



## Sermon Discussion Questions

### "Focusing Your Life" From Exhaustion to Equilibrium

Ephesians 1:15-23

July 17, 2016

Visit the **Sermons** page on this website to see full video.

Opener:

When meeting someone for the first time, how do you break the ice?

Questions:

1. What specific things does Paul pray for the church in Ephesus in verses 17-19?
2. What could be "the riches of his glorious inheritance" (v. 18) that Paul speaks of?
3. With the identity of a believer established in Ephesians 1:1-14, what is the significance of Paul's prayer items?
4. What are the different things we learn about Christ in verses 19-23?
5. What's the difference between knowing someone and knowing about someone? Among the two, which one is Paul praying for here? How can you tell?

Application:

6. Of the things that Paul prayed for, which one could you use the most in your life right now?
7. How much of God's resources in verses 18-21 are you using at the moment? Where does His "incomparably great power" make the greatest difference?
8. Have you come to know God, and not just things about Him? What effect has truly knowing, beholding, and focusing on Him had in how you live from day to day?
9. How would your small group be changed if you prayed verses 17-19 for each other every time you met?

\*These questions were adapted from *The NIV Quiet Time Bible* (InterVarsity, 1996), *The Serendipity Bible for Groups* (Zondervan, 1998), and *The NIV Life Application Study Bible* (Zondervan, 2011).