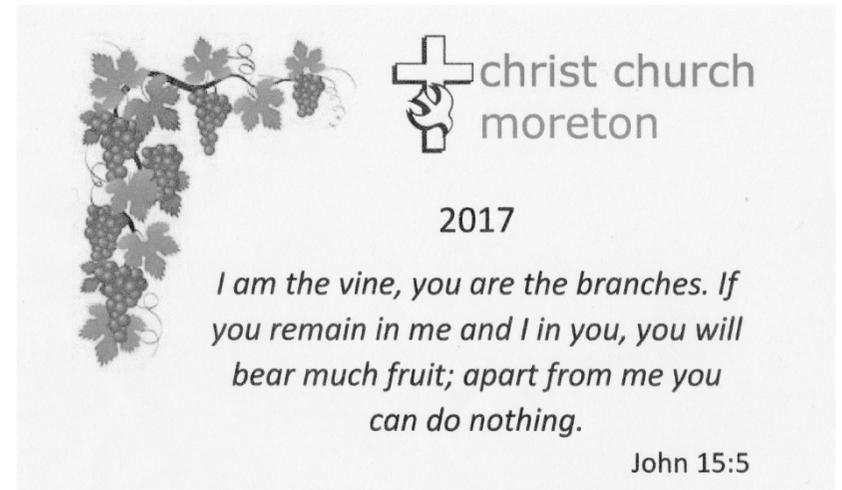


ONE CHURCH
ONE FAITH
ONE LORD

CHRIST CHURCH
HOMEGROUPS
AUTUMN 2017



WELCOME TO OUR NEW SERIES OF HOMEGROUPS

The diary for this term looks like this:

Wednesday 6 th Sept	PRAYER MEETING (7.45 pm in the Parish Centre) Home-Group session 1
Week beginning 11 th Sept	Home Group session 2
Week beginning 18 th Sept	Home Group session 3
Week beginning 25 th Sept	
Wednesday 4 th Oct	PRAYER MEETING (7.45 pm in the Parish Centre) Home Group session 4
Week beginning 8 th Oct	Home Group session 5
Week beginning 15 th Oct	Home Group session 6
Week beginning 22 nd Oct	Home Group session 7
	Home Group session 8
Wednesday 1 st Nov	PRAYER MEETING (7.45 pm in the Parish Centre) Home Group session 9
Week beginning 6 th Nov	Home Group session 10
Week beginning 13 th Nov	Home Group session 11
Week beginning 20 th Nov	Home Group session 12
Wednesday 30 th Nov	Getting ready for Advent (7.45 pm in the Parish Centre)



christ church
moreton

making disciples
growing disciples
being disciples

**ONE CHURCH, ONE FAITH,
ONE LORD**

As a church we have a vision of making, growing and being disciples, and it is the Bible, rather than our own good ideas, which will help us put that faithfully into practice. This term our home groups are studying Paul's letter to the Ephesians, looking for how what was written so long ago can encourage us today.

Despite doubts expressed by a few scholars, Ephesians was almost certainly written by Paul. He was in Ephesus (as recorded in Acts 19&20) for three years, probably from the summer of 52 AD to the spring of 55 AD. In Ephesians 6:20 Paul refers to himself as a prisoner; this letter was probably written while he was in prison in Rome around the year 60 AD.

Unlike most of Paul's letters, this one has no personal greetings, and no reference to specific circumstances or controversies in the church. It may well be the case that the letter was not just to one church, but a circular letter to the churches in Asia Minor, of which Ephesus was the main city.

However, like many of the letters in the New Testament the letter to the Ephesians brings together 2 themes. It gives an account of what the coming of Jesus means, and it spells out what that is going to mean in practical terms for those who become his followers.

In particular, Ephesians is about The Church – God's new society. We find out what God has done to create the church, what the church should be like, and how we can play our part in building up the body of Christ. So as we study this letter, we need to keep looking at how it applies to the body of Christ here at Christ Church, and how we can grow in our unity (one church), our knowledge of God and what he has done for us (one faith), and our service of him as disciples (one Lord).

