

PERSONAL REFLECTION GUIDE

3/1/26

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 1:15-19 in 2 different translations (i.e. CSB, ESV, NIV, NASB).** What significant differences did you notice, if any? What similarities?
- What does Paul commend the Ephesians for in verses 15-16? How does he describe God's power in verse 19?
- What specific requests does Paul make in his prayer?
- What does "the Spirit of wisdom and revelation" suggest about how spiritual understanding comes?
- What does Paul mean by "the eyes of your heart," and why is this image significant?
- What does it mean that believers are God's "glorious inheritance" and not just the recipients of one?
- What does this passage reveal about God's character and power?
- If you were to summarize Paul's meaning in one sentence, what would you say?
- What might be the benefit of you praying for spiritual insight rather than immediate solutions?
- Where do you see a gap between what you know about God and how you live in light of that truth?
- What would it look like to live this week as someone who is confident in God and who you are in Christ? What might get in the way?
- What is one specific step you can take this week to trust that God's power is at work in you, even when you don't feel it?
- 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 1:20-23. What is the victory you see in these verses? Praise God!



UPCOMING EVENTS – for more info, scan the QR code with your phone
3/18 – Forge Men's Breakfast, 7:00-8:30am – Register online
3/18 – Women's Gathering, 6:30-8:30pm – Register on our website
3/22 – Membership Class, 2:00-3:30pm – 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?
- What is something you didn't understand or appreciate at first – but now you do? What helped change your perspective?
- **Read Ephesians 1:15-19 aloud.** What key words or ideas do you see?
- What does Paul thank God for when he thinks of these believers?
- What 3 things does Paul pray that believers would know better? Why do you think each of these are important to know?
- What do you think it means to have the "eyes of your heart" opened?
- Why do you think Paul focuses on understanding rather than behavior here?
- What does this passage reveal about God's character and power?
- Which is the hardest for you to believe right now: that God gives hope, that you matter deeply to Him, or that His power is at work in you? Why?
- How can parents model trusting God's power instead of control or worry?
- How could praying this passage together change you family's prayer life?
- What would change if you knew God's power was with you at school, work or home this week?
- 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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