HIGH SCHOOL SERIES
THE GOOD LIFE
PART 1

BOTTOM LINE

Your belonging isn't tied to your performance.

MESSAGE OVERVIEW

The apostle Paul wrote Ephesians to a church in one of the largest cities in the ancient world. They were surrounded by competing voices and searching for meaning, just like us. Paul offered them something different. Over the next four weeks, we're going to look at what he said and why we believe it leads to the good life!

SCRIPTURE

"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will." // Ephesians 1:4–5

"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us." // Ephesians 1:7–8

QUESTION TO ASK YOURSELF

What does "the good life" look like to you?

DISCUSSION GUIDE

- Think of a time when a single good or bad moment affected how you felt about yourself.
- What are some "voices" in your life that try to tell you who you are?
- According to Ephesians 1, what are some things God says are true about us?
- Which label stands out most to you: chosen, adopted, redeemed, forgiven, or given grace? Why?
- What is the one area where you're most tempted to measure your value by your performance?

- What is one practical way you can remember your identity in God when other voices tell you something different? (Before you check your phone in the morning, remind yourself of who God says you are, sticky notes on your mirror, etc.)
- Group Challenge: Read the book of Ephesians together over the next few weeks, one chapter a week.

PRAY TOGETHER

God, thank you for choosing us and accepting us before we ever had the chance to try to earn anything. Help us to remember what's true. Help us live today from a place of belonging instead of spending our days trying to earn it. In Jesus's name, amen.