

ULC Sermon Study Resource

Marks of Discipleship: Spiritual Depth

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Prayer: Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

Reading: Ephesians 6:10-20

Outline:

- I. Our call to be strong in the Lord (v10)
 - a. As we go about our life, Paul says that we are called to rely not on our own strength but on that of the Lord.
 - b. Our lives should be marked by a sense of purpose and mission, self-sacrificing love for others, and a deep spiritual communion with God.
- II. Why we should be strong in the Lord (v11-12)
 - a. There are spiritual forces of evil at work in the world, and we are meant to combat them and defend ourselves and others from their assaults.
 - b. When we lack spiritual depth, it is easy to allow these forces to work gradually and unnoticed, drawing us away from the life God would have us live.
- III. How to pursue strength in the Lord (v13-18)
 - a. We grow in areas of truth, righteousness, peace, and faith by pursuing life in the Spirit through spiritual disciplines like worship, prayer, community, and meditation on the scriptures.
 - b. We can only have a life in the Spirit because Jesus went to the cross, conquered the enemy, and sends his Spirit to dwell and work in us.

Reflection/Application Questions:

- 1) What do you think your life is marked by? If a stranger were to observe your life for two weeks, what would they say your life is marked by?
- 2) Do you have a sense of purpose and mission in the world? What does that look like in the different spheres of your life (e.g. at school, work, ULC, other clubs/organizations)?
- 3) Have you seen or felt spiritual forces of evil at work before? Where in your life do they tend to appear?
- 4) How are you pursuing life in the Spirit now? How is it going?
- 5) What is the biggest challenge you're facing on your walk with Jesus? What obstacles do you find sitting between you and a life more deeply rooted in the Spirit?

Suggestions for further reading:

- Psalm 143
- John 17
- Acts 2:1-13
- Colossians 2:6-15