

Pull directly from what the group has experienced in Sessions 1-6. What has shifted? What has been named that hadn’t been said before? Where has the group felt most alive? Where has God seemed most present?

3. Who are we being sent to? (Session 6)

Not “the world.” The actual people. The specific neighborhoods, workplaces, schools, and families that this particular group of people touches every week. Think about who shows up in your everyday life that no one else in this group has access to. That’s your mission field.

4. What is the one thing we want to commit together going forward? (Session 6)

This is where the statement language usually emerges. Not a list of commitments — one thing. The thing that, if this group did it consistently, would make the most difference in the people around them. It might be a practice. It might be a posture. It might be a type of person they're going to show up for.

(Session 7)

Session 7 Finalization

1. **Briefly remind** the group of the four questions they've been considering.
2. **Ask:** "Based on what we've talked about and what God has been doing among us — what do we want to say?"
3. **Let the language surface organically.** Write options on paper. Read them aloud. Notice which one the group leans toward.
4. **Land on something.** It doesn't have to be perfect. It has to be yours.
5. **Write it down.** In the space below. Every person leaves with the statement on paper.

Our Small Group Mission Statement is:

This statement becomes the center of the Mission Personalization experience that closes Session 7 and the series.

What does a good Mission Statement look like?

A strong group mission statement is:

- **Short.** One or two sentences. Memorable without looking it up.
- **Specific.** It couldn't be any other group. It can be owned by this group. Not generic.
- **Rich.** Every word carries weight. "Daily" instead of "often." "Jesus' story" not "our faith."
- **Actionable.** Can you evaluate your week against it. "Did we do this?" should have a real answer.

A Starting Point if your group is stuck.

“To tell Jesus’ story daily in our words and actions.”

Why this statement works:

- *“To tell”* — active, intentional, not passive or accidental.
- *“Jesus’ story”* — personal and narrative, not doctrinal or institutional.
- *“Daily”* — ordinary life, not special occasions or church events.
- *“In our words and actions”* — complete. What you say and what you do. Neither alone is enough.

Or consider the Brazos Pointe mission statement:

“To guide people to discover, develop, and deploy faith in Jesus.”

Session 7 – Personalize the Mission

Say It:

I’d like you to take a moment to think and pray. Ask God to show you a specific way that you can personally contribute to our group mission—an intentional decision—something you can commit to do or a direction you can walk in as you seek to satisfy what God is doing in you. Tonight, with a mission statement in hand, I’d like each of us to share this conviction, to name this personal step. This is the one thing you sense God is asking you to do (or be) as a result of this quarter together.

It doesn't have to be dramatic. It doesn't have to be something you feel fully ready for. Follow where God is leading, not where you think you should go. Write it on the paper below your mission statement — one sentence. Then we'll share them around the group.

If you struggle to know where to start, take a moment to look over the “Personal Mission” categories on the list.

Personal Mission Categories:

A relationship to invest in. Someone who needs what you've been receiving or someone who could help you be closer to Jesus. A mentee or a mentor.

A rhythm or practice to begin. Something I'll do consistently in my faith life that I haven't been doing.

A person to invite. Someone I'll ask into community, into church, or into a conversation about faith.

A place to show up. A serving opportunity, a neighborhood, or a context where I sense I'm being sent.

A conversation to have. Something honest I've been avoiding that needs to be said.

A step toward growth. Something I'll pursue to develop my faith in a specific way.

Baptism. I need to go public with my faith in Jesus by being baptized.

Discovering Brazos Pointe: I need to join the church.

My personal mission is:

Share Your Personal Mission

Use the QR code to post your
personal mission statement
on the BPF Small Group Wall.

(or just be nosey to see what others are doing)

