



What do you do when it seems like your life has been “locked down”? What’s still true when life comes to a standstill? Paul should know, since he spent a lot of time unable to go where he wanted. Still, he was able to thrive in his faith and his ministry. In this series we will examine his prison epistles to unlock truths that remind us that no matter what the believer is going through, there is still life!

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.

1 Rick began by reminding us that in times like these *“It is tempting—and deflating—to focus on what we’ve lost...”* (*The enemy wants us to traffic in fear and develop a scarcity mentality.*) However, *“What Paul chose to do when he was in lockdown was focus on his abundance in Christ.”* How have you dealt with this tension the past few months (name some of the things you’ve lost)? Follow up: How can what you have in Christ reframe the way you deal with what you’ve lost?

2 WE STILL have blessings the enemy cannot steal. Paul opens his letter to the Ephesians reminding all Christians that we are richer than we think. **Read Ephesians 1:3.** Take a moment to share some of the blessings you are experiencing in Christ today. Follow up: Why is it significant to remember that what Paul is talking about is in the past tense?

3 WE ARE... still chosen and cherished. God made the first move, deciding to save us in Christ before we ever decided to make Christ our Savior. **Read Ephesians 1:4-5.** What resonates with you the most from these verses? Follow up: Why is it so revolutionary that God made the first move? How has that impacted your relationship with Him?

4 WE ARE... still forgiven and freed. Adoptions are not free; they typically come at a high price. **Read Ephesians 1:6-7.** What stands out to you

in these verses about the price God paid and the action He took? How has that transformed you?

5 Rick went on to say, *“We need to stop allowing the enemy to lie to us about the forgiveness and freedom Jesus was willing to die to give us... God will never haunt you with the memory of a sin He has forgiven.”* How does being reminded of this make you feel? Follow up: How can knowing you’ve been released from your past, help you walk in freedom today, and into the future God has in store for you?

6 WE ARE... still informed and indwelled. One of the greatest blessings we have as children is revelation. The Father has let us in on what He is up to. **Read Ephesians 1:8-14.** What stands out to you the most from these verses and how does that impact the way you live? Follow up: What role does the Holy Spirit play in all of this? How does the Spirit guide you to live a holy life when contrary thoughts are all around you?

7 So nothing should still our praise. Rick closed by reminding us that Paul is sharing this will with us from prison. *Yet four times he specifically mentions praising God.* With that in mind, share some examples of how you’ve experienced this to be true in your own life and/or how you’ve seen it demonstrated by other followers of Jesus recently. As you close, read **Jude 24-25** and spend some time in prayer thanking God for God.

