

# NEW CREATION

## : A new spiritual reality [Ephesians 1:1-14]

### 1. Ordinary people in a complicated world

Ephesus was a large multicultural Roman city full of trade, movement, wealth, politics and competing beliefs. Some people followed the traditions and law of Ancient Israel, many didn't. People from very different cultures and backgrounds were now trying to work out what it meant to belong together as followers of Jesus.

This letter was written around 30 years after Jesus died and rose again – still within living memory of the events of Jesus' life and ministry. These letters were shared between churches and read aloud publicly, helping shape the very first Christian communities.

### 2. God is creating a whole new reality (Ep: 1:10)

Paul's message in Ephesians is much bigger than private spirituality or personal comfort. He says that through Jesus, God is bringing everything back together:

- relationships
- humanity
- creation
- people who would normally never belong together

### 3. Living with God – not just contacting Him

Mel shared how she realised that although God was involved in every part of her life, she was often only inviting Him in for brief visits – for the conversation, decision or crisis itself – before going back to handling life alone again.

The invitation of Jesus is not just occasional contact with God, but relationship, presence and life with Him – in both the big moments and the ordinary everyday parts of life.

### DISCUSS

- What stood out to you most from the description of Ephesus and the first Christians?
- Why do you think Paul's message about unity and belonging would have been so radical in that context?
- Do you relate to the idea of treating God more like somebody you contact rather than somebody you live life with?
- What helps you become more aware of God's presence in ordinary everyday moments?
- Are there areas of life where you tend to slip back into self-sufficiency?
- What might it look like for our church and community to "reflect more and more of the new creation Jesus has already begun"?

**We believe our God-given vision is to see:**  
thriving communities springing up,  
where everyone can belong and find hope in Jesus.  
Group Sunday message notes 2026



## During the coming week ...

Spend a few quiet moments inviting God into an ordinary part of your week ahead:

- travelling
- cooking
- working
- parenting
- resting
- walking
- sitting quietly

You may want to pray simply:

“Jesus, come and join me as I ...”