

May 3, 2026 STUDY GUIDE

Theme: Knowing Your Worth in Christ

Primary Passage: Epistle to the Ephesians

Welcome & Overview

This week's message brings us to the turning point in Ephesians. Before we are called to *walk worthy*, we must first *know our worth*. In chapter 3, Paul shares his personal testimony and then prays that believers would fully grasp the depth of God's love and the identity they have in Christ.

Key Sections

1. The Interruption (Verses 1–13)

Focus: Paul's testimony of God-given worth

Key Idea:

Our worth is not self-earned—it is assigned by God.

Discussion Questions:

- Why do you think Paul pauses to explain his situation as a prisoner?
- What stands out about how Paul views his own worth despite his circumstances?
- How does Paul describe the “mystery” revealed to him? Why is this significant?
- In what ways do you struggle to believe that God has given you purpose or worth?
- How does Paul's story challenge worldly ideas of success and value?

Application:

Where might God be asking you to see your life not by your circumstances, but by His calling?

2. The Intercession (Verses 14–21)

Focus: Paul's prayer for believers

Paul prays three key things:

A. That You Be Strengthened (v.16–17a)

- What does it mean to be strengthened “in your inner being”?
- How does the Spirit help anchor your identity?

B. That You Know Christ's Love (v.17b–19a)

- What does it mean to be “rooted and grounded in love”?
- Why is it important that God's love is not based on our performance?

- How would your daily life change if you truly believed Christ loves you “more than you know”?

C. That You Be Filled with God’s Fullness (v.19b)

- What does it look like to be “filled with the fullness of God”?
 - How have you experienced God continually “filling” you over time?
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Reflection Questions

- Which part of Paul’s prayer do you most need right now: strength, understanding love, or fullness?
- What is one lie about your worth that this passage challenges?
- How does knowing your worth in Christ change how you live, serve, or relate to others?