



FIRST BAPTIST CHURCH  
R O C H E S T E R

**Sermon Discussion Guide**  
**February 18, 2024**

**Refresh**

Read Ephesians 4:9-10 to get the Scripture passage back in your mind.

**Discuss**

What is Paul talking about when he writes of Jesus' descension in verses 9-10? How does His descension contrast His ascension?

Take some time as a group to reflect on all that was involved in Jesus' coming to earth. How does Paul describe this descension in Philippians 2?

How does the extent of Christ's humiliation point to the depth of our sin problem? How should the suffering that Jesus bore for our sin change our view of sin?

Why do you think Christians have such a high tolerance for sin? How can we orient our lives to grow in our hatred of sin and our love for righteousness?

How does the reality of Christ's descension change our lives today? How should it change our affection for Him?