

LOOKING UP!

By Matt Huddleston

I got an email that started like this -

“How are you doing?”

Wait, stop there for a moment. It’s all too easy to breeze by that question without really thinking. So here’s what I want you to do: Reread the question again, close your eyes, take a deep breath, and sit for at least 10 seconds and search deeply for the answer.

So, again . . . how are you doing?”

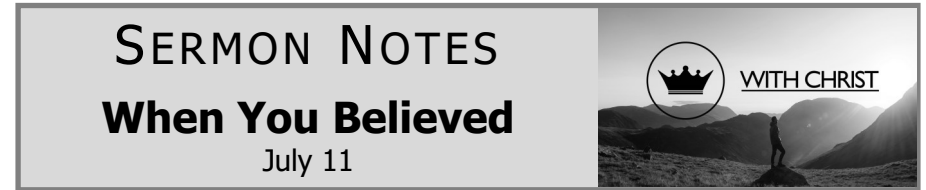
I hear people talking about the challenges or opportunities of returning to a full schedule. Our personality types might affect how we feel in some situations, but I see God’s Word pointing to another possibility.

When your tank is low, where do you turn for rest? When you are running full throttle, how do you realign your direction? In these times of unprecedented change, we need an accurate compass.

Thy Word is a lamp for my feet (Ps. 119:105). If you are walking a dark cave, how often will you turn on your light, once a week, once a day, or each step of the way?

Those who wait on the Lord will renew their strength (Is. 40:31). Be still and know that I am God (Ps. 46:10). What are you in a rush to do? Will it add fuel for your soul or leave you burned out?

Paul reminds us to realign our thoughts. Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to discern what is the good, pleasing, and perfect will of God (Rom. 12:2). Healthy foods will help. Exercise is good. But look at your spiritual intake. Are you getting enough of God’s Word?



SERMON NOTES

When You Believed

July 11

Three things we often miss in Ephesians 1

- ♦ The _____ work and _____ of _____.
- ♦ If the _____ doesn’t exemplify _____, _____ can’t follow in _____.

When you believed:

- 1.
- 2.
- 3.
- 4.
- 5.

Hyperbole or truth?

H or T - Eph. 1:___ - we’ve been _____

H or T - Eph. 1:___ - he sees _____

H or T - Eph. 1:___ - he works out _____

H or T - Eph. 1:___ - his power _____

JULY 18, 2021 EPH. 2:8-10

Next Week: **WE ARE UNITED**
MATT HUDDLESTON

PERSONAL STUDY

It is rewarding to invest time each day in God's Word.

Mo Ephesians 1:1-2

As you look over the segments of this upcoming week, could you take Paul's introduction, substitute your name for Paul's, and use it to lead your mind before each of your tasks this week?

Tu Ephesians 1:11-14

You are chosen, wanted, and needed. Feel God living in you. He has a purpose for your life, words, and friendships. Today, praise him for the mission before you. Ask for strength as you faithfully live today.

We Ephesians 1:15-16

How did Paul hear of the Ephesian church's faith and love? Either the recipients or the Christians talked. How can you share about a person of faith helping you or your opportunities to live by faith today?

Th Ephesians 1:17

Take time to pray for a spirit of wisdom and revelation. Ask for wisdom and insight into God's nature, God's plan, and God's purpose. Share where you doubt or feel stymied by your limited knowledge.

Fr Ephesians 1:18

Ask for enlightened eyes today. Do you find distractions clouding your thoughts? Are worries pulling your thoughts down? If your vision is not filled with hope for your inheritance, ask for eyes to see him.

Sa Ephesians 1:21-23

Do you see the Lordship of Jesus? Today, use your time to praise God for placing everything under Jesus' control. Verbalizing your joy in his Lordship will free and strengthen your body, mind, and spirit.

STUDY & DISCUSS

- Read Ephesians 1. Take turns reading one verse at a time.
 - ◇ What verse stands out to you? Why?
- This chapter highlights so many blessings we have in God.
 - ◇ What blessings are ours from the Father (v. 3-6)?
 - ◇ What blessings do we have in Jesus Christ (v. 7-12)?
 - ◇ What blessings do we receive through the Holy Spirit (v. 13-14)?
- Did God choose some and reject others, even before the world was made (v.4, 5 & 11)?
- How would you summarize God's plan of salvation to a lost world?
- Does the seal of the Holy Spirit prevent us from falling away?
- Do you praise God for his spiritual blessings as often as you praise him for the physical blessings?
- Paul's prayer in Ephesians 1:15-22 highlights three main requests.
 - ◇ What are they?
 - ◇ What is the significance of these three things?
 - ◇ Should you pray for these three things?
- Is the resurrection of Jesus something we accept on faith or fact?
- Have you ever doubted God's ability to work through you to accomplish anything for his kingdom?