



## **Posture**

**Main Scripture:** Ephesians 2:1-9  
**Additional Scripture:** Proverbs 6:27

### **Hearing: Discussion Questions**

- **Read Ephesians 2:1-3.** Pastor Jason said that the Ephesians church already knew what they were like before Christ. So why would Paul reiterate a spiritual truth that they already knew? What is the purpose of Paul reiterating this to the church in Ephesus?
- Pastor Jason talked a lot about body language to open up his sermon and how much body language gives away what someone is really feeling. What does your “spiritual body language” say about your heart and your perception of God?
  - What about your relationship with God?
- We see someone who is needy as malfunctioning and someone who needs to get their act together, but Scripture tells us to humbly acknowledge our neediness before God. How do we reconcile this tension?
  - What are some practical things we can do that will help us to stay humble in the sight of the Lord?
  - Does the Bible specifically give us any practical instruction on humility?
- There is something innately inside of us that wants to be self-sufficient. Where in your walk with Jesus is it hardest to be humble and acknowledge your need for help from the Lord or from other believers?
- **Read Proverbs 6:27.** Are there any sins or self-sufficiencies that are you holding close to you and trying to not to be burned?
- Pastor Jason talked about the “grace plus...” mentality, where we feel like we receive grace but then add other things into the equation that end up being works based salvation. What do you try to “fix” through your works while disregarding the God’s grace in your walk with the Lord?
  - Why is it hard to accept grace in this area of your life?

### **Doing: Application**

- Take some time assessing your walk with the Lord and really pray for humility in the areas where it is needed!