

IDENTITY APPLIED

Discussion Guide

John Wohlgemuth.....April 5, 2020

POWER

Ephesians 3:14-21

Questions for adults to discuss:

1. The main focus of Paul's prayer recorded in these verses is one long sentence (3:14-19). What is the main request Paul has for the Ephesians? (3:16).
2. Paul talks of a "strengthening" in their "inner being." This is a prayer for something beyond our own physical strength or endurance. Many times, our prayer life can be full of requests for physical healing, provision for ourselves or others, and many other things we cry out to God for. It is not wrong to pray for physical things as we see in the scriptures, however, Paul is revealing to us that spiritual strength is needed to live the Christian life. What is an area of your life that you are dealing with right now where you could use "spiritual strengthening?" (maybe encouragement during this time of quarantine, resisting temptation while being pushed to your limits at home, dealing with a hard job issue only God can fix?)
3. The spiritual strengthening Paul prays for will enable the Ephesians to see Christ "dwell in their hearts." According to Ephesians 2:22, God dwells with followers of Christ through the presence of the Holy Spirit in their lives. As believers, we can trust in Him more and more and our hearts are more aligned with Christ. Think about your own home. How would it look differently for someone to be "at home" in your house, instead of a guest? What does Paul mean when he talks about Jesus being "at home" in our hearts?
4. Paul is pointing at the faith of the Ephesians. Faith means to trust or depend on something/someone. How would growing in your trust and dependence upon Jesus increase your experience of fellowship with Him? What would it look like for you to trust or depend on Jesus more in your life this week?
5. Take some time to pray for yourself and others in our church, community, and nation. Pray we would be strengthened with spiritual power and we would be able to pursue His calling for each of us during this time. All for His glory.



HENDERSON HILLS
BAPTIST CHURCH



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Questions to discuss with 6th-12th grade students:

1. What are some of the riches God has brought to us in Christ?
2. Why are Christians rooted and grounded in love?
3. How are we strengthened in the Spirit?
4. What encouragement does this passage give to the believer?

Questions/Activities for 2nd-5th graders:

1. According to Ephesians 3:16, what was Paul asking God to do? (Strengthen believers through the Holy Spirit in their inner being).
2. What affects our ability to be physically strong? Spiritually strong? (answers will vary)

Activity: (No supplies needed)

1. Ask: How powerful are you? What's the most powerful thing you can do? Who is the most powerful in our family?
2. Tell your children you're going to test it to see who's powerful—by having a thumb wrestling or an arm wrestling competition!
3. Play for a few minutes. Give everyone a chance to show their power. Then ask them if they think that was physical power or spiritual power. (It was physical power. To have spiritual power, we need the Holy Spirit).
4. Take this time to talk about how the Holy Spirit has been given to all Christians.

Questions/Activities for birth-1st graders:

1. In the Bible, it says God can do more than we ask or think (Ephesians 3:20). What are some things only God can do? (possible answers: brings up the sun, keeps the birds in the air, can see the whole world, forgives our sin).

Activity: (No supplies needed)

1. Play a game of "What Can You Do?" by demonstrating some of the things below with your children. Make up some of your own too.
2. Ask: Can you fly? (Mimic flying together). Can you jump like a frog? (Mimic jumping like a frog together). Can you spin in a circle? (Spin together). Can you give a big hug? (Hug) What can God do? Anything! He is all-powerful! He raised Jesus from the grave, and only He can take away our sin!