1. PRAISE & PRAYER

WELCOME

What was the best thing about your Easter this year?

WORSHIP

Psalm 103 is a great hymn of praise for all that God has done. Use it together, and then each pick one thing from the Psalm to thank God for personally.

WORD

Not long ago I was in a second hand bookshop, found a book that looked good and bought it – only to discover when I got home that I actually already had it! Maybe it's just that I'm getting old and forgetful, or maybe it is that most of us today have so many possessions that occasionally we forget all that we have.

And what is true with books can be true with spiritual things. God has blessed us all in so many ways, but I wonder if sometimes we forget all that God has done for us. I don't know whether Paul suspected that was the case in Ephesus, but he but he begins his letter by reminding them of the amazing blessings that they have in Christ – blessings that are ours as well.

Read Ephesians 1:1-14

It's not the easiest passage in the Bible to understand! In the Greek in which this was originally written it is one long sentence. It seems that in his excitement about what God has done, Paul burst out in praise, and wanted his readers to share that praise as well.

- What are the blessings which Paul says we have received from the Father?
- Which of these seems most significant to you personally?
- How is your life now affected by all the spiritual blessings you have received in Christ Jesus?

This passage uses phrases like *the will of God, the plan of God, the purpose of his will.*

- How does talk of God's will seem to you? Is it:
 - a) a goal to reach
 - b) reassuring
 - c) unknowable
 - d) something to worry about
 - e) something that we have to discover and do?
- What do you think it means to live 'to the praise of his glory' (v.12)?
- What might it mean in practice for you?

In v.14, Paul talks about those *who are God's possession.*

- What difference does it make to your life knowing that you are God's possession?

Read Ephesians 1:15-23

As Paul turns to pray for the Christians in Ephesus, his first response is to thank God for them.

- Why is Paul so thankful in his prayers for the Ephesians?

Despite his gratitude to God for the Ephesians, Paul is still not satisfied with them.

- What does he pray for?

v.17

v.18

v.19

- Why do you think that Paul's prayers focus on wisdom, revelation and knowledge?
(The three terms are more or less equivalent and refer to the enlightenment God gives.)
- In what ways would you like to know God better (v.17)
- What difference would it make in your life if your eyes were more open to the hope of God's call, and to his power which is at work in you?

Paul wants the Ephesians to know more of God's power.

- How did God show his power in the resurrection and ascension of Jesus (v.20)?
- What would it mean for us to know that power?

The church is central to God's plan (v.22-23). What does this chapter tell you about the importance of the church? Is it possible to enjoy the blessings that Paul wrote about in v.3-14, or the things he prays about in v.15-23, without the church?

WORK

1. This week try to make time each day to praise God for these blessings, and to pray for one another in the same way Paul prayed for the Ephesians.

2. Paul says that as Christians we exist for *the praise of his glory*. One thing that means is that we should be looking for ways in which we can do things within our community which will bring praise to God. It might be through evangelism, it might be through some caring work in the community – the list is probably almost endless!

This term I want to challenge each home-group to plan something that will fulfil this. Over the coming weeks there will be some ideas in these notes, but the important is not just to talk, but to act! So tonight, begin praying about what you could do over the next 3 months *for the praise of his glory*.

2. MADE ALIVE, MADE ONE

WELCOME

What has been your worst ever holiday?

WORSHIP

Psalm 116 praises God for hearing and rescuing. We have even more reason to praise God for this; we know that in Jesus we have a new access to him in prayer, and that he has saved us from eternal death and given us new life. With these things in mind, use the psalm to praise God.

WORD

In one of A.A.Milne's Winnie the Pooh stories, Pooh, Piglet and Christopher Robin are having a conversation:
"Tigger is alright really" said piglet lazily. "Of course he is" said Christopher Robin. "Everybody is really" said Pooh. "That's what I think" said Pooh. "But I don't suppose I'm right" he said. "Of course you are" said Christopher Robin.

