

**10 STEPS TO FREEDOM**  
Week 6: Moving Your Couch  
SMALL GROUP QUESTIONS



RECAP

In sermon six on the journey to freedom, Josh looked at Ephesians 3:17-19 and Mark 2:1-5 and reinforced the power effect that *together* has on our freedom.

DISCUSSION QUESTIONS

1. Josh started by reviewing the first five steps to freedom. If you were present during the first half of this series, how have these steps begun to help you on your path to freedom?  
Step ONE: Fill your soul with the **hope** of Jesus  
Step TWO: **Surrender** and unleash the Spirit's presence within you  
Step THREE: Cultivate a relationship with your loving Heavenly **Father**  
Step FOUR: Transform your mind through the power of **Scripture**  
Step FIVE: Release your hurt through **forgiveness**
2. Josh introduced Step SIX with the illustration of trying to move a couch on your own. Have you ever tried to do that? What was the result? Like the illustration, have you ever been so overwhelmed by your junk that you simply decided to sit in it?
3. Read Mark 2:1-5. Jesus healed the paralyzed man because of the faith of his four friends (not him). Talk about a time when someone's faith in you was stronger in your own and how that helped you through a difficult time.
4. Walk through the 5 Ways to Do Life Together. Which one has been the most natural for you? Which ones have been the hardest?
  - Unplug and go offline
  - Have people over to your home for meals
  - Join a small group
  - Discover your spiritual gifts and leverage them to make a difference
  - Identify where your biggest need for freedom is and have 2-3 people praying with you for that on a regular basis.

NEXT STEP

- As a group, you can carry each other's couches. If you are doing that, use this as a time of affirmation and encouragement. If you aren't currently doing that, resolve to go beneath the surface as a group and do life together.

*For more information (training and support) on how to start a small group, contact [steve.lizzio@cbcva.org](mailto:steve.lizzio@cbcva.org)*



CENTREVILLE BAPTIST CHURCH  
SUNDAY, JANUARY 6, 2019  
**WEEK 6: MOVING YOUR COUCH**  
EPHESIANS 3:17-19, MARK 2:1-5

Step SIX to Freedom: \_\_\_\_\_.

**5 WAYS TO DO LIFE TOGETHER**

1. \_\_\_\_\_ and go \_\_\_\_\_.
2. Have people over to your home \_\_\_\_\_.
3. Join a \_\_\_\_\_.
4. Discover your \_\_\_\_\_ and leverage them to make a difference.
5. Identify where your biggest need for freedom is and have \_\_\_\_\_ for that on a regular basis.

**Bonus Content**

Sunday (This Handout) - 7 Questions Worksheet on Ephesians 3:17-19 and Small Group Questions for this week  
Monday (Blog) - Who's Carrying Your Couch With You?  
Monday - Friday (Blog) - Devotionals from 10 Steps to Freedom book

*For bonus content and much more, visit: [joshdaffern.com](http://joshdaffern.com)*

**EPHESIANS 3:17-19**

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I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. *Ephesians 3:17-19*

**1. WHAT DID IT MEAN TO THE ORIGINAL READERS?**

*If you start with today you're twenty centuries too late.*

This incredible prayer by Paul is a glimpse into the heart and passion of the most influential shaper of Christianity outside of Jesus himself. Paul first prays that a baseline would exist among the church of love towards each other. The vast majority of references to "love" by Paul indicate a practical love towards each other, not just an affectionate love towards God. This practical extension of God's love to us, displayed and made real in our relationship with others, becomes the firm foundation for everything else. Paul gives the pictures of a tree firmly rooted in the ground or a house being built on a solid foundation.

The reason that the body of Christ practically displaying Jesus' love for each other is so necessary is because it becomes the structural support strong enough to support the full capacity of Christ's love for us. In essence, the more we show love towards other believers in tangible ways, the greater our personal capacity becomes to fully comprehend and be overwhelmed by Christ's love for us. It's a powerful symbiosis designed to motivate us out of ourselves and into the lives of others. This love of Christ is one that surpasses mere knowledge; it is experiential. It's the difference between knowing on a cognitive level that your family has love for you and being warmly and physically embraced by someone you hold dear.

GREEK WORD OF THE WEEK

**ἐξισχύω** (*exischuō*) is the Greek word for "power" in Ephesians 3:18 and is unique because it's the only time in the New Testament this compound verb is used. A closely related word (*ischuō*) is used 29 times and means "can" or "is able to." Paul uses this particular compound verb to convey strength. The compound verb literally translates "full strength embodied," conveying the amount of power needed to have the capacity to grasp the fullness of Christ's love for us.

**2. WHAT'S THE CONTEXT?** *Scripture without context makes no sense.*

This passage is the second of two prayers that Paul prays for the Ephesian church. In the first prayer, Paul prays that the eyes of their hearts would be enlightened so that they would truly know the hope, the riches and the power entrusted to every believer. With this prayer, Paul builds on that and prays that the believers in Ephesus would be able to transcend to a place where they could comprehend the fullness of Christ's love for them. Knowing how inconceivable this ability is for humans to grasp the fullness of God's majesty, Paul finishes this prayer with one of the most famous verses in Ephesians, stating, "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen" (Ephesians 3:20-21).

**3. WHAT TIMELESS TRUTHS ARE THERE?**

*Since the Word doesn't change it still matters today.*

- We cannot fully grasp the depth and width and fullness of Christ's love outside of a community of believers.
- Our discipline and faithfulness to tangibly show love to other believers directly impacts our capacity to grasp Christ's love for us.
- Our spiritual growth has always been and will always be a group project. We need other believers in our lives to grow.

**5. HOW DOES IT APPLY TODAY?** *Information without application becomes stagnation.*

- It is not enough for me to simply be a member of a church. Nor is it enough for me to attend a worship service a few times a month. Nor is it even enough to be in a Sunday School class or small group where information is transferred but no real life is done together. For me to grow as a believer and begin to fully grasp the fullness of Christ's love for me and for me to attain to the whole measure of the fullness of God, I must be actively engaging with a small group of believers where I am known, where I am in true community, and where I serve others in tangible ways.

**4. WHERE ELSE IN SCRIPTURE DOES IT SAY THIS?** *The best interpreter of Scripture is Scripture.*

*So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. Colossians 2:6-7*

*Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10*

**6. HOW SHOULD THIS CHANGE THE WAY I LIVE IN COMMUNITY?** *The Bible comes alive in me when I live it in community.*

- How have others loved you and served you in ways that fueled your spiritual growth? Who has poured into you over the years? How much of your growth has happened because of other people?
- What's something practical you can do this week to serve someone in the love of Christ in a tangible way? Whom can you encourage and spur on in their spiritual growth?

**7. HOW CAN MY LIFE GET BETTER BECAUSE OF THESE VERSES?** *If I trust God and step in faith, what kind of life will God create?*

Paul himself gives the vision of what could happen if we live out these verses. When we do life together in community with other believers, we begin to grasp the fullness of the overwhelming magnitude of Christ's love for us, like a blind person receiving sight and for the first time witnessing the burst of color in a beautiful sunset. This comprehension of Christ's love for us transforms us into something transcendent, someone that attains to the all the measure of the fullness of God. As a human, there is no higher vision to attain to. All of this begins with the foundation of loving each other in real and tangible ways. That's the support structure from which everything else grows and blossoms.