



delighting  
IN THE  
TRINITY

# CONNECT

Take sometime to break the ice and choose one of the questions below.

- What father-figure had the biggest impact on your life?
- What's something you're grateful for this week?
- Discipleship check-in.

# INTRODUCTION

This week we continue our series *Delighting in the Trinity*, where we are exploring the beauty and the power of our three-in-one God. As we read from Paul's letter to the Ephesians this week, we'll be focusing on the Father, the first person of the Trinity. The Father is where it all starts, the eternal begetter of the Son and sender of the Spirit. At the heart of the good news of the Gospel is the Father's love for us, which moves him to seek us even when we are lost. This is what we want to meditate on this week: that *the Father's love overflows*.

# READ & DISCUSS

## READ

Ephesians 1:3-14

## DISCUSS

Take note of every time Christ is mentioned in this passage. What is God doing in and through Christ? What has God the Father done for us through his Son?

# REFLECT & APPLY

## DISCUSS

The Father sends the Son to make us sons and daughters ourselves. The gift of Christ is not that he was God's Son so that we don't have to be. The gift of Christ is that he was God's Son so that we can be too. We also can be holy, blameless, blessed with every spiritual blessing, united to God, filled with knowledge of his will, adopted sons and daughters. This is what it means that the Father's love overflows: that He makes new sons and daughters.

Do you call God Father? What would it look like to orient your life more fully toward the gift of sonhood or daughterhood in Christ?

# PRAY

Our hope this week is that meditating on the Father will move you to praise; that just as God's love overflows for us, our love for Him would overflow as well. For millennia, the response to this has been communal prayers and songs of praise. Spend some time together this week worshipping God.

If you are at all musically inclined, sing songs and hymns together! But even if you aren't, the passage we just read is one of the greatest prayers of praise ever written. Read it together as you close out your group, and meditate on the overflowing love of God and how it reveals itself, not just in this prayer, but in your own life.

# PRAYER

*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.*

*In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved.*

# PRAYER

*In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.*

*In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that those who were the first to hope in Christ might be to the praise of his glory.*



# PRAYER

*In him we also, when we heard the word of truth, the gospel of our salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.*

## DISCIPLESHIP CHECK-IN

- Have you prayed and read your Bible consistently the past week?
- Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?



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