But the Bible presents a very different picture. Everyone is far from alright – we are alienated from God and from other people.

Read Ephesians 2:1-10

In verses 1-3 Paul describes our state before we became Christians. What 3 words might you use to sum up what he said?

- a) (v.1)
- b) (v.2)
- c) (v.3)

- Do you find it easy to accept this as a description of yourself before becoming a Christian?
- Or of your non-Christian friends now?

- In verses 4-10, in contrast to the desperate fallen condition of human beings, what three things has God done for us?
- What motivated God to do all this for us?

- When Paul says that our salvation is not from ourselves (v.8-9), does he mean that we play no role in our salvation?

- Based on these verses, how would you explain what salvation is?

Read Ephesians 2:11-22

- According to verses 14-18, what 2 reconciliations does Christ achieve?

Divisions between people is all too common – in fact John Stott says that “divisiveness is a constant characteristic of every community without Christ.” This was certainly the case between the Jews and Gentiles in Paul’s time – they hated each other! And yet in the church at Ephesus Christians from both Jewish and Gentile backgrounds worshipped together.

- Why is the bond that we have in the blood (death) of Jesus (v.13) more important than anything that might divide us?

There was a literal ‘dividing wall of hostility’ (v.14) in Jerusalem. In the Temple the outer ‘court of the gentiles’ was separated from the Temple proper by a huge stone wall. On the wall were notices forbidding foreigners to enter on pain of death.

Paul says that Christ has destroyed this barrier *by abolishing in his flesh the law with its commandments and regulations.* (v.15)

- In what sense did the cross achieve this?

- Are there rules and regulations that we have which might prevent people from coming into the kingdom?

3. WELCOME TO THE CHURCH

In v.19-20, Paul talks about us being part of God's household – God's new society. This is built *on the foundation of the apostles and prophets* – whose words we now have in the New Testament and Old Testament. And the corner stone – the stone from which the whole building takes its shape, is *Christ Jesus himself*.

- What does it mean practically for Christ Church to be *built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief corner-stone*?

In Christ Church we *are being built together to become a dwelling in which God lives by his Holy Spirit*.

- How should realising this affect our relationships within the church?

WORK

One of the challenges that Christ Church (like any church with more than one congregation) faces is growing unity among those who attend different services, and who consequently rarely, if ever, get to meet one another. But if we want to be an authentic church, we need not only to make sure that we have unity with those we do know (which can be a challenge!) but also with those we may not really know.

What could you do this week to try to get to know someone new within Christ Church? It might mean going out of your way to do it, but it is part of becoming *a holy temple in the Lord*. (v.21)

WELCOME

What is your favourite flavour ice-cream?

WORSHIP

I wonder if sometimes we take God's love for granted. But why such a great and holy God should love us is amazing. Psalm 136 reminds us that *his love endures forever*. Use either the psalm, or your own words, to thank God for his love.

WORD

What do you think of when you hear the word church? For many people their first thought is of a building. Several years ago a friend of mine, who was then curate at a church, was approached by someone and asked 'are you the curator of this church?' That probably sums up how many people feel about church – it is to do with an old building.

For other people 'church' might mean what goes on inside the building – the services that take place there. The New Testament word points much more to the believers who make up the church – certainly in the New Testament 'church is something to be, not something to go to.'

We saw last time that Paul had a vision of the church that was much deeper than ours usually is: it was the place where God lives by his Holy Spirit. Now Paul goes on to enlarge on that.

Read Ephesians 3:1-13

Paul actually starts this chapter with a long digression. After beginning *for this reason* it isn't until verse 14 that he continues with what he had started!

First, Paul talks about a 'mystery' – the word crops up in v.3, 4, 6, 9. In the New Testament a 'mystery' is something which had been hidden but has now been revealed – truths which although they can't be discovered by human wisdom have been revealed to the church.

- What is the 'mystery' that Paul is talking about here?
- How is this connected to the ministry given to Paul (v.7-13)?

