



RE-laxed

Ryan May

Sunday, March 17th, 2013

Ephesians 3:14-21

14 When I think of the wisdom and scope of God's plan, I fall to my knees and pray to the Father, 15 the Creator of everything in heaven and on earth. 16 I pray that from his glorious, unlimited resources he will give you mighty inner strength through his Holy Spirit. 17 And I pray that Christ will be more and more at home in your hearts as you trust in him. May your roots go down deep into the soil of God's marvelous love. 18 And may you have the power to understand how wide, how long, how high, and how deep his love really is. 19 May you experience the love of Christ, though it is so great you will never fully understand it. Then you will be filled with the fullness of life and power that comes from God. 20 Now glory be to God! By his might power at work within us, he is able to accomplish infinitely more than we would ever dare to ask or hope. 21 May he be given glory in the church and in Christ Jesus forever and ever though endless ages. Amen.

HOW TO BE RELAXED:

1. Stop TRYING to RELAX.

2. POSITION yourself PROPERLY.



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Group Discussion Points

The following discussion starters are designed for use within groups meeting throughout the week. If you're not in a group, please pick up a group list from the Information Table after service!

- What stood out to you about this weekend's message? Why?
- Was there anything that challenged you? Explain.
- Based on your answers to the above questions, what do you think God may be saying to you? Discuss.
- What would it look like in your day-to-day life to respond do what God is saying?
- What plan can you put into action this week so that what God's saying to you sticks?
- How can your group or close friends best help you do what you're setting out to do this week? If you're in a group, be prepared at your next meeting to share how you're doing in following through on what's been discussed.