

PERSONAL REFLECTION GUIDE

2/15/26

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- **Read Ephesians 1:7-10 in 2 different translations (i.e. CSB, ESV, NIV, NASB).** What significant differences did you notice, if any? What similarities?
- What key words or phrases stand out in verses 7-10?
- What words or themes keep repeating from last week's passage (esp. 1:3-6)?
- What would words like redemption and forgiveness mean to people in first-century Rome where people were enslaved, debtors, or under Roman power?
- How would you explain redemption and forgiveness to a non-believer using this passage?
- How does the phrase "at the right time" (v 10) shape your understanding of God's control over history? Why might this be a difficult concept to accept?
- How does this passage expand our understanding of salvation beyond just personal forgiveness?
- How should knowing you are redeemed and forgiven affect the way you live this week? How often do those realities affect how you live?
- What might it look like to trust God's bigger plan when life feels chaotic or unresolved? What could help in doing that?
- What does it look like to live as someone who trusts that history is moving toward Christ, not chaos?
- What is one area of your life where you need to rest more fully in God's grace this week?
- Spend time worshipping the Lord for His mighty work in these verses.
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

LOOKING AHEAD TO NEXT WEEK

Read Ephesians 1:11-14. What do these verses reveal about the Holy Spirit?



UPCOMING EVENTS – for more info, scan the QR code with your phone
2/22 Church Potluck – bring a side dish to eat together after service
3/1 Family Equip – 4-5:30pm, for Parents and kids (5th grade and below)
3/1 Student Invite Night – 6-8pm, at ILMS, register online

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FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week as challenging or encouraging?
- If you could fix one thing in the world right now – anything at all – what would it be, and why?
- **Read Ephesians 1:3-10 aloud slowly.** What key words or ideas are emphasized or repeated here?
- What does this passage say Jesus did for those who are in Him?
- The word “redemption” sounds like a big word – What does it mean in every day life? *Use a study Bible to help if needed.*
- What words or phrases stand out to you the most here?
- What does it mean that God wants to bring everything together under Jesus? How is that different from the idea that everything is random and meaningless?
- Once you trust Jesus as Lord and Savior, you are forgiven and redeemed. How does knowing that affect the way you see yourself? Or the way you live?
- Since forgiveness is found only in Jesus, who do you need to tell about Him?
- How can trusting God’s bigger plan help when life feels confusing and messy?
- If God is making all things new through Jesus, how should that shape how we treat others?
- What is one thing God wants you to do or believe from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.

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