



Meeting Notes: Reviewing Ephesians 1 (April 13, 2016)

These notes capture our April 13, 2016 meeting. We opened our meeting in prayer and then began our evening. Topic notes may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our evening. General notes follow each topic that was discussed. Documents used or created during this meeting are attached.

Current Vision: “2016 – The Year of Becoming Women of Worship Women of Witness”

Memory verse: Ephesians 6:11 – “Put on the whole armor of God that you may be able to stand against the wiles of the devil” (NKJV)

Our approach: Since Ephesians is a letter, we are approaching it as a form of communication, which means, there’s a **messenger** (the apostle Paul), a **message** (what we’re seeking to discover), and an **audience** (the believers in Ephesus). Thus, we are looking at “What did the apostle Paul say?” and not “What does it mean to me?” This approach help us put Scripture back into its proper context.

Discussion Topic: Reviewing Ephesians 1

- **The White Board.** The attached White Board captures the bullet points we noticed in Ephesians 1.
- **Nuggets from the evening:** Here are our nuggets and/or questions:
 - **Question - How do the blessings relate to us?** We determined by understanding the blessings and how they affect us, it gives us a different filter to view our life through. For example, knowing we are chosen and adopted by God helps us better overcome rejection. Knowing our sins are forgiven helps us forgive ourselves. And knowing the fullness of what grace means give us a better understanding than we had before of how grace influences our lives. **Takeaway.** Understanding the blessings changes our filter on life.
 - **Strength.** We noted our strength comes from God; therefore, we should focus on and rest in Him.
 - **Attitude.** The more we praise and the more we focus on what He’s done, the more we know He’s there. Praise turns our whole attention around. The more we praise, the more we can feel Him. However, we have to be careful not to rely on our feelings to know He’s there. **Takeaway.** Praise changes our attitude.

- **Being thankful.** Thank God BEFORE we ask! Thank Him for what He's ALREADY done in our lives, even before we know He's doing it. Thank Him for the lessons learned and the ones we have yet to learn. **Takeaway.** Be thankful for what God has done, is doing, and will do.
- **Focused prayer.** Using topics and capturing what we want to pray helps us focus the prayer.
- **Grace** is the favor God gives us that influences our heart, so we can pour out His love on others.
- **Paying grace forward.** We discussed how we give allowances for people with physical and mental disabilities, but what if they have a "spiritual disability?" A person's behavior or the things going on in their life can help us see "spiritual disabilities" the same way our natural eyes help us see physical disabilities. Therefore, we need to be more attuned to what others are going through. **Takeaway.** Do a mental check to pay attention to where someone is spiritually and ask the Lord to help us be a light.
- **"I See You."** We believe God is moving us from a season of "I See Me" to a season of "I See You."¹
 - **Seeing the Heart:** The Lord will allow us to see others heart, so we will know what to pray on their behalf. Not from a judgmental place, but from a place of love and compassion as we listen to the Holy Spirit and then pray accordingly. When God's love flows through us and we cooperate with Him to treat others the way we want to be treated, we are taking others spiritual disabilities into account. **Takeaway.** Don't be so hard on others and pray from a heart of love!
 - **Homework.** You can't help others if you can't see them. Thus, this next week, we are to focus on being aware of those around us and come to the next meeting prepared to identify what we see. No names. Just what we see. It's all about AWARENESS! **Takeaway.** Be more aware of others!
- **Hindrances to grace.** Tired, pride, and insecurity. We discussed pride having to do with entitlement and insecurity relating to us feeling a victim.
- **Question – What is the hope in verse 18.** Our initial answer was "the riches of His glorious inheritances in His holy people." We believe our gifts, our purpose, and our salvation are some of those riches.

¹ "I See Me" is a topic we discussed from June 23, 2014 to January 15, 2015. If focused on helping us to better understand what's going on in our own heart. Notes from these meetings can be found on the documents page of the website: <http://www.wow2women.com/meeting-notes.html>.

- **Our salvation.** Knowing some day we will meet Him and the excitement that brings is like a gift.
- **“Step out in faith in your fears.”** Once we overcome the stronghold of fear, we place fear under our feet!
- The concept of “forever” is such a daunting task for the mind.
- To get to where our heart is His heart, we have to walk in peace – working with God and not against Him. If we use His feet, we are responding according to the Word and not our feelings.
- **Peace** is two things working as one.
- Turn worry into a prayer right away rather than stewing in the worry.

Homework: Complete the “I See Me” homework and read Ephesians 2.

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site, www.wow2women.com.

ATTACHMENT 1: WhiteBoard

Identify: Become a Worship woman

Define: Know how to wear the armor

Apply: Study Ephesians 6:11

The Year of Becoming

Review

2 Tim 3:16-17

- teaches us truth
- convicts us of sin
- corrects our faults
- trains us in right living

have anyone who belongs to God may be fully equipped for every good work

Blessings

- chosen → holy + blameless acceptor
- adoption → sonship → heir
- grace → lavished
- redemption (set free) → forgiveness of our sins
- wisdom + understanding → know His will to bring unity to all things in heaven AND earth under Christ
- message of truth → the gospel of salvation we believed → became included in Christ → marked with a seal of promised Holy Spirit
- guaranteed inheritance → through the Holy Spirit

Prayer

- thanked God for the Ephesians → for their faith and their love for all God's people
- asked the Father to give them:
 - ① → spirit of wisdom + revelation
↳ to know Him better
 - ② → eyes of their heart enlightened
 - a ↳ to know
 - 1) → hope to which He called them
 - 2) → riches of His glorious inheritance in His people
 - 3) → His incomparable power
 - a ↳ that raised Christ from the dead + seated Him at God's right hand in the heavenly realm
 - b ↳ reveals Jesus' position
 - 1) → Far above all rule + authority, power + dominion, every name invoked in this age and the one to come
 - 2) → All things placed under His feet by God
 - 3) → Appointed by God to be head over everything for the church
 - b His body → the fullness of Him who fills everything in every way

Connect The Dots	Name That Armor	Vision to Group to Personal	II <u>Declarations</u>	Triggers → Trials	Spiritual Warfare
			Incomprehensible Disorganization Discrimination Oppression Hindrances	Incomprehensible Disorder The Antichrist Obstacles Lack focus	→ reveal what's in our heart ↳ daily living ↳ in warfare