As often happens, this passage contains plenty of words and phrases which are not now part of everyday speech. Try to translate v.6 into everyday English (i.e. don't use words like 'grace', 'blessing', etc!)

- What purpose does God have for the church v.10-11)?

Paul urges the Ephesian Christians not to be discouraged because of his sufferings (v.13). I guess that most of us find our own sufferings discouraging, but why might these Christians have been discouraged by Paul's sufferings?

Paul could see that his suffering was for the church's good. Do we sometimes avoid situations which might be for the good of the church, because they might result in suffering or pressure for us?

Read Ephesians 3:14-21

Paul now gets back to his main theme – which he began in v.1 with 'for this reason.'

Go through this wonderful prayer and pick out the things which Paul prays for for the Ephesians.

- How do they flow from what he has already said in chapters 1 & 2?

Three times in v.14-21, Paul mentions 'love' and 'power'.

- What do we learn about love and power in these verses?

In v.10 & 11, Paul said that the purpose of the church is to make known God's wisdom.

- How is Paul's prayer directed towards fulfilling that purpose?

Paul prays that we shall have power to know God's love and power *with all the Lord's holy people*. He isn't referring to especially holy people, but all the Christian in Ephesus.

Why do you think Paul emphasises this? Is it possible to know God's love and power in isolation from other Christians?

- How does Paul's prayer emphasise the centrality of the church to God's plan for the world?

WORK

When you read what Paul says about the church, and his great prayer for the church, it should challenge us. God wants his wisdom – the Good News – to be seen through Christ Church. In session 1, I challenged you to think about what you could be doing this term. How will Moreton see the Good News through what you do?

4. ONE FOR ALL AND ALL FOR ONE

WELCOME

Are your hobbies things that you do on your own, or with other people?

WORSHIP

Psalm 133 reminds us what a blessing unity is. The Christian life was never meant to be lived alone; we all need one another to encourage and help us. Praise God for times when he has blessed you through another Christian.

WORD

Goodness knows what the weather will be like by the time you are doing this study, but as I sit writing it, it isn't great. I'd like to be out in the garden, sorting out some plants, so it's probably a good thing that it is raining, and I don't have that distraction!

I love gardening, and one of the things that makes a garden is variety. I guess that the great skill in gardening isn't so much growing the plants, as knowing which plants to use together to make a good display. Because a great garden isn't just full of one plant, neither is it a chaotic mixture. It is a blend of different colours, different shapes, which all fit together.

And what is true of a garden should also be true of a church.

Read Ephesians 4:1-6

Paul is so concerned for these Christians that he 'urges them' (the word could be translated **begs them**) to live a life worthy of their calling.

- Looking back over the first 3 chapters of Ephesians, what is it that they (and we) have been called to?
- Why is unity so important? What part does it play in living lives worthy of our calling?
- What does Paul say are the characteristics of a life worthy of our calling (v.2-3)?
- Why are these virtues so important? How would they help to maintain the unity of the church?

Read Ephesians 4:7-16

We are commanded to maintain our unity. But that doesn't mean that we all should be the same.

- Jesus is now ascended into heaven. But how does Paul link Jesus reign in heaven with the work of his church now?

Paul talks about 4 key ministries in the church. In chapter 2, when he talked about apostles and prophets, he seemed to be talking about the Old Testament prophets and the New Testament apostles, through whom we have the words of scripture. So it seems to me that that is the most likely

meaning of the terms here, though 'prophets' might also refer to those who can speak God's word into a particular situation. Evangelists have a special gift for communicating the gospel so that others can come to faith, and 'pastors and teachers' are those who lead churches.

- What is the purpose of God giving these ministries to his church (v12)?
- How do each of these ministries help in this?
- What is God's aim for his church (v.13)
- What 'waves and winds of teaching' are you aware of in the church in Britain at the moment? How do these damage both individual Christians and the church as a whole?

WORK

Paul says that the body *grows and builds itself up in love as each part does its work*. It is nothing new to hear that every member of a church has a role to play, but what Paul tells us here is that if anyone is not playing their part, the growth and love in the church will be hindered.

