

## Called: Living as Children of the Light

## 3. Made Alive

## Ephesians 2:1-10 (NLT)

<sup>1</sup> Once you were dead because of your disobedience and your many sins.

<sup>2</sup> You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. <sup>3</sup> All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else.

<sup>4</sup> But God is so rich in mercy, and he loved us so much, <sup>5</sup> that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!) <sup>6</sup> For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. <sup>7</sup> So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

<sup>8</sup> God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. <sup>9</sup> Salvation is not a reward for the good things we have done, so none of us can boast about it. <sup>10</sup> For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

## We are made alive

## 1. By God’s grace.

*It is only by God’s grace that you have been saved!*

## 2. Because we are in (united with) Christ.

*in all he has done for us who are united with Christ Jesus*

## 3. So that we can do the good things he has called us to do.

*For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

*Graciously enter into the lives of others with “The 5 L’s”*

- **Look with faith** Eph 2:10
- **Listen with empathy** Eph 2:1-2
- **Learn with humility** Eph 2:8-9
- **Lament with prayer** Eph 2:3
- **Love with sacrifice** Eph 2:4-7

Only if you see that you have been saved graciously by someone who owes you the opposite will you go out into the world looking to help absolutely anyone in need. Once we receive this ultimate, radical (neighbor) love through Jesus, we can start to be the neighbors that the Bible calls us to be.” –**Timothy Keller, Generous Justice**

**Next Steps:** Take five days this week to “reflect and write” in your time alone with God—15 minutes in your favorite chair-- to embrace and live into God’s grace in your own life and in your relationships with others. Reflect on the scripture passages from Ephesians 2:1-10.

Day 1: Look. Where do you see God at work in the midst of conflict or celebration? How is God displaying his grace and mercy in spite of what you see at first glance? What might God be up to? How do I see others the way God sees them?

Day 2: Listen. How can you pay attention to another person’s story without judgment or preconceptions? Imagine what it would be like to be them—walk in their shoes, live their lives, have their experience? Who is God directing you to listen to with empathy today?

Day 3: Learn. As I reflect on God’s grace in my life, where do I need to practice humility? Where is an opportunity to say, “I don’t know; I am open to learning more”?

Day 4: Lament. As I reflect on the impact of sin in my own life, and see the result of brokenness in the world, what do I grieve? What prayer of lament (ie, “How long, O Lord?” Ps 13) for myself or others can I offer to God in faith?

Day 5: Love. God’s love for us required sacrifice (Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters. 1 John 3:16). What would I need to sacrifice to show love to others? Bonus day: Reflect on how this rhythm of reflect and write is changing the way you see yourself, others, God at work?

## NOTES:

## SMALL GROUP QUESTIONS

As needed, refer to the Order of Worship and Resources at [solanabeach.church](http://solanabeach.church) for sermon video, message outline, and small group questions print version.

### CONNECT WITH EACH OTHER

Check in with one another about your daily alone time with God or with an icebreaker question. Optional icebreaker question: What's your favorite thing about the autumn season?

**CONNECT WITH GOD** (Use one of the below practices or choose a practice from a previous week.)

- **Praying with the Psalms:** Follow the steps below in your journaling time. Begin and end with prayer.
  - Pray expectantly and with a posture of openness.
  - Slowly read Psalm 8 in whatever Bible translation you prefer.
  - Journal by writing or drawing. There is no prompt. Let your response flow—whatever it is.
  - Pray once more and ask God to lead you throughout your week in reflection and discernment as you remember Psalm 8.
- **The Welcoming Prayer:** *The Welcoming Prayer consists of three parts or movements. First, we recognize what we're feeling. Secondly, we welcome these feelings as a means for recognizing God's presence. Thirdly, we let go of a need to control and simply embrace the moment.* ("Welcoming Prayer: The Spiritual Disruption Your Life Needs" from [umc.org](http://umc.org))
  - Feel and sink into what you are experiencing this moment in your body.
  - Welcome what you are experiencing in this moment and recognize the abiding presence of God.
  - Release (let go) of what feelings or sensations you have recognized or named during this time. Say a prayer of letting go such as:  
"Lord, who is with me and dwells in me, I give you my \_\_\_\_\_."

### CONNECT WITH EACH OTHER

- **Pray:** Before digging into the scripture and message more, pray together. Ask the Holy Spirit to illuminate and enlighten, and to speak to each one of you through the passage.
- **Together:** Read Ephesians 2:1-10 as a group.
- **Alone:** Read Ephesians 2:1-10 again. Spend a few minutes journaling and reflecting on the following prompt:
  - What stirs up within you as you read that you are God's masterpiece (verse 10)?

- **Together:** In pairs or as a whole group, share with one another what came to your mind from the prompt above. If time, consider the following prompt together:
  - What questions or uncertainties do you have about the passage?

### CONNECT WITH SCRIPTURE

Select the best questions or customize the questions for your group.

- Review the main points from the sermon outline.
- Reflecting on the main points of the message, what has been most impactful or challenging for you?
- What contrasting words and phrases do you observe in 2:1-10?
- Consider the context of the church in Ephesus. What connections and implications can you draw to our life together now?
- Which other Bible passages come to mind that may help you understand Ephesians 2:1-10?
- Do you ever feel like you need to earn God's grace?
- What big ideas or questions will you continue to wrestle with this week?

### ENGAGE AND EXPLORE

Together: explore the 5 L's and reflect on their application to your life and our life together.

Graciously enter into the lives of others with "The 5 L's"

*Look with faith Eph 2:10*

*Listen with empathy Eph 2:1-2*

*Learn with humility Eph 2:8-9*

*Lament with prayer Eph 2:3*

*Love with sacrifice Eph 2:4-7*

### PRAYER

Spend time praying for one another tonight. Hold space for one another and remember the Spirit of God is right there with you. Close your time of intercessory prayer by saying the Lord's Prayer together.