



# UPSTATE GROUP GUIDE

Fully Alive: Ephesians

June 1-7

Ephesians 6:1-9

## Things to Know

### See Other Sermons Here

[Click Here to Watch](#)

### Gospel Connections and Conversations

[Click Here to report your Gospel Connections & Conversations](#)

---

## Studying God's Word *In Community*

*Reminder: The goal of group time is not to re-preach the sermon, but to understand and apply God's Word together.*

---

## Sermon Recap

Ephesians 6:1-9 teaches that the gospel transforms the way we live under authority and the way we lead others. Inside the home, honor and discipleship reflect God's design for the family. Outside the home, integrity, diligence, and fairness reflect Christ in the workplace. Every relationship ultimately points back to Jesus, the perfect authority who leads with truth, grace, and love.

# Read

## Read Ephesians 6:1-9 and make observations about the text.

- What is God teaching us in the passage?
  - What does this reveal about who God is, what God has done, and how I should respond?
  - Which part of the text was most meaningful to you and why?
  - What do you need help understanding about this passage?
- 

# Scripture

## Ephesians 6:1-9

### Children and Parents

[1] Children, obey your parents in the Lord, for this is right. [2] “Honor your father and mother” (this is the first commandment with a promise), [3] “that it may go well with you and that you may live long in the land.” [4] Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

### Bondservants and Masters

[5] Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, [6] not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, [7] rendering service with a good will as to the Lord and not to man, [8] knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. [9] Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

[The Holy Bible, English Standard Version](#). ESV® Text Edition: 2016. Copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Ephesians 6:1-9.

---

# Living on Mission In Community

Living on mission as a group means recognizing that the gospel is meant to shape everyday life, not just church gatherings. Ephesians 6 reminds us that our witness is often seen most clearly in the way we respond to authority, treat people, and carry responsibility. As a group, we

encourage one another to reflect Christ in our homes, workplaces, and relationships by living with integrity, humility, and grace. When believers honor others, work faithfully, and lead with fairness and compassion, the character of Jesus becomes visible to the world around them.

*How is God leading me to respond to His Word this week?*

---

## Optional Breakout Questions

*Consider making time at the end of the group to break out into groups of 2-4 (keep them gender specific). Have them answer these three questions about their weeks:*

1. How did you feed yourself?
  - *(What have you been doing to feed your spiritual life, and how is it going?)*
2. How did you feed others?
  - *(How did you share the gospel or gospel truth with someone this week?)*
3. How did you feed your flesh?
  - *(What sins did you struggle with this week? How can your friends hold you accountable?)*

# *Leader Resources-June 1-7*

## **Small Group Curriculum - Ephesians 6:1-9**

### **1. Session Overview**

In Ephesians 6:1–9, Paul continues showing how the gospel transforms everyday relationships. After addressing marriage, he now turns to the home and the workplace, revealing that following Jesus affects how we respond to authority and how we exercise it. These instructions are not ultimately about power or control, but about reflecting Christ in the places where we live and work every day.

Inside the home, children are called to obey and honor their parents, while parents are instructed to lead with patience and intentional discipleship rather than harshness. Paul reminds believers that the home is often the first place we learn trust, submission, and responsibility.

Outside the home, Paul addresses servants and masters, a relationship that can be applied today to employees and employers. Work is no longer merely about pleasing people or earning approval. Work becomes an act of service to Christ Himself. At every level, Paul reminds believers that earthly authority is temporary and accountable to the ultimate authority of Jesus. When Christ transforms the heart, relationships become marked by honor, integrity, fairness, and grace.

### **2. Opening**

**Ask:**

Who was an authority figure in your life that had a positive impact on you? What made their influence meaningful?

Why do you think people naturally struggle with authority—either resisting it or abusing it?

### 3. Scripture Reading

Have someone read Ephesians 6:1-9 out loud.

### 4. Teaching Points (Systematic Walkthrough)

#### Ephesians 6:1-4

In verses 1–4, Paul addresses relationships inside the home, beginning with children and parents. Children are called to obey and honor their parents “in the Lord,” recognizing that obedience is not ultimately about parental perfection, but about trusting God’s design for authority. Paul points back to the commandment to honor father and mother, reminding believers that God designed the home as a place where respect, responsibility, and trust are cultivated. At the same time, fathers are warned not to provoke their children to anger, but instead to raise them in the discipline and instruction of the Lord. This shows that authority in the home is not meant to crush or control, but to lovingly guide and disciple. The gospel reshapes the home into a place where both obedience and leadership reflect the character of Christ.

#### Ephesians 6:5-9

In verses 5–9, Paul shifts outside the home and addresses servants and masters, principles that apply today to work and leadership. Servants are instructed to work sincerely and wholeheartedly, not simply to impress people, but as those ultimately serving Christ. This means that everyday work matters to God, and believers should be known for integrity, diligence, and reliability. Laziness, dishonesty, and half-hearted effort are inconsistent with a life transformed by Jesus. Paul also addresses masters, reminding them to treat those under their authority with fairness and goodwill, knowing they too are accountable to the same Lord in heaven. The gospel transforms not only how we follow authority, but how we lead others. Every relationship becomes an opportunity to reflect Christ through humility, justice, and service.

### 5. Discussion Questions

1. What stands out to you most in Ephesians 6:1-9?
2. Why do you think authority is such a struggle for many people today?
3. What does it look like to honor authority even when it’s difficult?
4. How can parents lead their children in ways that reflect Christ rather than provoke them?
5. What would change if we truly viewed our work as service to Jesus?
6. How can believers reflect Christ in positions of leadership or influence?

### 6. Application

This week, identify one relationship where God may be calling you to grow in honor, obedience, humility, or leadership. Ask the Lord to help you reflect Christ in that relationship through your attitude and actions.

## 7. Closing Prayer

### Prayer:

Father, let our lives and our families clearly reflect the gospel. Use us to show the world what Your love looks like. In Jesus' name, amen.

## 8. Memory Verse

"Knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free."

Ephesians 5:33

