



Sermon Discussion Guide

February 1, 2026

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Growing in faith happens every day.

Life Sharing: (answer one)

1. Are you a morning or night person? Why or why not?
2. When did you get your first Bible?

Transition / Open in prayer

3. What is your love language? When have you felt loved recently?

Life Examination:

READ Ephesians 3:14-21

4. Why is the word "Father" a good name for our Creator God?

5. In what ways does the Spirit of God bring power into our lives?
6. What does it mean to be "rooted and established in love"?
7. Vs. 19 says, "...to know this love that cannot be known." This is an oxymoron. What is Paul trying to say here?

READ Deuteronomy 6:4-9

8. How do you put things "on your heart"?
9. Why do you think Moses identifies the four places of verse 7 as critical for teaching faith to children?
10. Do you think God wanted the people to actually tie things to their hands and mount boxes on their foreheads?

Life Application:

11. Describe a time in your life when you felt "rooted and established" in your faith and in your understanding of God's love.
12. Paul uses these four adjectives to describe God's love: wide, long, high, and deep. Why do those words describe God's love?
13. What are some of the rhythms and routines you have seen established by individuals and in families to create spiritual growth?
14. What makes the Bible a difficult book to study and understand?
15. What are some of the word pictures that the Bible uses to describe itself? What do those word pictures mean?

Life Prayers: Pray for one another and ask God to help you establish steady spiritual practices to grow your faith.