

PERSONAL REFLECTION GUIDE

2/22/26

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 1:11-14 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 11-14? What is repeated?
- What roles do you see for God the Father, Jesus, and the Holy Spirit?
- How is the Holy Spirit described in verse 14?
- What does verse 11 suggest about our relationship with God? Compare it with **Romans 8:15-17.**
- What does it mean that the believers are “sealed” with the Holy Spirit? **Read Ephesians 4:30.**
- **Verse 14** calls the Spirit a “guarantee”. What does that communicate about salvation – present and future?
- **Read 2 Corinthians 1:21-22, and John 16:7-15.** How do these passages – and the ones above- expand your understanding of what the Holy Spirit does beyond sealing believers?
- In what ways do Christians today struggle to live as though their salvation is secure?
- Are there patterns or habits that dull your awareness of the Spirit’s work? What might repentance look like >
- How might these passages about the Holy Spirit bring comfort to those who are battling doubt, fear, or sin? How does it change the way they approach God?
- If the Spirit is a guarantee of what’s to come, how should that shape your priorities with time, money, or your influence?
- 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 1:15-19. What does Paul pray for his readers? Put his prayer in your words.



UPCOMING EVENTS – for more info, scan the QR code with your phone
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
3/18 Men and Women Events – register online, meet new people!

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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?
- What is something you would feel more confident doing if someone you trusted (a friend, coach, parent) was with you? Why does their presence matter?
- **Read Ephesians 1:11-14 aloud.** What key words or ideas are repeated?
- What does this passage say God does before and after we believe?
- How is the Holy Spirit described in verse 14?
- What does it mean to be “sealed” by the Holy Spirit? How is that different from earning God’s approval?
- Why do you think God gives the Holy Spirit as a guarantee instead of just a promise?
- How does knowing God gives us His Spirit all the time (not just when things are going well) make following Jesus feel different?
- When you mess up or feel far from God, how can these verses help you?
- What’s one area of life where it’s hard to trust God instead of trying to handle it all on your own?
- Have we all made a decision to follow Jesus? If so and if we then really belong to God, how should that affect how we talk to each other at home?
- 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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