



GROUND & 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)