



## PAUL'S LETTERS TO THE CHURCHES

### April 1, 2024: Ephesians 1-3

1. How does understanding our identity in Christ impact the way we view ourselves and others? In what ways do you remind yourself of your worth and value in God's eyes?
2. Ephesians 1:15-23 emphasizes the importance of prayer and spiritual wisdom. How do you actively seek God's guidance in the choices and hurdles you face daily? How often do you pray? Where do you pray? (*Ephesians 1:17-18*)
3. Paul talks about the unity and reconciliation brought about by Jesus's sacrifice. Have you ever been the "middle man" between friends or family, trying to help bring them together and resolve conflict? How did it go?
4. Read "Footprints in the Sand" provided for you at your table and choose one or more of the following in which to respond:

Can you think of a specific moment in your life when you felt like you were walking alone, only to realize later that God was carrying you through that season? How did this realization impact your faith?

In the poem, the person walks alongside God, but there are also moments when God carries them. How does this imagery reflect the importance of community and walking alongside others in our faith journey?