



**“Body Building”
— Go Deep—
Small Group Plan**

Dear Small Group,

Our chosen vision statement is “Passion for God – Compassion for People.” It is taken from Jesus himself (Mark 12:30-31). And the order of these two concepts is vital, because our power to love people will only come from our love relationship with God himself.

OPEN IT / INTRODUCE IT ...

- Define “power” using terminology from our culture.
- Define “power” using terminology from Jesus.
- What is the defining difference?

LOOK AT IT / STUDY IT ...

**MY POWER
Is FROM CHRIST
Ephesians 1:18-19a**

¹⁸ *I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, ¹⁹ and his incomparably great power for us who believe.*

- How does God “enlighten” our hearts?
- What does an “enlightened” heart focus on, what does it think about?
- What kinds of thoughts and attitudes will shut down and kill such a heart?
- What does a heart that has been empowered by God do, how does it live?

**MY PRIMACY
Is IN CHRIST
Ephesians 1:19b-21**

That power is like the working of his mighty strength, ²⁰ which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.

- The NIV contains 14 occurrences of the description “in Christ” (v. 20) scattered through the Ephesian letter.
- How would you describe Jesus to someone?
- Since we wear the name of Jesus – “Christ-ian” – how does his life, purpose and character define who we are?
- Which part of your identity most needs the defining identity of Jesus?

MY POTENTIAL
IS UNDER CHRIST
Ephesians 1:22-23

²² *And God placed all **things** under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.*

- Since none of us can do all that Jesus did, he needs all of us to work together, each doing their part.
- List as many different kinds of ministries that you can think of.
- Why is it vital for Jesus to be leading and directing each individual ministry? What twist would these ministries take if they were not “under” his control?
- What potential is Jesus developing in you? What ministries are you discovering?

USE IT / APPLY IT ...

- What happens when we look for our power source in our own wealth, personality, or ability?

Ephesians 4:16

¹⁶ *From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

Three applications were given on Sunday:

Commit

- What does it mean to make a commitment to a local church?
- Why are some hesitant or even fearful of such a commitment?

Participate

- How do Christian relationships make our individual efforts even more productive?
- Describe the joy of joint ministry.

Exercise

- How has God gifted you? What are your talents and abilities?
- Has it been easy or difficult for you to find a place to use those gifts? Explain.
- Close by asking God for to help every Prestoncrest member to discover their gifts and talents and find a place to commit, participate and exercise.