

**February 5, 2023**

Sit, Walk, Stand

*Ephesians 1:17-21 & Ephesians 2:6-9 NLT*

1) If you had an anthem song that represented you, what would it be? Why that song?

2) What does it mean to you to be “in” or “with” Jesus Christ?

3) Pastor Alexis challenged us to “sit” with God each day, this week. How have you done with this? If you haven’t started, why not? When are you scheduling it? If you have, share any insights that you have gotten during this time.

4) Ephesians 1:17-18 is Paul’s prayer for the Ephesians that they would grow in wisdom and insight. Many of us know that our own testimony is often the most impactful for connecting with others. During your own faith journey what spiritual wisdom or insight have you gained in the following examples?

a) Handling Hard Life Circumstances

b) Rest

c) Your Identity in Christ

5) Pastor Alexis shared about the seat that we have next to the Father, in which we did nothing for but it is in Jesus that we are seated there. Watchman Nee's said "to sit down is simply to rest our whole weight –our load, ourselves, our future, everything –upon the Lord. We let him bear the responsibility and cease to carry it ourselves." What does it look like for you personally to rest your whole weight in that seat? What do you need to leave in that chair for God to carry?

\*\*\*Worship Experience\*\*\*

As a group, sit in a time of worship together. Let these songs cover you.

I Surrender. Hillsong Worship, Hillsong UNITED

Lord, I Need You. Matt Maher

How He Loves Us. David Crowder Band