

## Sermon Application

### LIVE IT OUT

#### 1. Practice Daily Worship

—First thing after you wake, kneel beside your bed and worship

Psalm 95:6 Oh come, let us worship and bow down;  
let us kneel before the Lord, our Maker!"

—Quote memorized scripture(s)

(Eph. 1:3, Psalm 103:1, Isaiah 6:3)

—Think through your to-do list

—Prayerfully create a "Spirit-list"

I need patience today for...

I need grace today because of...

I need comfort today in light of...

I need wisdom to make this decision...

I need power to overcome this temptation...

I need patience in dealing with this person...

#### 2. Make Prayer Your Custom

Like Jesus, set regular rhythms of stepping away to pray, not to disappear. Even ten minutes daily can re-center your soul.

#### 3. Replace Escape with Presence

Before you scroll, binge, or emotionally withdraw, practice a 60-second prayer: "Lord, help me check in with You instead of checking out with distraction."

(scroll for discussion guide!)

## Community Group Discussion Guide

### Step 01: Recap what our current series is all about.

**Note:** Remind the group what series we're currently on (since not everyone will have been at church recently) and read through the series description provided below to refresh everyone on what it's all about.

**Series Title:** Ephesians

**Main Idea:** In the book of Ephesians, we learn how the Gospel creates a new multi-ethnic, covenant family of God and affects how we live every day as a new humanity unified in love. Energized by the Holy Spirit, believers can stand tall against the spiritual evil that threatens our unity as a Church family and maturity as followers of Jesus.

### Step 02: Recap of this week's message.

**Note:** Read through the message outline with everyone briefly. You can stop and make comments as you see fit or read straight through it. Make sure you take time to read through the main text.

**Message Title:** Pray for Inner Strength, Not Just Outer Solutions

**Main Text:** Ephesians 3:14-21

**Supporting Text(s):** N/A

#### **Message Outline:**

Paul offers a single sweeping prayer in Ephesians 3:14–21, preparing believers for the practical instructions that follow in the second half of the letter. He anchors the prayer in God's absolute authority—the One who names every family in heaven and on earth—and reminds us no power can separate us from Him. Paul asks that believers be strengthened internally by the Spirit so they can grasp the immeasurable dimensions of Christ's love.

## Community Group Discussion Guide

Ultimately, we are invited to be filled with the very fullness of God, living as temples where His presence dwells.

*No One Can Keep God From You Or You From God. (v15)*

- Paul begins (or maybe better said, returns) to his prayer for the readers of this letter by bowing his knee and praying to the Father, “from whom every family in heaven and on earth is named”
- To have the power to name something, meant you had dominion/authority over it.
- Paul is trying to get the reader to understand that there is a spiritual battle going on in the world (and in our lives) but that God has dominion over it all.

*Who is Strong For You? (v16 - 17)*

- One of the primary things Paul prays for here, is for the believers to be strengthened by the power of the Holy Spirit.
- In the spiritual battle that we face—that Paul will touch on throughout the remainder of his letter—we need *someone* (the Holy Spirit) to be strong for us.

*The Strength to Know the Unknowable (v17 - 19)*

- Here Paul prays for the reader to *know* the *unknowable* love of Christ.
- At first glance this seems like a contradiction, but this is why Paul is praying for the Spirit’s help!
- We must be filled with his Spirit!

## Community Group Discussion Guide

### Step 03: Lead group discussion.

**Note:** Do your best to keep the discussion going. Make sure you have read through the questions beforehand and are primed with thoughts of your own. Make everyone get specific with *how* they will apply this message in their own lives and in community—*no vague ideas allowed!*

#### Specific to this week's message:

1. What do your routine prayers sound like? What kind of things do you find yourself praying for? For yourself? For others?
2. When you read Paul's prayer for the believers in Ephesus, what strikes you? Challenges you?
3. Do you feel like you are being strengthened with power by the Holy Spirit? Why or why not?
4. Paul is clearly captivated by the love of Christ—how might this color our prayers as followers of Jesus?

#### General questions:

5. How did this message encourage you? How did it convict you?
6. What is your plan for applying this message to your personal/daily life?
7. What might it look like for us to live this out in community?
8. Was there anything about this message that stood out to you?