Growth Groups Guide
Living in the Light
November 8, 2026
Ephesians 5:1-21

Prayer Request: Pray that God would guide our congregational meeting this upcoming Sunday.

Icebreaker Question: What Thanksgiving traditions do you have?

Discussion Questions:

1. Read Ephesians 5:1-21. What does Paul call believers to reject?

2. What does Paul call believers to pursue?

3. What in this passage do you find most challenging?

4. What in this passage do you find most encouraging?

5. Paul encourages the Ephesians to worship the Lord together. How do you see us doing that at Refuge? In your growth group?

6. What is one thing you are thankful to God for?

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: Father, teach us to walk in love, since Christ loved us and gave himself up for us. Teach us what is pleasing in your sight, O Lord, that we might walk not as unwise but as wise, making the best use of the time. Thank you for all your gifts to us in Christ. We worship you. In Christ's name we pray, Amen. (Adapted from Ephesians 5:1-21)