



Sermon Notes

Topic: Rescued to Bring Healing

Bible Passage: Ephesians 2:1-10

Preacher: Ps Paul Curtis

Date: 24 May 2026

Small Group Questions/Discussions

- **God has rescued us from our spiritual despair (v1-3)**

Share a time when you needed rescuing – car broke down etc - How did it feel when your concerns were overcome because someone helped you? What would have been the response of those we read about in the bible like Moses, David and Daniel who God rescued? How would that have played out in their ongoing relationship with God? Paul sets out the challenge of our selfish nature and the problems it causes with God. The consequences are significant. How could you explain this is a non-Christian friend in your own words?

- **God reached out to us in love, mercy and grace, transforming our hearts (v4-9)**

In what other ways could God have dealt with our rebellion? Read this passage in the message bible. What are the key aspects that we need to understand God's gift to us in Jesus? How would you share this in your own words to a friend or workmate? Why is it important that God transforms our hearts and minds, that He brings renewal?

- **So now, as His “new creation” we live for Him (v10a)**

We are His Handiwork

What encouragement do you take from the wonderful truth that we were created by God, and not some random cosmic accident? God created us to live for Him, to share in His purpose, to re-establish His kingdom here on earth, to restore “Garden of Eden Living.” God breathed new spiritual life into us by giving us the gift of His holy spirit. So, not only are we created to live for God, we also live in partnership with God. What does that look like for you each day? Why is it so important? Why also is understanding this gift of God's grace foundation to spiritual health?



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- **Bringing healing and hope to others (v10b)**

Created in Christ Jesus to do good works

As those who have been healed and restored, we are now called to bring healing to others. What does this look like for you? What is the one thing you want people around you to know about Jesus? We know what it's like to be hurt by the world, we carry the scars. We know what it is like to face this on our own. Why is this a means of great motivation for us? What is your response to those who still live in "spiritual" pain? As we consider the story of the prodigal son, which of the son's was most likely to tell others of the Father's great love and why? Paul makes it very clear, doing good works is not how our relationship with God is renewed or maintained, why then are we called to minister to others? What is the significance of Paul's words "created in Christ Jesus"? How does this shape our calling of bring healing and hope to others?

- **But resting all the time in how God made us, and where He placed us (v10c)**

Which God prepared in advance for us

How do you feel about sharing the love of Jesus with others – sometimes it can be quite overwhelming. How do you respond to the truth that God goes before you and prepares the way? God knows where you are right now in your faith journey, He knows your circle of friends and contacts. We are simply called to be available. Do you feel confident that God will do all the heavy lifting in this partnership? How does this change your attitude to living for God as you live with Him? As those who have been rescued, restored and renewed by God, and all of this a free gift of Grace, would you intentionally make yourself available to God, to bring healing and hope to those around you? What can you do now in response?