

# EPHESIANS

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## CHAPTER ONE

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**Take a moment to reflect on what things in your life are currently making you feel hurt, overwhelmed or like a failure? How does just listing those things make you feel?**

**What are the spiritual gifts that Paul writes about? Notice how he lists them by gifts from the Father, the Son, and the Holy Spirit?**

Gifts from God the Father:(v3-6)

Gifts from the Son: (v7-8)

and revealed through the Son: (v9-12)

Gifts from the Holy Spirit (v13-14)

**How do these spiritual blessings affect the way you live as a Christian?**

**What an amazing way to pray for fellow believers! (v15-21) Have you ever had someone pray for you in this way?**

**Have you ever prayed for someone this way?**

**How would our week be/feel if we prayed for each other the prayers in verses 17-19?**

**How can we use our 'power' (v19) to combat those things that we reflected on earlier? How should we approach those thoughts and things knowing the gifts we have through Christ?**

**What do you think this idea (v22-23) means for the church?**