

Vital Signs

What Practices are Transforming Me as a Follower of Jesus?

Ephesians 3:14-19

October 8, 2023.

Introduction: How would you measure your spiritual health? We do it all the time with our bodies: temperature, pulse, respiration, blood pressure. All signs of life in you. Are there any signs of spiritual life in there? What would you do to strengthen them? If you found a heart beating by itself on a sidewalk, you know it wouldn't last. It needs a healthy body. Same with us. "We are members of one another" (Romans 12:5). Active members at UPC make five commitments to one another: worship, formation, community, mission, giving. We need you to join us. And to strengthen the life of Christ in your life.

Prayer: Father, we are grateful for this powerful prayer of Paul. Amen.

Read: Ephesians 3:14-19.

Review: Remember the encouragement to draw near to God with a sincere heart.

Discussion:

1. What was Paul's reason to kneel before the Father on behalf of the Ephesians?
2. Name Paul's desires for the Ephesians in response to his prayer.
3. How do you understand the word "grasp" in verse 18?
4. Do you believe that the "love" of verse 19 surpasses knowledge in your own life?
5. Does the end of verse 19 raise hope for you in your life of faith? Explain.

Application: Let's live this week with this great prayer of Paul in mind.

Prayer: Father, help us to understand the scope of Jesus's love for us. Amen