



Sermon Discussion Guide

December 7, 2025

Refresh

Read Ephesians 6:21-24 to get the Scripture passage back in your mind.

Discuss

Tychicus is commended as a “beloved brother and faithful minister.” Who is someone in your life that you would describe this way? In what ways does this person exhibit these characteristics in their lives? How can we cultivate this type of living in our own lives so that we are all

Pastor Mark warned about losing face-to-face relationships because of technology (texts, AI chatbots, etc.). Share some examples from your life where technology has helped a relationship. What are some examples of how technology may have contributed to hurting a relationship? What practical boundaries could we set to protect real depth in our relationships with others?

We were reminded that Scripture is meant to act like a surgical tool (Heb. 4:12): to cut, heal, and mature. What recent passage of Scripture has “pierced” you or encouraged change in you? In what ways have you seen God use His Word to change you lately?

The book of Ephesians begins and ends with “grace” and “peace” and emphasizes “love”; yet the church at Ephesus had “abandoned the love [it] had at first.” How can a church, or an individual believer, recover this “first love”? What rhythms can we establish to help us restore our love for Christ and others?

The sermon connects being a “doer” of the Word with the fruit of unity, holiness, and good works. Choose one area Paul emphasizes to believers (such as unity, humility, bearing with one another, spiritual gifts, marriage/family living, or spiritual warfare). How can we move from “knowing” to “doing” in that area in the coming months?

Paul sends an envoy to encourage hearts and to read or bring the letter. Who in your life needs an encouraging “Tychicus” (someone to bring Scripture, offer presence, and share a report of God’s work)? How might you be that person for someone else this week? Take some time to list specific steps you could take.