

Growth Groups Guide
Praise God From Whom All Blessings Flow
September 6, 2026
Ephesians 1:3-14



Prayer Request: Pray that God would bring himself glory through our church, including through our ministry efforts kicking off this fall.

Icebreaker Question: If you had to choose one word to describe the family you grew up in, what would it be and why?

Discussion Questions:

1. Read Ephesians 1:3-14. What does this passage show us about God's character?
2. Of the blessings Paul describes in Ephesians 1:3-14, which ones most lead you to praise God? Why?
3. How might God's choice of us lead us to praise Him?
4. How might God's gift of redemption lead us to praise Him?
5. How might God's appointment of a future inheritance lead us to praise Him?
6. How might you glorify God through gathered worship at Refuge Church? Through the rest of your life?

General Questions:

1. What new concept did you learn from this week's text?
2. Is there anything in the text that you don't understand?
3. How does this text challenge you to change? Is there anything standing in your way of making that change?

Prayer: Blessed be you, Our Father, who has blessed us in Christ with every spiritual blessing in the heavenly places. Thank you for choosing us in Christ before the foundation of the world, giving us redemption through Christ's blood, and sealing us with your promised Holy Spirit for a future inheritance. Make us holy and blameless before you, that we might be to the praise of your glory. Amen. (Adapted from Ephesians 1:3-14)