

PERSONAL REFLECTION GUIDE

3/8/26

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?
- **Read Ephesians 1:15-23 in 2 different translations (i.e. CSB, ESV, NIV, NASB).** What significant differences did you notice, if any? What similarities?
- What did God the Father do for Christ here? What makes that significant?
- What repeated themes from earlier in Ephesians 1 do you notice?
- What does it mean that Christ is seated at the right hand of God? (See Acts 2:33-36)
- Why is the resurrection central to understanding God's power?
- What does it mean that all things are placed "under his feet"? What does it mean that He is appointed "as head over everything FOR (or TO) the church"?
- How does knowing Christ reigns over all authority affect your response to cultural or political anxiety?
- In what ways are you tempted to believe something (or someone) else is in control? What can help you remember Christ's authority?
- How should Christ's authority shape your daily life? Your view of spiritual warfare?
- What does (or should) it look like to live under Christ's headship?
- How should this passage affect the way we view the church?
- If the church is Christ's body, how should that affect the way we treat other believers? Does the modern church reflect those thoughts?
- What is one specific area of your life that needs to come more fully under Christ's rule?
- 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 2:1-10. What are we saved FROM and TO?



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?
- If you were put in charge of the world for one day, what's the first rule you would make? Why?
- **Read Ephesians 1:15-23 aloud.** What key words or ideas stand out to you most?
- What did God do for Jesus in verse 20?
- What picture is used to describe Jesus' authority in verse 22?
- What does it mean that Jesus is seated at God's right hand?
- What might "rule and authority and power and dominion" (v 21) include today?
- What does it mean that everything is "under his feet"?
- Why would it matter to you students today that Jesus is head over everything?
- What worries you most about the world right now? How does this passage speak into that worry?
- In what ways are you tempted to believe that something else has more power than Jesus?
- How should Jesus being King shape the way you respond to school pressures, tragedy in the world, politics, or social media?
- 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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