**Faith Reformed Church**

**Rooted and Established in Love**

**February 8, 2020**

**Session One: Rooted and Established *by* Love**

**Session One Objectives:**

1. We will discover our spiritual possessions and blessings that belong to us because of our union with Christ.

2. We will see the significance of the Spirit’s work in our lives.

3. We will consider how to think biblically about our oneness in Christ.

4. We will consider how we fall short of living out our gospel identity.

5. We will discover the importance of covenant community and our adoption into God’s family.

**1. Spiritual Possessions**

(1:3-6) 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 lovehe 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.

**2. The Benefits of Union with Christ**

(1:7- 10) 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 knownto 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.

**3. Significance of the Spirit**

(1:11-14) 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 we who were the first to hope in Christ might be to the praise of his glory. In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guaranteeof our inheritance until we acquire possession of it,to the praise of his glory.

**4. An Identity of Oneness**

(3:14-15) For this reason, I bow my knees before the father from which every family in heaven and on earth is named.

(2:17-22) And he came and preached peace to you who were far off and peace to those who were near. For through him we both have access in one Spirit to the Father. So then you are no longer strangers and aliens,but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In him you also are being built together into a dwelling place for God bythe Spirit.

**5. The Gospel Connection**

Galatians 5:1 reminds us “For freedom, Christ has set us free. Stand firm therefore, and do not submit again to the yoke of slavery.”

Yahweh delivered His covenant family out of Egypt through Moses and through Jesus, God delivers His people from present day sin—this frees us, but we must stand firm in this truth.

**6. The Covenant Family Connection**

The Westminster Shorter Catechism explains adoption in this way,

“Adoption is an act of God’s free grace, whereby we are received into the number, and have a right to all the privileges, of the sons of God.”

**Session One Discussion**

1. Describe our spiritual possessions.

2. Explain why the benefits from our union with Christ should impact the everyday things like getting out of bed, going to church, or stepping out to serve?

3. Describe oneness in Christ. How is this different from worldly acceptance? Explain the difference between unity and uniformity.

4. What is the Lord freeing you from presently to move you to a new degree of glory in your gospel identity?

5. How does being adopted into God’s family through Christ’s Work change the way you function this weekend during our time?

**Session One Extension Activity**

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| **Blessings** | **How this impacts my thought life and identity:** | **How this impacts my actions and relationships:** |
| I am chosen. |  |  |
| I am adopted. |  |  |
| I am redeemed. |  |  |
| I am forgiven. |  |  |
| I am lavished in grace. |  |  |
| I have a heavenly inheritance. |  |  |
| I am sealed. |  |  |
| I am secure. |  |  |

**Session Two: Rooted and Established *to* Love**

1. We will identify the significance of the power that is at work within us.

2. We will learn about God’s love that surpasses knowledge.

3. We will consider the calling to live out our new life in Christ.

4. We will learn a new pattern for how to live well and love others in God’s new society.

5. We will see the impact of a new life in the context of covenant community.

6. We will identify personal idols in everyday living and learn replacement scriptures to help us walk in new obedience.

**1. An Identity of Power**

(16-17) according to the riches of his glory, he may grant you to be strengthened with power in your inner being so that Christ may dwell in your hearts through faith.

**2.** **A Love that Surpasses Knowledge**

(3:17b-19) that you being rooted and established in love may have the strength to comprehend with all the saints what is the breadth, length, height, and depth and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

*“Nobody can emerge from reading of Paul’s letter with an individual gospel. Ephesians is the gospel of the church. It sets forth God’s Eternal Purpose to create through Jesus Christ a new society which stands out in bright relief against the somber background of the old world.”—*John Stott

**3. A New Life**

(4:17-19) Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.

**4. A New Pattern**

(4:20-21) But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

**5. The Gospel Connection**

The desires of the spirit are against the desires of the flesh, these are opposed to one another, keeping you from doing the things you want to do. Galatians 5:16-17

**6. A New Society**

(20-21) Now to him who is able to do far more abundantly

than all that we can ask or think according to the power that is at work within us to Him be glory in the church, in Christ Jesus, throughout all generations forever and ever, Amen.

**Session Two Discussion**

1. Discuss the significance of the power that is at work within the hearts of believers. What does this look like when this overflows into relationships?

2. Describe a time when you needed to know a love that surpassed your knowledge.

3. Describe the new pattern connected to our Christ-centered identity.

4. What does vulnerability have to do with covenant community?

5. Explain what repentance, obedience, and faith have to do with unity in the church.

6. How does being a part of God’s plan and his church help you think about impacting the church and future generations?

**Session Two Extension Work**

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| **Marks of a Rooted and Established Identity:** | **What does this look like in my life? How am I convicted? How can I grow up in more fullness in this area?** |
| Pursues oneness in the body. |  |
| Loves and serves from a supernatural power. |  |
| Has a generational mindset. |  |
| Embraces weakness and dependence. |  |
| Is intertwined with God’s covenant people. |  |

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| **Gospel Issue** | **Gospel Misbelief** | **Gospel Truth** |
| Approval | My worth and significance comes from approval from others instead of completely resting in God’s approval. | Gal 1:10, Gal 4:6-7, Zeph 3:17, Rom 5:1, 2 Cor 5:21, Rom 3:20-24 |
| Performance | My worth and significance relies on how well I perform in keeping certain standards instead of resting in Christ’s performance. | Gal 3:2-3. Gal 5:1, Isaiah 64:6, Rom 4:25, Rom 3:10, Rom 3:20-24 |
| Condemnation/Guilt | I am what I am. I cannot change, I am hopeless. The shame and sin in my life will always be here. I don’t believe I am a new creation. | Romans 8:1, Hebrews 10:12-14, Psalm 32:5 |
| Insecurity | My worth and significance comes from what I think others think about me instead of resting in the complete security offered in Christ. | Isaiah 43:4, Deuteronomy 7:6, Ephesians 1:4-5, Zephaniah 3:17, Deuteronomy 10:14-15 |
| Control | I can sustain satisfaction and significance by controlling my life and my environments instead of living by faith and surrendering control to God. | 2 Corinthians 12:9-10, Proverbs 3:5-6, Jeremiah 29:11, Isaiah 58:11 |
| Critical Spirit | My worth and significance comes from being critical of others and comparing myself to others. | 2 Corinthians 10:12, 1 Samuel 16:7 |