



GROUP STUDY GUIDE

WEEK OF JULY 20, 2025 | BATTLE PROOF MARRIAGE

WARM-UP QUESTION

Take a moment to check in: How did your “I will” statements go this past week?

Watch [the Bible Project video on Ephesians](#) as a group

PRAY

Ask the Holy Spirit to speak to you as you read today’s Scripture. Invite God to highlight what He wants you to see.

READ EPHESIANS 5

Take 5-10 minutes to read Ephesians 5 on your own. Take notes on what stands out to you or what questions you have about the passage.

DISCUSS: Come back together as a group and discuss what you’ve read

- What observations or themes stood out to you from Ephesians 5?
- Did you have any questions or things that confused you?
- What does this chapter teach us about who God is?
- How might this chapter apply to your relationships (marriage, dating, friendships, etc.)?
- Are there any areas where you’ve been tempted to sacrifice holiness for happiness?

TAKE ACTION: What is God speaking to you? What is the next step of obedience you can take this week?

Craft a personal and practical “I will” statement:

- Keep it specific, realistic, and doable this week.
- Share your “I will” statement with the group for encouragement and accountability.

This study guide uses the POST Method as a personal approach to Bible study. It helps you Pray, Observe, Seek, and Take action.

To learn more about how to use the POST method in your personal time with God, reference the document below.

POST Study Method

STEP 1: PRAY AND PREPARE

- PRAY - Invite the Holy Spirit into your time, asking Him to teach you and speak to your heart. Turn over anything that may be distracting you.
- PREPARE - Watch the Bible Project video overview for the book you're reading and write down any observations or questions you have.

STEP 2: OBSERVE

Read your chapter of Scripture multiple times for comprehension. Then, follow the suggestions listed below:

- OUTLINE - For this step, read the entire chapter and break it into sections that make the most sense to you. Outlining will cause you to naturally make observations you may have missed on a first reading.
- I SPY - Go through the chapter and underline or circle repeated words and phrases. Repetition is usually an indicator of something important. Look for answers to who, what, where, when, and why. Look for connection words like but, if, therefore, etc. They can help you see important comparisons, contrasts, and connections. Look for cultural and historical ideas that may be rooted in the culture at the time of the writing.
- WRITE DOWN QUESTIONS that come up as you study.
- MAKE BULLETED LISTS, PARAPHRASE OR SUMMARIZE what you observe by creating your own title for the passage.

STEP 3: SEEK OUT

Now read other translations, commentaries, and/or study Bible notes to check your work, gain further insight and answer any remaining questions from Step 2.

STEP 4: TAKE ACTION

1. What does this passage teach me about God and following Him?
2. What is God saying to me as I read His Word and listen to His voice?
3. What do I need to do to obey Him? (Make a tangible and practical commitment). "I will..."

