

PERSONAL REFLECTION GUIDE

4/26/26

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?
- If you could be strong in any area of life, what would you want it to be? What would that kind of strength enable you to do?
- **Read Ephesians 3:14-16.** What kinds of things might believers think they need in order to be spiritually strong? (i.e. self-discipline, positive thinking)
- In contrast, what does Paul say we need in these verses?
- How does greater spiritual strength strengthen every aspect of a person?
- If you have kids, what would you like to give them? Why don't you give them everything you'd like to give right now?
- If God has an unlimited supply of strength, why would He not give it now?
- **Read Ephesians 4:17-21.** What do you think are evidences of spiritual strength? Based on these verses, what do believers receive when they pray for spiritual power?
- How does realizing the extent of Christ's love for you strengthen you?
- Aside from God, to whom or what might we turn for spiritual strength?
- Read 2 Corinthians 12:7-9. Why was Paul given a thorn in the flesh? Why do you think God often gives only grace for the moment? What might he be teaching us?
- Why doesn't God always give us what we want? What's the right way to deal with disappointment?
- How has this study encouraged you to pray continually for spiritual strength?
- What is one prayer you could pray for that is "far more than we can ask or imagine?" Take some time to do so now.
- 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 4:1-6. How would you define biblical unity?



UPCOMING EVENTS – for more info, scan the QR code with your phone
5/1-2 Bethel Shelters Serve – Come with family or friends. Register online.
5/3 Student Invite Night – for 6-12 graders. Register online.
June 2026 VBS – Sunday evenings in June. Register online

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SERMON NOTES
HIGHLIGHT: EPHESIANS 3:14-21



Main Idea: God transforms our hearts through dependent prayer as His Spirit strengthens us and Christ fills us with His love.

EXPLANATION

Pray with _____ (v. 14-15)

Pray for inner _____ (v. 16-17a)

Pray to comprehend Christ's _____ (v. 17b-19)

Pray with confidence in God's _____ (v. 20-21)

APPLICATION

Make time to _____.

_____ your heart fully to God

_____ deeper into God's love together

RESPOND: What is your specific next step in response to God's Word today?

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