

SIT STAND WALK SIT STAND

INTRO

If you could bottle up hope and sell it as a fizzy drink, what flavor would it be?
(Bonus: what's the brand name?)

DISCUSSION

1. Pastor Mike mentions that "our hope shapes us" and that our mood is largely dictated by what we think is in the pipeline. How have you seen this play out in your own life? Can you share a time when your hope (or lack of hope) significantly influenced your actions or attitude?
2. Paul refers to himself as a "prisoner of Christ" rather than a prisoner of Rome. How do you typically frame the challenging circumstances in your life? What might change if you viewed your difficulties through a different lens?
3. The sermon discusses how Paul's advice for finding hope was different from typical approaches (like "try harder" or "be more resilient"). What has been your default approach to handling discouragement? How does that compare with Paul's emphasis on being filled with Christ?
4. Pastor Mike mentioned that many Christians have Christ but aren't "full" of Christ - that we sometimes "step on our supply line." What do you think this means practically? What might be some ways we "step on our supply line" in our relationship with God?
5. Paul prays that the Ephesians would "grasp how wide and long and high and deep is the love of Christ." If you truly grasped the magnitude of Christ's love, how might it change how you handle your current challenges or struggles?

