
Small Group Discussion Guide — November 2, 2025

- Series: Blessed
 - Sermon: Spiritual Blessings
 - Scripture: Ephesians 1:1-8 NLT
-

FOLLOW-UP FROM LAST WEEK

Pete mentioned last week that the greatest blessing is the presence of God, that is, the nearness of Him and “His face shining upon you.” As you think back over the past week, what blessings did you experience personally? Were there blessings you were able to share with someone else?

CONNECT

1. What stood out for you from this week’s service, and why?
2. What is a food you didn’t like as a child, but have grown to enjoy as an adult?

ENGAGE - Read Ephesians 1:1-8

1. Verse 3 says God has blessed us with every spiritual blessing in the heavenly realms. What did Paul mean by *spiritual blessings*?
2. In verse 5, Paul writes that God “decided in advance to adopt us... and it gave Him great pleasure.” What does this reveal about God’s heart and His desire for relationship with us? How does it feel to know that God takes *pleasure* in bringing you close to Himself?
3. Paul lists several *spiritual blessings* in this passage, and the teaching today articulated them in the follow way. Read through them aloud. Which of these blessings feels most meaningful or personal to you right now? Why? Which of these truths do you find hardest to believe or rest in?

Chosen by our Creator
Predestined for Love
Adopted as His Sons and Daughters
Redeemed by His Blood
Forgiven of our Sins
Lavished with His Grace
Aware of His Will – Unity in Christ
Invited into His Praise and Glory
Included in Christ
Filled and Sealed with the Holy Spirit
Guaranteed Our Inheritance of Heaven

APPLY

1. What's something you've been asking God for lately, maybe something material or circumstantial? In light of today's teaching, how might you reframe that prayer to focus more on God Himself rather than on what He gives? And how do you guard or tend your heart as you wait in the uncertainty of unanswered prayers?
2. Paul endured great hardship, yet his heart rested in the goodness of God. He came to see suffering as a blessing because it drew him closer to Christ. How might hardship or difficulty become a pathway to deeper intimacy with God in your own life? Is there a time when a challenging season helped you experience God's presence or goodness in a new way?
3. We are a people who love people, who love Jesus, and aim to share that with others. Tapping into the aforementioned experience, how could you help someone who doesn't yet know Jesus understand that true blessing isn't about life's circumstances, but about being drawn closer to God? How might you graciously explain that kind of blessing to someone who views hardship as proof that God isn't good?

GOING DEEPER

We're reminded in today's teaching that as we grow toward a mature faith, what matters most is the posture of our hearts. Think of something in your life that you've worked hard for or accomplished, and ask yourself: *"Has this drawn me closer to God, deepening my devotion and gratitude to Him?"* As you pray, invite God to align your heart with His ways rather than your own.

PRAYER - Prompt your group to face their palms up as comfortable.

Dear Father in Heaven, how great You are that even before You made the world You loved us and chose us. Father, while our heads know that the truest blessing is Your presence, we repeatedly fall short and drift our focus to earthly things. Forgive us. May we grow deeper into a people that create more space for You, and less for ourselves. In the highs and lows, the ups and downs, may we receive the blessing of nearness to You. We thank you and praise you, Father, and in Jesus' name we pray, Amen.

ADDITIONAL SCRIPTURE

2 Corinthians 12:7-10

Ephesians 1:17-19

QUOTES

"God, of your goodness, give me yourself, for you are enough for me. And only in you do I have everything. For this, I desire to thank you and to give you praise, and I ask of your mercy and your help, that you make me to love you always and to be in your service at all times. Moved by this I have a great longing, praying you Lord God would grant me three wounds in my lifetime: that is to say, the wound of contrition, the wound of compassion and the wound of an earnest longing for God."
Julian of Norwich

"Prosperity knits a man to the world. He feels that he is 'finding his place in it,' while really it is finding its place in him." CS Lewis