



Ephesians 3:14-19

Study Questions

Use these questions in your community group time to dig deeper and discover how you can apply today's message to everyday life.

INTRODUCTION

At some point in our attempts to get the most out of life, we lose control of our lives. We try to force one more thing into our already busy lives and we reach a breaking point. Too much pressure causes an emotional breakdown. Too much debt causes a financial breakdown. Or maybe you're on the verge of a breakdown in your relationships.

What do you do when your worklife is so full you don't have time for the people who matter most?

DISCUSSION QUESTIONS

1. Are you a homebody or do you like to get out and do something whenever possible?
2. How much do you tend to be at ease at work but restless at home because work gives you a sense of progress and accomplishment?
3. In the message, Dwain said, "There is a direct correlation between your relationship with God and your breathing room for your husband, wife, kids, parents, and family." How does that statement sit with you? What are some things that make it difficult for us to fit the needs of the people in our lives?
4. **Read together Ephesians 3:14-19.** What three things is Paul praying for? Why does he ask so urgently for these things for Jesus-followers? Why do you think he uses the words "surpasses knowledge" to describe God's kind of love?
5. Think about the way you balance your work and home-life. To what extent do you find yourself absent from important family events and promising to do better by pointing to a future that will make up for the past?
6. What are some challenges you would face in choosing "lung capacity" with your family over work?
7. What is one thing you can do this week to begin to create breathing room at home? What can this group do to support you?

MOVING FORWARD

There may not be enough time to get everything done that you want to get done—that culture tells you to believe you need to get done. You may have to cheat somebody out of the time demanded. But *where* and *who* are you going to cheat?

In your desire to get the most out of life, don't lose control of your life. Create the lung capacity to have some breathing room.

CHANGING YOUR MIND

This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy. Exodus 31:13b (NIV)

