



Week 2- "Clearing Up The Distortion"

Christianity offers us an incredible opportunity to read documents written by people who knew Jesus. They wrote first hand accounts of what Jesus said and what He did. In this series, we are reading a letter written to the Ephesians by a guy named Paul. In this week's message we look at Paul's motive for writing the letter and we look at an overview of the document in order to understand Christianity better.

1. What stood out to you from the message?

Read 1 Timothy 1:1-6

2. If Christianity isn't founded on the truth it becomes distorted. Are you able to identify when you bump into a version of Christianity that is not founded in truth? If so, how? If not, you can ask the Holy Spirit to help you see truth over distortions.

Paul wrote Ephesians so that they could have a clear picture of what Christianity is, and when distortions come they could compare the letter to what they were experiencing.

3. How can this letter help you discern truth from a distorted view of Christianity?

In the message Justin shared that the letter to the Ephesians could be summed up in 3 parts based on the book "Sit. Walk. Stand." by Watchman Nee.

- **Sit:** Ephesians 1-3 sitting with Him in what He has done for you.
- **Walk:** Ephesians 4:1-6:9 naturally walking out who you are in Christ.
- **Stand:** Ephesians 6:10-24 you can be strong and confident of who you are in Christ.

Read Ephesians 2:4-9

4. What do you think it practically looks like to sit in what Jesus has done for you?
5. Discuss the idea that if you try to walk or stand before you sit (trust in Him) you have a distorted view of Christianity.
6. In what ways do you find yourself striving to walk or stand in order to earn a seat with Christ? Why does this not work?
7. What can you practically do this week to simply sit with Christ and let what He has done define you?

Distorting the order of sit, walk, and stand is one of the biggest distortions in Christianity today. Paul wrote the letter to the Ephesians as a way to fight against a distorted view of Christianity, and we can use His letter to help discern when we are striving to walk, and stand before first sitting with Christ. Paul's letter reminds us that Christ accomplished everything through His death and resurrection and He simply invites us to sit with Him, and through what He has done we can walk worthy and stand strong in our faith.