I guess that most members of our home-groups are involved in service in Christ Church in some way – but there is always the

challenge to review what we are doing, and to ask whether the Lord is calling us to some other area of service.

For some, it might be that they have little spare time, but that their calling is contributing financially. If that is you, is your giving sacrificial, or just what you think you can afford?

Others have time, but are unable to do much practically. If that is you, is your calling to pray for others in the church?

And others do have time and abilities. Are you using them to the full?

What gifts can you see in each other? How can you encourage each other to use those gifts, so that Christ Church will grow and build itself up in love?

S. LIVE A NEW LIFE

WELCOME

What was either the last film you watched or the last book you read?

WORSHIP

Psalm 73 acknowledges that sometimes when we are following the Lord, our feet do almost slip. But it is also a reminder that we have a hope that lasts beyond this life – *my heart and my flesh may fail, but God is the strength of my heart and my portion for ever*. As you use the psalm, ask God to help you to get life in perspective.

WORD

‘It’s easier said than done’ is a phrase that applies to many things in life. And it certainly applies to unity in the church. Although we know that unity is important, it doesn’t always come easily. As one little rhyme put it: To dwell above, with saints we love, that really will be glory. To dwell below, with saints we know – well, that’s another story! Although we have been given a new life in Christ, the old life still kicks in, and somehow we manage to say the wrong thing or act in the wrong way.

But we aren't the first church to have had to struggle with that! The church in Ephesus still needed reminding of the importance of unity, and it also needed reminding of some of the practical issues involved in maintaining that unity.

Read Ephesians 4:17-32

Many of Paul's first readers were Gentiles who had come to faith in Jesus, and had become part of the church. Whereas the Jewish believers had lived good moral lives before coming to faith in Jesus, many of the Gentile believers would have lived thoroughly pagan lives.

- How does Paul here contrast the life of the Gentile (the non-believer) with that of a true believer?
- Do you think that Christians do live better lives than non-Christians?

In v.18, Paul says that the Gentiles behave as they do because of *the hardening of their hearts*.

- What do you think this means?
- Have you ever struggled with hardness of heart:

in yourself?

in others?

Paul says that we need to *put off your old self* and then to *be made new in the attitude of your minds* (v.22-23).

- Why do our minds need renewing?
- Are there things which you now consider to be wrong which in the past you thought were perfectly alright?

In v.25-32, Paul gives several examples of things we should put off. Try to list these things, along with what we should put on in their place, and the reason for doing it?

- Which of these do you have most difficulty with?
- Which of these have you known God helping you to change?
- Why would all these things be important in maintaining unity in the church?
- Why could these things *grieve the Holy Spirit* (v.30)?

WORK

It's a few weeks now since I laid down the challenge to you to do something this term which will bring praise to God – something that you could do in the community.

So – how are your thoughts progressing? Have you identified anything yet which you think the Lord is calling you to do? Whatever it is, it will involve planning, but most importantly it will involve prayer. As Psalm 127 says *unless the Lord builds the house, its builders labour in vain.*

So, whatever you are planning to do, make sure you pray. Are there people you want to influence for the gospel? Then pray for them. Is there a situation in Moreton that you want to see changed? Then pray about it.

6. WALK IN THE LIGHT

WELCOME

If you were stranded on a desert island, what one luxury would you like to have?

WORSHIP

Psalm 33 is an encouragement to remember God's great power in creation, and to praise him. Use the psalm, and then praise God for the wonder of his creation.

WORD

One of the most worrying things about being a parent is realising the way in which your children imitate what they see you do. I guess I'm not the only parent to have been about to tell my child off for something when I realise that they had probably seen me doing it!

Children imitate – that's the way they learn. And so when parents behave badly, it is no surprise if their children do the same. If parents swear, it is no surprise if their children do the same (and don't have any idea what the words mean!)

But what about us adults? Who do we imitate?

Read Ephesians 5:1-21

Just as children imitate their parents, Paul says that now we have been adopted into God's family, and are his children, we should imitate him (v.1-2).

