



# SMALL GROUPS HANDBOOK







The content for this series has been developed out of Ephesians 1-3. The book of Ephesians is all about where our identity needs to be rooted in. In the first three chapters St Paul sets out the true identity of those who are in Christ. When we understand who we are, we are empowered to live lives of faithfulness to Christ - which chapters 4-6 of Ephesians are all about. The lies which Paul outlines in the first 3 chapters are lies which this generation of young people sometimes believe about themselves. The enemy is the father of lies, and lives to undermine the truth of God's word. These lies seek to ruin young people's lives, yet so many are trapped by them. We believe that through this series, God will reveal to young people the lies the enemy wants young people to believe about themselves and that they will boldly start to walk in the truth of who they really are in Christ Jesus.

This handbook will help you to journey through this series with young people in a small group context. We anticipate this material will work well as a discipleship resource for you and your group. We've designed the videos to be engaging and thought provoking when they are watched in isolation but we believe young people will get the most out of the content if they explore the topics and the book of Ephesians within a small group context.

We've not suggested games to play alongside, or prescribed time limits for chatting on each question etc because we want this to be easily adaptable to the context in which you do your ministry.

We hope this handbook is a blessing to you and your young people. We are also praying this generation of young people will come to know who they really are in Christ Jesus.

Lots of love,

The LUMINOSITY team







# VIDEO ONE

## Video 1: Ephesians 1:1-4

**Lie:** You are not wanted

**Truth:** You are chosen

*Pray and read the passage together*

*Watch the video*

### Discussion Questions:

1. What situations in life make you feel like you're not wanted?
2. How does someone who is chosen live differently to someone who feels unwanted?
3. If you believed that God has chosen you, how would that change the way you saw yourself?
4. How does it feel to know that before God created Mt Everest, or filled the oceans with water or created anything, he chose you to be in relationship with him?
5. How will you live differently as someone who knows they're chosen?
6. How can you show other people they're also chosen?

*Pray to end*







## VIDEO TWO

### Video 2: Ephesians 1:15-23

**Lie:** You are hopeless

**Truth:** You are hope-filled

*Pray and read the passage together*

*Watch the video*

### Discussion Questions:

1. What situations in life make you feel like you're hopeless?
2. How does someone who is empowered live differently to someone who feels hopeless?
3. Paul tells us in Verse 19 that as believers we have an incomparably great power, which is the same power that raised Jesus from the dead. How does it feel to know you have that power within you?
4. How does it feel to know that God has a glorious inheritance for you in heaven but also a plan for you life now?
5. How will you live differently as someone who knows they are empowered?
6. How can you show other people they're also empowered?

*Pray to end*







## VIDEO THREE

### Video 3: Ephesians 2:1-10

**Lie:** You can't be forgiven

**Truth:** You are redeemed

*Pray and read the passage together*

*Watch the video*

### Discussion Questions:

1. What situations in life make you feel like you can't be forgiven?
2. How does someone who knows they are redeemed live differently to someone who feels like they can't be forgiven?
3. Why did God choose to 'make us alive in Christ' (v4, v7)?
4. How does it feel to know that God loves you so much that he sacrificed his son so that you could be in a relationship with him?
5. How will you live differently as someone who knows they are forgiven?
6. How can you show other people they can also be forgiven?

*Pray to end*







## VIDEO FOUR

### Video 4: Ephesians 2:11-22

**Lie:** You don't belong

**Truth:** You are included

*Pray and read the passage together*

*Watch the video*

### Discussion Questions:

1. What situations in life make you feel like you don't belong?
2. How does someone who knows they are included live differently to someone who feels like they don't belong?
3. Do you feel as though you have to be a certain kind of person to be invited into God's family?
4. How does it feel to know that the body of Christ, church, is a place where you belong?
5. How will you live differently as someone who knows that you belong?
6. How can you show other people they also belong in the body of Christ?

*Pray to end*







## VIDEO FIVE

### Video 5: Ephesians 3:14-21

**Lie:** You must earn love

**Truth:** You are loved

*Pray and read the passage together*

*Watch the video*

### Discussion Questions:

1. What situations in life make you feel like you need to earn love?
2. How does someone who knows they are loved live differently to someone who feels like they must earn love?
3. V19 tells us that God's love surpasses knowledge. How then can we grasp it? (v16, through God's strength)
4. How does it feel to know that you don't have to do anything to earn God's love?
5. How will you live differently as someone who knows they are loved?
6. How can you show other people they also don't need to earn love?

*Pray to end*







We'd love to hear some stories about what God has been doing in your life as you've explored the truth of who you are in Christ.

**Why not let us know:**

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**WE ARE** A GENERATION OF  
**CHANGE MAKERS**  
WHO WILL PIERCE UNIMAGINABLE  
**DARKNESS** WITH THE  
**LIGHT** OF JESUS  
AND DO **GREATER** THINGS  
THAN ANY GENERATION BEFORE US