

**Ephesians 1:1-2**  
**Lesson 1**  
**Discussion Questions**

1. What do you think a healthy Christian looks like?

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2. What are some of the resources God has given us to be healthy in our walk with Him?

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3. What are some obstacles that keep us from walking in our resources?

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4. Why do you think some Christians shirk at the idea of studying “theology”?

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5. How have you seen Piper’s quote following at work in your own life?

*“The mind provides the kindling for the fires of the heart. Theology serves doxology, Reflection serves affection. Contemplation serves exultation. Together they glorify Christ to the full.”Piper*

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6. How should understanding that the Bible is first and foremost a book about God, affect our study of it?

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*\*“If our reading of the Bible focuses our eyes on anyone other than God, we have gotten backward the transformation process. Any study of the Bible that seeks to establish our identity without first proclaiming God’s identity will render partial and limited help. We must turn around our habit of asking ‘Who am I?’” We must first ask, ‘What does this passage teach me about God?’ before we ask it to teach us anything about ourselves.” Jen Wilkin Women of the Word*

7. Paul’s conversion experience impacted everything he did. How have you seen your conversion experience impact your daily life? Do you return to it often or is it a distant memory to you? Why or why not?

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8. Paul’s passion for the Word, combined with his love for Christ and others defined his ministry. As a result mighty things happened! What can we learn from this? How much does the Word shape your ministry to others? Why is it important to not merely love in word and speech, but in action and in truth? ( I John 3:18)

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In Revelation 2:1-7 we see that there had been a breakdown in the above truths. The great tragedy of this was that just as God had promised, judgment came in the form of the church dying out there. Do you see why health in our relationship with Christ matters? It doesn’t just affect us.

How do you hope this study will help you to become a healthier Christian? We should all remember Paul’s words to Timothy when he was at Ephesus, ***“The goal of our instruction is love from a pure heart, and a good conscience, and a sincere faith.” (I Tim. 1:5)*** This is what all of our study should be about.

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