



**For Discussion:**

1. Other than God, Jesus, or the Bible, what is your “go to” when you are discouraged?
2. Which of the six reasons to find encouragement in Christ is the most meaningful to you and why?
  - In Christ, I am a sanctified saint. (1 Corinthians 1:2)
  - In Christ, I have grace and peace. (1 Corinthians 1:3)
  - In Christ, I am not lacking any spiritual gift. (1 Corinthians 1:7)
  - In Christ, I will be sustained to the end. (1 Corinthians 1:8)
  - In Christ, I am guiltless. (1 Corinthians 1:8)
  - In Christ, I have fellowship with Him. (1 Corinthians 1:9)
3. Why it is beneficial to remind yourself of the Good News of the gospel on a daily basis?
4. Read Ephesians 1:3-14. What are the spiritual blessings referenced in these verses that are found in Christ?
5. Practically, how do you stay rooted and grounded daily in the gospel?

**For Response and Application:**

1. Choose a verse or verses from Ephesians 1:3-14 to meditate on and memorize this week.
2. What is an internal struggle you have, and how can you bring the Good News of the gospel to that struggle?