

FOREFRONT SMALL GROUP STUDY

EVERYDAY OVERFLOW
When You're Running on Empty
Paul asks God to strengthen us through his Spirit and help us grasp how deeply Christ loves us. Even while we wait for things to change, we can bring him the fear we've been carrying.

As his love fills us, it spills into everyday moments, like listening when a friend needs a little more time.

Icebreaker
If your coffee mug could talk back the first time you picked it up on a Monday morning, what would its opening line be?

DAILY WALK / NEXT STEP
Five Quiet Minutes
Each evening this week, take five minutes to tell God one fear you've been carrying. Begin, "God, I'm afraid that _____." Finish that sentence honestly, then spend the rest of the time quietly with him.

GROUP STUDY 11.22.26

Read Ephesians 3:14–21 together.

1. When someone asks how you're doing, what helps you give an honest answer?

2. Where did you learn what it means to be strong? How does that shape what you do when you reach a limit?

3. Read verses 16–17 again. What does Paul pray for that you'd like someone to pray for you this week?

4. How can you tell when a friend feels at home in your house? What does that help you picture about Christ dwelling in your heart?

5. In verses 18–19, Paul prays for people to grasp Christ's love together. When has someone helped you feel loved on a hard day?

6. Think of a time helping someone came freely and a time a similar request felt heavy. What made the difference?

7. If you spent five quiet minutes with God tonight, what would be hardest about it? What would help you begin?

Have questions about this study or about Forefront Church? You can contact evan@forefront.org and our team will help you.