

LifeGroup Discussion | Practicing Presence | Week of 2/9

Main Passage: Ephesians 5:15-18

Supporting Passages: Matthew 6:33-34, Ecclesiastes 3:1-8

Reflective Passages: Galatians 5:16, 22-26, John 14:15-17, Ephesians 1:9-10

Main Idea/Question: How do we live a life where we are fully present?

Culture Code Emphasis: Presence over Preference

Before LifeGroup

- Review your LifeGroup Values.
- Ask yourself—"Which of these on-ramps (PORCH TALK, LIVING ROOM, AFTER GLOW) best reflects our values and the needs of our group this week?"
- Then start your discussion in that section. Week to week may change what section you resource for your meeting.

On-Ramps

- **Porch Talk**—*use these questions over food or casual interactions. Feel free to make them more personable based on the contents of the sermon being discussed.*
- **Living Room**—*use these questions in an environment when your group is 'all in' and had the opportunity to attend or listen to the sermon prior to LifeGroup.*
- **After Glow**—*use this section if your group wants to dig deeper or as follow-up email/text messages or conversations that come up after your time as a group.*

PORCH TALK—*use these questions over food or casual interactions. Feel free to make them more personable based on the contents of the sermon being discussed.*

What did you hear on Sunday?

Did you learn anything new?

Do you have any questions or was there anything you didn't understand?

How can we take what we've discussed into our week?

How can I be praying or holding you accountable in response to what you heard?

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LIVING ROOM—*use these questions in an environment when your group is 'all in' and had the opportunity to attend or listen to the sermon prior to LifeGroup.*

Discussion

To Know/To Share: *Ephesians 5:15-18 calls believers to live wisely, make the most of every opportunity, understand God's will, and be filled with the Spirit instead of worldly influences.*

Read: Ephesians 5:15-16

Say: Paul urges us to live carefully and intentionally.

Ask: What does it mean to "make the most of every opportunity"? How can we be more aware of God-given moments in our daily lives?

Read: Ephesians 5:17

Say: Understanding God's will is crucial for living purposefully.

Ask: How can we discern God's will in the everyday moments of life? What practices help you stay attuned to God's leading?

Read: Ephesians 5:18

Say: Being filled with the Spirit is an ongoing process of surrender and reliance.

Ask: What are some practical ways we can invite the Holy Spirit's presence and guidance throughout our day?

Application

Say: Commit to a daily "presence practice" this week (e.g., a tech-free hour, mindful prayer walks, or intentional listening during conversations) and share your experiences next time.

Close in Prayer

"Lord, open our eyes to see Your presence in every moment. Help us to live wisely, redeem the time, and rely fully on Your Spirit. May we be fully present to You and to those around us. Amen."

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AFTER GLOW—use *this section if your group wants to dig deeper or as follow-up email/text messages or conversations that come up after your time as a group.*

Say: Our culture often values productivity over presence, leading to chronic distraction and disconnection.

Ask: How can we cultivate a counter-cultural mindset of presence in a world that prizes constant activity and achievement?

Read: Matthew 6:33-34 - *"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Say: Jesus calls us to prioritize God's kingdom over worldly concerns.

Ask: How can focusing on God's kingdom help us be more present in our daily lives?

Follow-Up: "The greatest enemy of good thinking is busyness." - John C. Maxwell. In what ways does busyness hinder your ability to think deeply and be present?

Read: Ecclesiastes 3:1-8 (excerpt) - *"There is a time for everything, and a season for every activity under the heavens..."*

Say: This passage reminds us that life has different seasons and rhythms.

Ask: How can embracing life's natural rhythms help us be more present and less driven by constant productivity?

Follow-Up: "Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life." - Dallas Willard. What practical steps can you take to "ruthlessly eliminate hurry" from your daily routine?

Further Reflection:

- "God's will for your life is being present, not being perfect." Pastor Kevin
- *"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."* - Matthew 6:34 (The Message)

Thoughts to Chew On:

- "The present is the point at which time touches eternity." - C.S. Lewis
- "The present moment is the point of power." - Charles Spurgeon.
- Let us remember that cultivating presence is a journey of spiritual growth. As we learn to be more attentive to God's presence and work in our lives, we open ourselves to deeper transformation and a richer experience of His grace.