

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.

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?

EXPLORE IT – Explore God’s Word Together

Read Ephesians 1:15-18 aloud. As you listen, notice what Paul asks God to do/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?
3. What does Paul want them to know in verses 17-18? Which word or phrase feels especially important right now?

Optional: Look back at Ephesians 1:3-14. Notice the identity words Paul has already used: chosen, adopted, redeemed, forgiven, included, and sealed with the Holy Spirit.

KNOW IT – Bring the Truth into Your Life.

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?
5. Of the things God says are true about you in Christ, which one is hardest for you to actually believe? Why?
6. What could change this week if that truth became more than something you know and became something you actually lived from?

PRACTICE IT – Live from Your Identity This Week

Each morning this week, pray Ephesians 1:17-18: ‘God, open the eyes of my heart.’ Notice one moment when another voice tries to define you, and answer it with what God says is true.

PRAY IT – Depend on God Together

Pray for one another by name. Ask the Holy Spirit to make the truth of Jesus real, to quiet false labels, and to help each person see the hope and belonging they already have in Christ.

Prayer: *God, open the eyes of our hearts. Help us know You better and see ourselves the way You see us. Teach us to live from what You have already done in Jesus. Amen.*