



Week Three

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.

Ephesians 1:18-19

This study follows a pattern of gathering—reflection—sharing—prayer.

GATHERING

Last week our practice focused on confession — practicing the Examen. How did that go for folks?

This week’s theme in worship was holiness and hope. Laurie reflected on the A, B, C’s that come before P for perfection. Where do you find yourself expecting perfection from yourself or others?

SHARED REFLECTION: Ephesians 1:13-19

Read Ephesians 1:13-19 out loud once. Where does the idea of an inheritance appear in the passage?

Laurie connected the Holy Spirit and believers as a holy people to the hope of God’s glorious inheritance. Do you see any of those connections in this passage?

In verses like Colossians 1:12 and Ephesians 5:5 Paul relates this hopeful inheritance to a believer’s full participation in God’s kingdom reign on earth. The original language for perfection is related to the word for ‘purpose’ — that in the Holy Spirit God draws near to perfect creation, which means to fulfill God’s good purpose for creation. Her argument on Sunday was that our definition of “perfect” needs to change to match God’s vision for the perfection of creation — and she gave the A,B, C’s of this vision. Talk about those A, B, C’s (listed here below with summaries in italics). What struck you? What confused you? What inspired you? What convicted you to change your mindset about or approach to God and others?

Holy

And	Distinct	Intimacy	Made
Blameless in	Embodiment of	Joy	New
Christ	Forgiveness	Knowledge	unto
	Grace and	Love	Perfection
	Hope		
<i>Our holiness</i>	<i>to the “second chance”</i>	<i>God’s Spirit</i>	<i>transformation</i>
<i>is a gift in Christ,</i>	<i>population,</i>	<i>dedicated to</i>	<i>from within</i>

Week Three ...

SHARED LIFE —

Practicing holiness ... Breath prayers

Where the Holy Spirit is present, God is present in a special way,
and we experience God through our lives, which become wholly living from within.

We experience whole, full, healed and redeemed life,
experience it with all our senses.

We feel and taste, we touch and see our life in God and God in our life.”

— Jürgen Moltmann

The practice for this week is to remain open, alert and attentive to God’s Spirit every day. In addition to memorizing the passage from Ephesians 1:18-19 on the front of the study sheet, try practicing breath prayers throughout your day. Breath prayers are short prayers that can be said with the time it takes to breath in and breath out. The purpose and desire is to pray a simple, intimate prayer of heartfelt desire before God. Here are a few that Christians have prayed in this practice for millennia:

Breathing in:

Be still and know...

Abba Father ...

Speak Lord ...

Lord Jesus Christ ...

Not my will ...

Breathing out:

that I am God

I belong to you

your servant is listening

have mercy on me, a sinner

but yours be done

How goes it with your soul?

These are questions that your group may be ready to use at some point for mutual accountability and encouragement. They can also be questions you use to meet up with each other in prayer partners between group meeting times. The goal is authentic discovery and mutual love as we seek to follow Jesus with our whole heart, mind, soul and strength.

Where is God at work in your life?

Where are you resisting?

Where are you cooperating?

How can we pray & encourage you?

PRAYER

Be sure to dedicate time to praying together in God’s presence and for one another. You may want to take some notes here to remember how to hold each other in prayer during the week.