

**Lesson Title:** Reminders from Ephesians**Scripture Focus:** Acts 20:28–31**The Lesson in Context**

Paul prayed that the church would be strengthened by the Spirit in their inner being. Worldly examples of strength in ancient Rome were found in politicians who commanded god-like obedience, exercising domination and sometimes cruelty over the people they ruled. Similarly, athletes committed themselves to regimented exercise, sacrificing basic pleasures for a show of strength and a moment of honor. However, Christian strength is more than a show because it works within us, enabling us to endure in the faith and faithfully witness despite difficulties.

Upon his departure, Paul had committed the Ephesian leaders to the word of God's grace, which could and would build them up (Acts 20:32). Paul envisioned a growing and strengthening church in Ephesus. Spiritual strength is only produced when we abide in the Spirit, obey God's Word, and live in harmony with God's church. Paul recommended the gifts of spiritual leaders that prepare the church for ministry and build up the body of Christ (Ephesians 4:11–12). Present-day believers are strengthened through spiritual disciplines, examples of leaders who live and teach the gospel, and examples of leaders scribed in Scripture.

Group Discussion

1. What role does teaching play in the discipleship of believers?
2. How are you continuing the spiritual legacy of those before you?
3. Once you have been saved, in what ways are you established and strengthened in your faith?
4. How do you communicate to others that they belong?
5. How does God work through the church community to strengthen our faith?

My Prayer for the Upcoming Week

How do you want to be different because of what you have experienced today?
