

# SIT STAND WALK SIT STAND

## INTRO

What are three things you know most about in this world?

## DISCUSSION

1. Why does Paul praise God? (vs. 3)
2. What are the spiritual blessings Paul says God has blessed us with in vs. 3? (vs. 4-14)  
What is Paul reinforcing as he opens his letter to the church in Ephesus? Why is this important for us to know?
3. Each time as Paul explains the gospel who is the one taking action? (vs. 4, 5, 7, 9, 11)  
Who then is the one that saves us? Why is this important for us to know?
4. What is the mystery of Christ? (vs. 9 & Col. 1:27) Where do you see the mystery of Christ revealed in the Old Testament? Why is this helpful for us to see?
5. In vs. 13 Paul changes from saying "we" statements to "you" statements. Do you think vs. 3-12 and vs. 13-14 are written about the same people or different people? Why or why not?
6. What is Paul praying to God for the church in Ephesus? (vs. 17-18) What difference does this knowledge produce in the life of a believer?

## APPLICATION

What ways are you currently growing your knowledge of God? What ways can you allow the "Spirit of wisdom and revelation" (vs. 17) help you grow in your knowledge of God?

