*Ask for God’s Spirit to give you understanding of His Word, eyes to see who He is, conviction and discernment to know how this applies to your life, freedom to speak with humility and honesty before others, as well as love to listen graciously to others. Then read through the passage together before talking through the questions below. Leave time at the end for sharing more specifically how you might need prayer in light of what you discussed, as well as ways you can respond this week.*

**DISCUSSION 1: GOD’S POWER (1:19)**

1. Read Ex. 15:6; Ps. 33:6-9; Jer. 32:17, 27; Matt. 19:26; Col. 1:16-17. What are some things you notice from these verses about God’s power or strength?
2. What are some biblical images or metaphors that point to some aspect of God’s power (examples: refuge, warrior, shield)?
3. Can you think of any times where you have experienced God’s power on display or God’s strength given to you?

**DISCUSSION 2: GOD’S POWER FOR GOD’S PEOPLE (1:19)**

1. What are ways, times, or situations in life or in this season that especially make us aware of our weaknesses, limits, dependence, and need?
2. Read 1 Sam. 30:6; Ps. 73:26; Is. 40:10-11; Eph. 3:16-20; 6:10; 2 Tim. 2:1. How do you think we find strength in God or from God?
3. In what ways might God give us strength and in what ways is God our strength?
4. What is one prayer request or one area of your life in this season where you need God’s strength or power at work in you or on your behalf?

**DISCUSSION 3: SEATED IN POWER (1:20-23)**

1. Not only does God possess all power (omnipotence) but He stands in a position of power. How does Eph. 1:20-23 point to God’s power, sovereignty, and authority over all things?
2. Why do you think Paul wants his readers and us to live in light of Christ’s resurrection, ascension, and reign today?
3. Why is it important to remember and live in light of not just Jesus’ death but his ongoing work, power, and help for us today?
4. Since we serve an all-powerful God, and since Christ is seated in power and authority over anything against us, what specific things can you do to live in light of His power this week?

**NOTES OR PRAYER REQUESTS**

**Ephesians Resources**

You can find additional [resources on Ephesians](https://stonescrossing.com/blog/2024/01/17/resources-on-ephesians) at our Discipleship Resources page at https://stonescrossing.com/discipleship-resources