

Fully Alive

WEEK 2: SAME POWER

Ephesians 1:18–23 • UNITY — Know Who WE Are

CORE PHRASE: Fully Alive means recognizing that the same Spirit lives in all of us—
and we need each other to become the Body of Christ.

Leader aim: Help the group move from “resurrection power lives in me” to “the same Spirit lives in us.” The goal is not simply to understand unity, but to practice it through contribution, dependence, and mutual care.

Video bridge: Brian named the pressure points—comparison, self-reliance, feeling unimportant, and believing we can follow Jesus privately. You do not need to reteach the video. Let his final questions become the doorway into honest conversation.

OPEN IT – Connect with Each Other

1. Think of something you’re good at today because someone else helped, taught, encouraged, or challenged you. Who helped you—and how? *Leader note: Keep this light and relational. The point is to surface a simple truth: none of us becomes who we are alone.*

EXPLORE IT – Explore God’s Word Together

Read Ephesians 1:18–23 aloud. Ask the group to listen for two things: the language Paul uses for God’s power and where Paul lands the thought.

2. What words or phrases in verses 19–21 help you grasp the size and source of the power Paul is describing? *Listen for: incomparably great power, mighty strength, raised Christ from the dead, seated Him above every rule and authority. The power is God’s, not ours to manufacture.*

3. In verses 22–23, Paul moves from Christ’s power to Christ’s Church—His Body. How does that change the way you hear the promise of resurrection power? *Key insight: Paul does not land on individual spiritual achievement. Jesus is the Head; the Church is His Body. His life and power are displayed through His people together.*

If helpful, read 1 Corinthians 12:4–6. Different gifts. Different service. Different workings. Same Spirit. Same Lord. Same God. This is the foundation for unity without sameness.

KNOW IT – Bring the Truth into Your Life

This is where Brian's video intentionally points the group. Slow down here; honesty matters more than covering every question.

4. Where are you most tempted to compare your spiritual life or gifts with someone else—either feeling 'less than' or assuming others should be more like you? *Leader note: Name both sides of comparison. Insecurity says, "I don't matter." Pride says, "Why aren't they more like me?" Paul challenges both.*

5. Do you really believe God has given you something His Body needs? What strength, gift, story, experience, or perspective might He want to use through you? *Leader note: Don't limit this to formal spiritual-gifts language. Listening, hospitality, wisdom, compassion, encouragement, practical help, generosity, resilience, and life experience can all become ways God strengthens His people.*

6. Where do you need the strength, encouragement, gifts, or perspective of someone else right now? *Leader note: This question invites dependence. Model appropriate vulnerability if the group is hesitant. Self-reliance is not the same as spiritual maturity.*

PRACTICE IT – Live as the Body This Week

THIS WEEK: Invite everyone to name one concrete step: receive from someone in the Body, and strengthen someone else. Make it specific enough to act on this week.

Examples: Ask someone to pray with you; receive help instead of carrying something alone; encourage someone whose contribution is easy to overlook; share a skill or resource; invite someone into a meal or conversation; serve where your strengths meet a real need.

PRAY IT – Depend on God Together

If your group is comfortable, pray in pairs or around the circle. Use what people shared in Question 6. Keep the prayers simple and personal.

Prayer direction: Holy Spirit, free us from comparison and self-reliance. Help us recognize Your presence in each other. Show us what You have entrusted to us for the good of the Body, and give us the humility to receive from one another. Jesus, make us Your visible Body in the world. Amen.

LEADER REMINDER

Growth Groups are not simply a smaller place to hear more information. They are an intentional space where faith becomes personal, practiced, and lived out—where people connect relationally and grow spiritually, moving toward deeper relationship with Jesus together. **The win this week** is not that everyone can explain resurrection power. The win is that people begin to see: I have a part to play, I need the people around me, and together we belong, grow, and follow Jesus.