

Fully Alive

WEEK 1: EYES TO SEE

Ephesians 1:15–18 • IDENTITY — Know Who YOU Are

CORE PHRASE: Fully Alive begins with knowing who you are in Christ.

The Holy Spirit opens our eyes to see and live from what God says is already true.

Leader aim: Help people move from knowing Christian identity as a set of facts to receiving and living from what God says is already true of them in Christ.

Video bridge: Brian introduced the seven-week move from rows into circles and named the competing voices that shape identity. You do not need to replay that teaching. Let his closing questions—What voices tell you who you are? Which has become louder than God? What truth is hardest to believe?—open the conversation.

First-week posture — Honesty and Trust: Some people may be new to the group or unsure how vulnerable to be. Model honesty without forcing disclosure. The goal tonight is to create a relational environment where faith can become personal, practiced, and lived out.

OPEN IT – Connect with Each Other

1. When someone asks, 'Who are you?' what is one role, relationship, accomplishment, or experience you naturally use to describe yourself? *Leader note: Keep this accessible. The question helps people notice how naturally we build identity around visible roles and experiences before moving to the deeper question of who God says we are.*

EXPLORE IT – Explore God's Word Together

Read Ephesians 1:15-18 aloud. Ask the group to listen for what Paul prays and what he wants believers to see.

2. Paul has just described what God has already done for His people. Why do you think he prays for the 'eyes of your heart' to be enlightened instead of simply giving more instructions? *Key insight: The problem is not that God has failed to give enough. Paul asks for spiritual vision so believers can recognize and live in what God has already done. Fully Alive begins with revelation, not human effort.*

3. What does Paul want them to know in verses 17-18? Which word or phrase feels especially important right now? *Listen for: knowing God better, the hope of His calling, and the riches of His inheritance among His holy people. The inheritance is experienced among a people; Christian identity includes belonging to God's family, not merely a private relationship with God.*

If helpful, look back at Ephesians 1:3-14: chosen, adopted, redeemed, forgiven, included, and sealed with the Holy Spirit. Brian has already named these truths. Use them as a window into what the group finds difficult to receive, not as a list to lecture through.

KNOW IT – Bring the Truth into Your Life

Slow down here. Brian's video deliberately moves from theology to the voices people actually carry. Honesty matters more than getting through every follow-up.

4. What voice has been especially influential in telling you who you are—your success, failure, past, family, work, culture, or someone else's opinion? *Leader note: Avoid quickly correcting an answer. Listen first. People may name wounds, shame, criticism, family expectations, or performance. Thank them for trusting the group.*

5. Of the things God says are true about you in Christ, which one is hardest for you to actually believe? *Why? Leader note: This is the heart of the night. A person can know 'God forgives me' and still live in shame, or know 'I am adopted' and still fear rejection. Help the group distinguish knowing a truth from living as though it is true.*

6. What could change this week if that truth became more than something you know and became something you actually lived from? *Leader note: Invite concrete answers - how they might respond to criticism, failure, comparison, prayer, work, or relationships differently.*

PRACTICE IT – Live from Your Identity This Week

THIS WEEK: Invite everyone to pray Ephesians 1:17-18 each morning:
'God, open the eyes of my heart.' When another voice tries to define them, encourage them to answer it with one specific truth God has spoken in Christ.

PRAY IT – Depend on God Together

Pray simply and personally around the circle. If the group is comfortable, invite each person to pray the identity truth named by the person beside them: 'God, help ___ see that they are forgiven/chosen/adopted...'

Prayer direction: Holy Spirit, give us wisdom and revelation so we may know Jesus better. Open the eyes of our hearts. Quiet every false voice, deepen our hope, and help us see ourselves and one another as people who belong to You. Amen.

LEADER REMINDER

This is the first week of the fall Growth Group journey. Growth Groups exist to create intentional spaces where people connect relationally and grow spiritually—moving toward deeper relationship with Jesus together. Belong, grow, and follow Jesus—together. **The win this week** is not that everyone can recite a list of identity statements. The win is that people begin to recognize the voices shaping them, receive one truth from God more deeply, and ask the Spirit to help them live from it.