



Week 4- "Embrace"

At the beginning of a New Year we tend to look at the areas of our lives that we want to change and grow in. We seem to know that there are areas in our life that need to change. In this week's message we explore what Christianity teaches, not about how we can change ourselves, but how we can lean into how God changes us.

1. If you could change one thing about your life right now what would it be?
2. For good or bad, what have been some things in your adult life that have changed you?

Read Ephesians 3:14-19.

Paul tells us there is more to God changing us than understanding what to do and then doing it. He prays for strength through the Holy Spirit to experience the love of Jesus in a more real way every day.

3. How does this resonate with you?
4. In v. 16, what does "strengthened with power through his spirit" mean and why is this so important?
5. In v. 19, Paul prays for his readers to "know the love of Christ that surpasses knowledge". What does "know" mean when Paul is using it? How does this resonate with you, good or bad?
6. Just because we choose to "mute" the experience of Jesus' love doesn't mean

that He loves us any less! Paul wants his readers to experience the love of Jesus in a real way, but why don't you experience this kind of love?

7. Meditating and marinating on the love of Jesus is a way to experience His love. How can this group help you do that (possible examples; extended times of solitude, simple prayers, and reminding yourself through Scriptures)?

We can't outrun the love of God. Scripture says that God is love, His presence and love are one in the same. We don't have to wonder if God loves us, we can trust His love and daily ask the Holy Spirit to help us experience His love in a real way.