

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.

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?

EXPLORE IT – Explore God's Word Together

Read Ephesians 1:18–23 aloud. As you listen, notice what Paul says about God's power and where he takes the conversation at the end.

2. What words or phrases in verses 19–21 help you grasp the size and source of the power Paul is describing?
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?

Optional: Read 1 Corinthians 12:4–6. What stays the same even when our gifts, service, and experiences are different?

KNOW IT – Bring the Truth into Your Life

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?
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?
6. Where do you need the strength, encouragement, gifts, or perspective of someone else right now?

PRACTICE IT – Live as the Body 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.

PRAY IT – Depend on God Together

Pray for one another by name. Ask the Holy Spirit to free you from comparison, show each person how they contribute to Christ's Body, and give you the humility to receive what you need from others.

Prayer: *Jesus, You are the Head and we are Your Body. Help us depend on Your power, honor what You have placed in each other, and become a visible expression of Your life together. Amen.*