

December 15 – 21

Walk Worthy | Strengthened with Power

Icebreaker: What was a subject in school or at work that you struggled with? How would things be different if you woke up one day and were suddenly an expert on that subject?

In this session, we will consider that our spiritual growth depends on God's help comprehending the incomprehensible.

Read Ephesians 3:14-19

- What parts of Paul's prayer stand out to you?
- What does bowing in prayer signify?
- What is the significance of a family name for human families? Why is it essential that we are named after God himself?

Paul structures his prayer with two requests and two results.

REQUEST 1: Be strengthened with power through his Spirit (v.16)

- What is our inner being?
- How does the Spirit strengthen our inner being?

RESULT 1: Christ may dwell in your hearts through faith (v.17)

- Why is it essential to understand Christ dwelling in us?
- What is the relationship between the Spirit's strengthening and our faith?

REQUEST 2: Strength to comprehend the fullness of God (v.18)

- Why is being rooted and grounded in love (v.17b) essential to experiencing the fullness of God? How can we root and ground ourselves in God's love?
- Why is it significant that Christ's love is beyond our comprehension and surpasses knowledge? Why would Paul pray for us to know something that surpasses knowledge?

RESULT 2: Be filled with all the fullness of God (v.19b)

- If you are filled with something, you are fully satisfied. Therefore, if we are filled with the fullness of God, what does that imply?

Read Ephesians 3:20-21

- What is your reaction to hearing that God can do "far more abundantly than all we ask or think"? How is God able to do this?
- Why must God go beyond what we ask in how he works in our lives? Where would that leave us if he did not go beyond what we asked?

Application

- Do you think about developing your inner being? Why or why not?
- How can you prioritize the development of your inner being?
- What does it mean to be fully satisfied with God? If we were satisfied with God, how would that change our thoughts about our needs and desires?