

UNITED

A STUDY IN EPHESIANS

Week 2 “Strengthened” – What Are the Benefits of Being Seated with Christ?

Pastor Jeff Little, September 19-20

TABLE TOPICS

- Select one or two “Table Topics” cards to discuss with your group. If you have a new group, feel free to discuss additional cards.

WARM UP

- Have you ever felt insecure, like you didn’t belong? What caused those feelings?

INTRODUCTION

Everyone experiences insecurity from time to time. We struggle to feel accepted and to feel like we belong. But did you know that God has *already* accepted you in Christ? He has already given you everything you need. This week, we are going to talk about how God’s acceptance gives you strength to live out your purpose.

DISCUSSION

1. Read Ephesians 2:6. What do you think it means to be “seated with Christ in the heavenly realms”?
2. How does knowing that God accepts you affect how you relate to Him?
3. What are some unhealthy ways to relate to God?
4. How much of God’s presence are you accessing in your life every day? Is there anything holding you back?
5. Have you ever tried working harder to earn God’s love? How did that turn out?
6. Knowing that God accepts you gives power to your purpose. What is your purpose, and how does your purpose tie in with God’s kingdom?

APPLICATION

What is something you will do this week to engage with God’s presence? How could that affect your week?

PRAYER

- Pray that each person in your group would know how much God accepts them, and that everyone would spend time in His Word and in His presence this week.
- **SERVE WEEK** – Talk to the group about doing a serve project during the last week of UNITED. All it takes is to “find a need and meet it.” Pray that God would give your group vision in the coming weeks about what to do.
- Take prayer requests and pray for any needs in the group.

Ephesians 2:6 (NIV)

And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.