

Trans-form Notes
Ephesians 1:15-23

Text: Ephesians 1:15-23

- ❖ Read, meditate on, and pray through Ephesians 1:15-23

Reflect: (Spend time with God thinking about these statements or questions)

- ❖ Take some time to reflect and pray through the 7 verbs we discussed on Sunday: *Chosen, Predestined, Bestowed, Lavished, Made known, and Gather up.*

Interact: (Discuss the following questions with your group or some friends)

- ❖ According to Paul's prayer, we acquire wisdom as we get to know God. How does knowing Jesus more help us see things differently? What are some practical way we can do that?
- ❖ God does most of his maturing work in us in community. Why in community? Why not let us work it out on our own?
- ❖ Prayer is the "resurrection" language. How has formulas or examples of prayer been helpful for you? How do such patterns limit and stunt your growth in prayer?
- ❖ We pray more often than we realize, because all of life can (but isn't necessarily) prayer. How is this so? How can more of our living become prayer?
- ❖ Every follower of Christ is a saint, not just the special ones. How does this change your perception of yourself? Of others?
- ❖ Read Ephesians 1:15-23 and discuss the idea of power here. What was the greatest display of power the world has ever seen? How have you experienced the power described in this passage at work in your life?
- ❖ What should and shouldn't using this power look like in our daily lives?
- ❖ King Jesus as the head of the body of believers has the church as his hands, feet, and whole body. It is "his body, the fullness of the one who fills all in all." How can we, his church, act as his agents within the present world?

Apply: (Look for ways to apply at least one concept to your life)

- ❖ If you aren't already consider practicing the prayer of examen on a daily basis. This will help you develop your prayer language. <http://sojournerschurch.org/2011/news/prayer-of-examen/> What will remind you to pray throughout the day? Take some time to think of some practices that will help you stay in a constant rhythm of prayer during your day.
- ❖ Spend some time together as a group or with a couple of other people in the last questions. Think of some tangible things you can do. One way is to be involved in SOLFUL this summer. You can sign up here: http://fullertonact.com/?page_id=135

