



Discipleship Guide

Sermon: Filled

Speaker: Pastor John Eric Zayas

Date: May 4, 2025

SMALL GROUP GUIDE

Key Takeaways:

1. God desires to fill us completely, not leave us running on empty.
2. We are designed to be carriers of God's power, presence, glory, anointing, love, and peace.
3. Our identity comes from being sons and daughters of God, rooted in His love.
4. God wants to fill us to overflowing, beyond what we can imagine or comprehend.

Discussion Questions:

1. The pastor mentions that many of us walk through life "with the meter on E." Can you relate to this feeling? Share a time when you felt spiritually or emotionally depleted.
2. How does the concept of being "filled to overflowing" with God's love and presence challenge or encourage you?
3. The sermon emphasizes that our identity as God's children is rooted in His love, not in our performance or productivity. How does this truth impact your view of yourself and your relationship with God?

4. Reflect on the phrase "exceedingly and abundantly above all we can ask think or imagine." How does this description of God's ability to bless us affect your faith and expectations?
5. The pastor talks about the importance of spiritual headship and accountability. How do you currently experience or seek out spiritual mentorship in your life?

Practical Applications:

1. Daily Overflow Exercise: Each day this week, take a few minutes to pray and ask God to fill you with His presence. Visualize yourself as a vessel being filled to overflowing with His love, peace, and power.
2. Identity Affirmations: Write down 3-5 statements that affirm your identity as a child of God, based on the truths shared in this sermon. Speak these affirmations out loud each morning.
3. Blessing Others: As you reflect on God's desire to fill you to overflowing, look for opportunities to "spill over" and bless others. Keep a journal of how God uses you to impact those around you.
4. Scripture Meditation: Spend time meditating on Ephesians 3:14-21 this week. Write down any new insights or revelations you receive.
5. Gratitude Practice: Start each day by thanking God for three ways He has filled your life with His blessings or presence.

Closing Prayer: Thank God for His desire to fill us completely. Ask for His help in remaining open to receiving all He has for us and for the courage to live as overflowing vessels of His love and power.

5-DAY DEVOTIONAL GUIDE

Day 1: Filled with God's Love

Reading: Ephesians 3:14-19

Devotional: Paul's prayer for the Ephesians reveals the immeasurable depth of God's love for us. As you read this passage, reflect on the vastness of God's love - its width, length, height, and depth. This love surpasses human understanding, yet God desires for us to be rooted and grounded in it. Today, meditate on how God's love has manifested in your life. Where have you seen evidence of His unconditional care and grace? Ask the Holy Spirit to fill you with a deeper understanding of this love, allowing it to transform your inner being. As you go about your day, consciously remind yourself of God's boundless love for you, and let it influence how you interact with others.

Day 2: The Power of Faith

Reading: Hebrews 11:1-6

Devotional: Faith is the foundation of our relationship with God. It's through faith that we receive His blessings and understand His will for our lives. The passage in Hebrews reminds us that faith is the assurance of things hoped for and the conviction of things not seen. Reflect on your own faith journey. How has your faith grown over time? Are there areas where you struggle to trust God fully? Remember that God desires to strengthen your faith and fill you with His power. Today, identify one area of your life where you need to exercise greater faith. Pray for God to increase your trust in Him, and take a step of faith in that area, no matter how small it may seem.

Day 3: Salvation's Transformative Power

Reading: Romans 5:1-11

Devotional: Salvation through Jesus Christ is the ultimate expression of God's love for us. This passage in Romans highlights the profound impact of our justification through faith. We have peace with God, access to His grace, and hope in His glory. Even in our

sufferings, we can rejoice because we know God is using them to build our character and deepen our hope. Today, take time to reflect on your salvation experience. How has it changed your life? Are you living in the freedom and joy that comes from being reconciled to God? Thank God for His incredible gift of salvation, and ask Him to help you live each day in light of this transformative truth. Consider sharing your testimony with someone today, allowing God's work in your life to encourage others.

Day 4: Anchored in Hope

Reading: 1 Peter 1:3-9

Devotional: Peter reminds us that our hope in Christ is a living hope, secured by His resurrection. This hope is an anchor for our souls, especially during times of trial and suffering. As you read this passage, consider the inheritance that awaits you in heaven - one that is imperishable, undefiled, and unfading. How does this eternal perspective change how you view your current circumstances? Today, identify areas in your life where you need renewed hope. Pray for God to strengthen your faith and fill you with His joy, even in the midst of challenges. Look for opportunities to share this hope with others who may be struggling, allowing God's light to shine through you.

Day 5: Experiencing God's Presence in Suffering

Reading: 2 Corinthians 1:3-7

Devotional: Suffering is an inevitable part of life, but as believers, we have the comfort and presence of God to sustain us. Paul's words to the Corinthians remind us that God comforts us in all our afflictions, enabling us to comfort others with the comfort we ourselves have received. Reflect on times in your life when you've experienced God's presence during difficult seasons. How did He make Himself known to you? How has your suffering equipped you to minister to others? Today, if you're going through a challenging time, invite God's comforting presence into your situation. If you're in a season of peace, pray for those who are suffering and look for ways to extend God's comfort to them. Remember that God desires to fill you with His presence and peace, especially in times of trial.