

## What Fuels You?

### Merchantville Small Group Guide

#### Warm-Up Questions

1. If your life had a "fuel gauge," what would it be running on right now—full tank, half tank, or running on fumes? Why?
2. Can you think of a time when you put the wrong "fuel" in your life? What was the outcome?

#### Key Passage: Ephesians 3:14-21

Paul's prayer in Ephesians 3:14-21 reveals a profound truth: what fuels our lives determines our strength, endurance, and direction. Many of us run on unhealthy fuels—approval, fear, striving, or even exhaustion. But Paul doesn't pray for more effort or discipline; he prays for power—the kind that comes from being rooted in the limitless love of God. He describes this love as wide, long, high, and deep—bigger than we can comprehend, yet meant to be experienced, not just understood. If we are not fueled by God's love, we will inevitably run on something else, and that "something else" will lead to burnout or breakdown. Instead, we are invited to slow down, make space, and fully receive His love so that it fuels our lives in a way that truly sustains us.

#### Questions for Discussion (Choose several that are relevant for your group):

1. Paul describes God's love as "wide, long, high, and deep." Which of these dimensions of God's love (inclusivity, endurance, elevation, depth) do you struggle to believe the most? Why?
2. What are some common "fuels" people rely on instead of God's love? Which one do you personally struggle with?
3. Paul prays that we would *experience* God's love, not just understand it. What's the difference between knowing about God's love and truly experiencing it?
4. What are some practical ways you can slow down and make space to receive God's love this week?
5. Have you ever felt like you had to "earn" God's love? How does Ephesians 3 challenge that mindset?
6. Who in your life has been a tangible example of God's love? What did they do that made God's love feel real to you?
7. Jesus said that our love for others will prove that we are His disciples (John 13:35). In what ways can you actively demonstrate God's love in your daily life?
8. What is one specific step you can take this week to move from *knowing* about God's love to actually *living* from it?

#### Pray