

Fully Alive

WEEK 3: DEAD MEANS DEAD

Ephesians 2:1–5 • TRANSFORMATION — Live Differently

CORE PHRASE: Fully Alive isn't self-improvement.

It's the new life Jesus gives us— and then teaches us to live.

Leader aim: Help the group feel both the honesty and the hope of Ephesians 2:1–5: apart from Jesus we cannot rescue ourselves, but God moves toward us in love and mercy and makes us alive with Christ. Transformation grows out of grace; it never earns grace.

Video bridge: Brian contrasted self-improvement and resurrection, emphasized 'we all' and 'But God,' and invited people to consider trusting Jesus. Do not reteach the video. Create room for people to tell the truth about where they are and notice where grace is already bringing change.

OPEN IT – Connect with Each Other

1. When you hear the word transformation, what comes to mind? What is something that has genuinely changed in your life over time? *Leader note: Keep this broad at first. The goal is to get people talking about real change before Paul gives us a deeper picture of spiritual transformation.*

EXPLORE IT – Explore God's Word Together

Read Ephesians 2:1–5 aloud. Ask the group to listen for three things: our condition, God's character, and God's action.

2. Paul says we were 'dead' in sin and then says, 'we all' lived there. What does that language tell you about our need—and about the ground being level for every person? *Key insight: Paul's diagnosis is stronger than 'we need improvement.' Spiritual death means we cannot rescue ourselves. And 'we all' removes both superiority and hopelessness: nobody earns life, and nobody is beyond grace.*

3. Now look at verses 4–5. What do the words 'But God' change? What do you learn about God from His love, mercy, and decision to make us alive with Christ? *Listen for: God takes the initiative. His intervention flows from great love and rich mercy, not our performance. The movement of the gospel is not humanity climbing toward God but God moving toward us.*

If helpful, read Titus 3:4–5. It reinforces the same order: God saves because of His mercy, not because of righteous things we have done.

KNOW IT – Bring the Truth into Your Life

Brian's video intentionally brings this passage to both longtime Christians and people still exploring Jesus. Make this a grace-filled conversation. No one should feel pressured to manufacture a dramatic story or pretend certainty.

4. Have you ever thought about Christianity primarily as becoming a 'better person'? What changes when salvation is described as moving from death to life? *Leader note: Listen for performance language: trying harder, proving ourselves, cleaning ourselves up, or believing God is more pleased when we are doing well. Bring the group back to the order: God makes us alive; then He teaches us to live the new life He has given.*

5. If you follow Jesus, where can you look back and honestly say, 'Jesus has changed me there'? If you're still exploring faith, what about this picture of grace draws you in—or raises questions for you? *Leader note: Transformation may be gradual. Help people notice changed desires, relationships, reactions, priorities, freedom, generosity, forgiveness, or growing trust—not just dramatic before-and-after stories.*

6. Where do you sense Jesus is still inviting you to live differently—not to earn His love, but because He has given you new life? *Leader note: Model appropriate vulnerability. This is not confession for confession's sake; it is an invitation to bring an unfinished place into grace and community.*

PRACTICE IT – Live the New Life This Week

THIS WEEK: Invite each person to name one area where they want Jesus to keep transforming them. Encourage them to share it with someone they trust and ask for prayer and encouragement this week.

Live differently: This echoes Brian's reminder that Growth Groups help us see where God is working, remember how far grace has brought us, and encourage one another toward where Jesus is taking us.

PRAY IT – Depend on God Together

Pray from the language of verses 4–5: great love, rich mercy, made alive with Christ, grace. Thank God before asking Him for change. Then pray simply for the areas people named in Question 6.

For someone ready to trust Jesus: Brian already made a clear invitation. You can simply ask whether anyone wants to talk or pray about taking that step. Avoid pressure or requiring a public response. If someone is ready, help them express honest trust in Jesus—admitting their need, believing He died and rose again, receiving His grace, and choosing to follow Him. Follow up personally after the group.

Prayer direction: Jesus, we need You. Thank You that Your love and mercy meet us where we could never rescue ourselves. Make the truth of Your grace real to us. Keep transforming us from the inside out, and teach us to live as people You have made alive. Amen.

LEADER REMINDER

Growth Group leaders create safe and distraction free environments for people to grow spiritually. This is a week to make that especially tangible: listen well, make room for honest questions, and let grace set the tone. **The win this week** is not that everyone leaves determined to try harder. The win is that people see their need for Jesus, receive or remember His grace, and can name where His new life is beginning to change the way they live.