

Going Deeper

Your weekly guide to understanding God with others

Sculpted

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Introduction

Having good physical posture is important. Good posture makes everything function and feel better, whilst poor postural habits create fatigue in the body. The same is true for our spiritual posture. The letter to the Ephesians was written by Paul while he was in prison in Rome. Although he was persecuted and even physically restrained, his spiritual posture remained the same - he had a posture of praise.

Read

Ephesians 1:1-14

Discuss

1. List the characteristics of God and those He had given to the believers addressed in the passage. Which one stands out the most for you? Why?
2. What does having a spiritual posture of praise mean to you? What does a posture of praise look like?
3. Often our physical/external circumstances limit our perspective, which can result in us losing our posture of praise. Why do you think we struggle with this? Can you think of a time you found it difficult to praise God? How did you overcome this?
4. How does having a posture of praise help us in our journey through life?
5. Read Ephesians 1:3-8. According to Paul, how can we be found holy and blameless in the presence of God (v.4) ? What is your understanding of the "adoption to sonship" in verse 5 (NIV)?

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6. Read Ephesians 1:11. We were once slaves to sin. Through Jesus, not only are we saved, and have become His children, but we have also received His inheritance. What have we inherited? How do we avoid the trap of taking this for granted?
7. Should people believe in Jesus, His birth and resurrection so that they receive this inheritance? Discuss.

Respond

Having a posture of praise does not mean our problems go away. It does not mean that God will give us what we ask of Him straight away, or at all. Having a posture of praise keeps our eyes off ourselves and places them where they should be. That is, on God, His grace, and His love for us. End the meeting by spending some time sharing personal praise points, big or small, and focus your eyes on Him.