



Winter: Week 7

3-1-26

"Breaking Down and Building Up"
Ephesians 2:14-22

Current Life Group Session:
January 18 – March 14, 2026

Getting to know each other:

- 1) There have been some crazy storms back East this Winter. Have you ever experienced an extreme weather event that really scared you? What and when was it?

- 2) How does it affect your life to realize Jesus lives in you?

Getting into the Word:

- 3) In Eph.2:14-17, the Apostle Paul uses the word "peace" 3 times. This word means, rest, absence of strife, freedom from distress. What do these Scriptures say about peace? How can you obtain this peace? What are some of the results of God's peace? Isa.9:6...Isa.26:3-4...John 14:26-27...John 16:33...Rom.5:1-5...Gal.5:22...Phil.4:6-7...James 3:16-18.

- 4) Read Eph.2:19...as followers of Jesus we begin to understand that our real home is not on earth but is in heaven. What do these verses say about our heavenly home? Phil.3:20-21...2 Cor.5:1-8...Rom.8:22-25...Rev.21:1-7.

"How wonderful it is to realize that Jesus Christ not only died for us, but when we received Him as Savior, He came to live in us and empowers us to do that which brings glory to Him."

Theodore H. Epp