- What do you know about God which you should imitate?
- How is the Lord Jesus the perfect example of what Paul tells us to do?

In v.3-4, Paul lists some of the things which should have no place in the Christian life, and then says that they should be replaced with thanksgiving.

- How is thanksgiving an appropriate replacement for the things Paul mentions?
- How can you use thanksgiving to replace improper behaviour in your life?
- Why do you think that Paul calls *immoral, impure or greedy persons* idolators?
- In what area of your life are you most tempted to idolatry?
- What sort of *empty words* (v.6) might deceive us when it comes to sin and judgment?

In verses 8-14, Paul encourages us to *live as children of light*.

- According to these verses what does it mean to live as children of light?
- It is common nowadays to equate 'wisdom' with 'intelligence'. But according to verses 15-17, what characterises wise people?

In the N.I.V. verses 19-21 look like a series of separate commands. But in the Greek in which this letter was first written they are linked grammatically to verse 18, and describe 4 results of being filled with the Spirit (literally:

*go on being filled with the Spirit;
speaking to one another,
singing and making music from your heart
giving thanks ...
submitting to one another*

- Why would each of these flow from being filled with the Spirit?

Music is an important element in the services of almost all Christian traditions. But although we often think of worshipping the Lord through music, Paul tells us that whilst we make music in our hearts to the Lord, when we use hymns, psalms and spiritual songs in our corporate worship, we should sing them to one another.

- How can the music we use in our services help us to build each other up?
- What does it mean to submit to one another? Why is this important?

WORK

Living as children of light doesn't come naturally. That is one reason why teaching in the church is so important – to help us know not only the hope that God has called us to, but also how to live for him in this fallen world.

Our vision at Christ Church is to be Making, Growing and Being Disciples. For that to happen, we need to be a church where teaching happens. That doesn't just apply to our Sunday services (though they are very important), it also applies to Sunday Clubs, Youth work, home groups etc. etc.

- Pray for those you know who are involved in teaching at Christ Church, especially any members of your group.
- Is there some area of teaching that you could be involved in?
- Are there things that you need teaching about?

7. NEW RELATIONSHIPS

WELCOME

What was the best thing about your school days?

WORSHIP

Revelation 5 gives us a picture of the worship of heaven, as all of creation bows before the throne of God. And it reminds us that we were not saved in order to be isolated Christians, but in order to be God's new society. Use Revelation 5:9-14 in praise.

WORD

Paul has told us a lot about what God has done for his church, and how we need to live as part of the church. But, of course, there are other relationships in our lives – very important relationships. And if we are going to live the new life that God has created us for, that won't only involve what goes on in Christ Church, it will involve what goes on at home and at work. In fact, these are two of the key places where we are called to live lives which will bring praise to him.

But, just as unity in the church isn't always easy to maintain, good relationships in the home and at work can be a real challenge.

Read Ephesians 5:21-33

This is one of the most contentious sections of Ephesians. In our society the word 'submission' is loaded with negative connotations, and that is bound to colour our reading of this passage.

But remember that Jesus always treated women with respect in an age in which they were regarded as less than second class citizens. And Paul has already stressed our 'oneness' in God's new society. So our understanding of this passage must be set in that context.

- How does v.21 act as a bridge between the previous section and this one?
- Why should reverence to Christ lead us to submit to one another?
- Do you think that Paul's illustration of the church submitting to Christ is helpful in terms of a wife's submission to her husband?
- The other side of the coin is that husbands are to love their wives as Christ loved the church (v.25). How has Christ shown his love for the church?
- Is this a realistic model of how husbands should love their wives?

Paul stresses again that *we are all members of one body*, (v.30) and that our relationships are to be worked out within that unity.

- How can the church support marriage?

Read Ephesians 6:1-4

- Is it possible to obey your parents without honouring them?
- What are some of the practical ways in which children can both honour and obey their parents?

