

PERSONAL REFLECTION GUIDE

2/8/26

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?
- Who are the recipients of this letter, and what is the occasion of its writing? *Use a study Bible to answer this, as needed.*
- **Read Ephesians 1:1-6 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 3-6?
- What blessings are mentioned in this section? What kind of blessings are in view?
- What is the tone of this opening – formal, personal, joyful?
- What does Paul mean when he says God “chose us... before the foundation of the world” (v. 4)? *Use a study Bible if needed.*
- What does “adoption to Himself as sons” communicate about our relationship with God?
- According to vv.5-6, what is the ultimate purpose of God’s saving work?
- How does knowing you are chosen and adopted in Christ shape your identity? How does it affect you emotionally?
- Where do you most often look for approval or worth, besides God?
- What would it look like to live as someone who is “holy and blameless before Him” (v 4)?
- How could our church better reflect the reality that we are one adopted family in Christ? How could you help our church get to that place?
- Verse 6 says salvation leads to the praise of His grace. How could you grow in worship this week?
- 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 1:7-10. What are the works of Jesus you see here?



UPCOMING EVENTS – for more info, scan the QR code with your phone
2/8, 2/15 Student Bible Study – at Josh’s house. Details online.
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)

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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 instantly be adopted into any fictional family, which would you choose and why?
- **Read Ephesians 1:1-6 aloud slowly.** Who is writing the letter? What does he call the people he is writing to?
- What does Paul say God has done for those who are "in Christ"?
- What words or phrases are repeated in verses 3-6? Which sound powerful or confusing?
- What does it tell you about God's love and plan that God "chose us ... before the foundation of the world"?
- Why is adoption such a meaningful picture of salvation?
- Sometimes teens feel pressure to define themselves by grades, sports, friends, or their looks. In Christ, how does God define you here?
- What's one place you struggle to feel like you belong? How would your week be different if you believed you are chosen and loved by God?
- As a family, how can we remind each other of who we are in Christ instead of comparing or criticizing?
- 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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