

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. Be a Blessing

—Pray that you will be a blessing to others as God's Spirit flows from you

(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: Finding Strength For Today

Main Text: Ephesians 1:3-14

Supporting Text(s): N/A

Message Outline:

God has already stocked the shelves of our lives with every resource we need in His Spirit. The challenge is not lack but access—are we sidelining the Spirit, looking elsewhere, or refusing Spirit-led inconveniences? If we receive God's blessings, they don't stop with us—they flow through us to bless others.

Community Group Discussion Guide

*We Already Have **Every** Spiritual Blessing (verse 3)*

- Spiritual blessings are blessings of God's Spirit.
- These are not "future" blessings. They are present not and for today.
- Think of a person who is in an argument who chooses gentleness over escalation. They are not drawing on willpower alone but from the Spirit's gift of patience already in them.

We Experience them Through the Spirit's Presence and Sealing (verses 13 and 14)

- It's not just that we have every blessing...we have the SOURCE of all those blessings living in us.
- Sometimes, we struggle to live like Jesus, not because we don't have the *abundance* of spiritual blessings but because we simply are not *accessing* them.
- Overtime, with the blessings God's Spirit gives us, we can be transformed into different people—people who look more like Jesus.

We are Blessed to be a Blessing (verse 3)

- God's blessings are for us, but they don't *end* with us—they flow out of us.
- This goes all the way back to God's initial covenant with Abraham—where God says he will "bless Israel to be a blessing to the nations." Genesis 12.

Community Group Discussion Guide

Some ways to respond:

- Practice Daily Worship
- Quote memorized scripture
- Think through your to-do list
- Prayerfully create a “spirit-list” (What blessings do you need from the Holy Spirit that day?)

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. This is our second week in a row studying Ephesians 1:3-14. What are you learning from this passage?
2. Do you ever feel like you don’t have what you need from God in order to grow in your faith? Overcome temptation? Or get past a trial?
3. What spiritual blessings do you feel short on most often? Why?
4. How aware are you of the Spirit’s presence in your day to day life? What does this look like for you?
5. How could you be a blessing to someone else this week?

General questions:

6. How did this message encourage you? How did it convict you?
7. What is your plan for applying this message to your personal/daily life?

Community Group Discussion Guide

8. What might it look like for us to live this out in community?
9. Was there anything about this message that stood out to you?