I guess that we most naturally think of this instruction in the context of young children – those who still live at home with their parents. But what about when we are older, have long since left home, and have children of our own. Do you think what Paul says here still applies?

- How can fathers (and mothers) exasperate their children (v.4)?
- Why does Paul contrast exasperating children with *bringing them up in the training and instruction of the Lord*?

Read Ephesians 6:5-9

Because we live in a very different society, we maybe miss the most striking thing about these verses, which is that Paul addresses himself to slaves at all. Despite the fact that in Roman society slaves had virtually no rights, here Paul writes to them as accepted members of the Christian community.

- What is implied about the way slaves normally worked for their masters and the way that masters usually treated their slaves?
- Do you think that the references to slaves and master here can be applied to modern employer-employee relationships, or maybe to teacher-pupil relationships? If so, how might what Paul writes here be applied in those areas?
- How do the whole of 5:21-6:9 contribute to the theme of the church glorifying God through visible unity?

WORK

We might not all be married, we might not all have children, we might not all be employed, but still what Paul writes here about these relationships is a challenge. We live in a society where marriage breaks down at an alarming rate, where parents often neglect their children, and children ignore their parents, and where the workplace is often stressful to say the least.

These are issues which affect us as a church. So – are there things that we need to be doing? Are there ways in which we could support married couples? Or support parents? Or is there something we could do to support people under pressure at work (without the thing we do causing more pressure!)

Over to you. But please, don't just come up with ideas – come up with ways in which you could make them happen!

8. IT'S A BATTLEFIELD

WELCOME

What is the biggest challenge you have faced?

WORSHIP

Colossians 1:15-20 is a great description of the greatness of Jesus. Read it together, and then praise Jesus for who he is and what he has done for you

WORD

We are almost at the end of Paul's great letter to the Ephesians. We've been reminded about the amazing things God has done for us – he has given us every spiritual blessing in Christ. He has given us a great hope for the future, and power to live in the present. He has saved us, not because of anything we have done to deserve it, but because of his grace.

And he has made us his church, where God himself lives by his Spirit. He has made us one, and given us all gifts to use to build up the church. He has called us out of our old way of life into a new life of light, which affects not only our relationships in the church, but also our relationships in the home and at work.

God has done so much for us! But it won't always be plain sailing, because we have an enemy, who is intent on spoiling what God has done for us and in us.

Read Ephesians 6:10-24

- How do you respond to the fact that there are spiritual forces in the universe that are working against God's will?

This passage teaches us some important things about the devil:

He exists

He is powerful (because we need the full armour of God)

He schemes (v.11)

He is evil (v.12)

He is spiritual (he operates in the heavenly realms) (v.12)

He tempts and accuses (v.16)

- Are there ways in which you have been aware of his action in your life or in the church?

Four times in verses 11-14 Paul urges his readers to *stand firm* in the battle against the evil one.

- In what ways are we at risk of not standing firm?

As Paul wrote this he may have been chained to a Roman soldier (see v.20). This could have inspired his picture of the armour of God.

In verses 14-17 Paul lists the elements of that armour. What does each piece tell us about how the devil will attack?

- The belt of truth
 - The breastplate of righteousness
 - Feet fitted with the readiness that comes from the gospel of peace
 - The shield of faith
 - The helmet of salvation
 - The sword of the Spirit.
-
- Which piece of armour is most important to you in the spiritual battles you have at the moment?

Finally – we need to pray. In what ways has this letter shown us the sort of things we should be praying about?

We should be praying on all occasions, with all kinds of prayers, for all the saints.

- What obstacles do you face in praying like this?

Paul started his letter by wishing his readers *grace and peace to you from the Lord Jesus Christ*. (Eph.1:2). Now he ends by praying again *peace to the brothers and sisters ... and Grace to all who love our Lord Jesus Christ ...* How do these prayers for peace and grace sum up what Paul has written in this letter?

WORK

We come to the end of our home-group series, but hopefully not to the end of what you have been planning. How are you going to continue to put into practice the things you have discussed and planned in the WORK sections of each of these studies?

