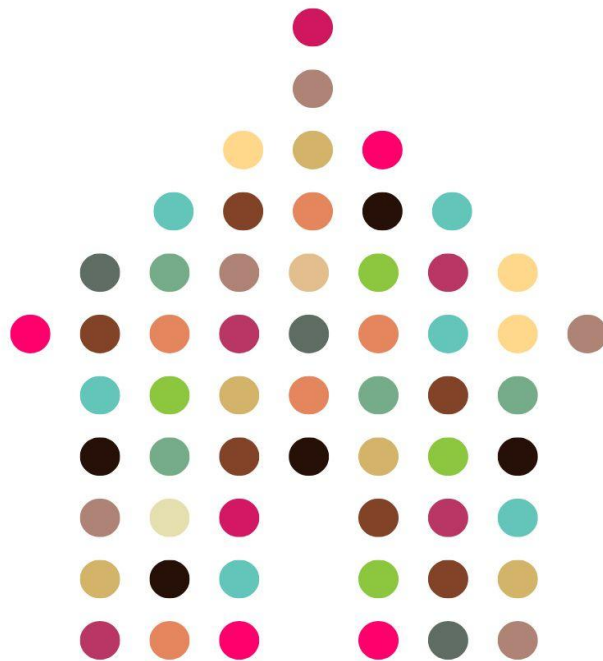




EPHESIANS

We are Jesus' Church

THE SPIRITUAL PRACTICE OF CONNECTION





Ephesians 3 (NLT)

¹⁶ I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. ¹⁷ Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.

¹⁸ And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. ¹⁹ May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.



1 Corinthians 14 (NLT/NIV)

²⁶ Well, my brothers and sisters, let's summarize. When you meet together, *each of you has a hymn, or a word of instruction, a revelation, a tongue or an interpretation.* But everything that is done must strengthen all of you.



Our Spiritual Practice Today...

- Choose one of the four prompts you'll see next
- Spend 60 seconds of quiet to form a response to the one you picked
- Get into groups of around 4 (but make sure all are included!)
- Take turns sharing and hearing each person's story (~90 seconds each)
- Have a conversation about what these stories show us about God
- We'll bring everyone back together a few minutes after that



Tell us about... *(Pick one you like!)*

- Tell us about a special object you own or a favorite place that helps you feel safe and relaxed. What makes it so special?
- Think of a favorite meal or a song you listen to on repeat. Who or what does it remind you of when you taste or hear it and why?
- Tell a story about a time you saw something that made you say 'Wow!' or a time you learned a really cool fact that blew your mind.
- Think of someone you really look up to. What is something remarkable you saw them do that made you want to be just like them?

strengthen / edify / build up

***Share how God shows Himself
through our stories***

Invitation

- Take some time to reflect on your experience this morning
 - What did you notice?
 - Do you sense more, less, or the same connection to God?
 - Is your connection to each other more, less, or the same?
- Ask Jesus for His perspective and let that inform your choices throughout this week