

STOP LIVING POWERLESS

A Life Group Study from Ephesians 1:19-23

Scripture quotations are from the New King James Version (NKJV)

Key Thoughts

1. The promises of the gospel only matter if the One who promised has the power to deliver. Paul proves He does by stacking four Greek words for power into a single verse.
2. God's power is not merely potential (*dynamis*) but active and deployed (*energeia*). It is not stored away for someday. It is at work right now toward those who believe.
3. *Kratos*, the power that overcomes resistance, is never assigned to believers in the New Testament. Obstacles, fear, and spiritual opposition are not ours to conquer alone. They belong to the One who possesses inherent strength (*ischys*).
4. The measure of God's power toward us is not theoretical. It is the same power that raised Christ from the dead and seated Him at the Father's right hand, far above every rival authority.
5. Christ has been given as head over all things to the church, His body. Creation lies under His foot in submission, while the church rests under His blessing as the fullness of Him who fills all in all.

Discussion Questions

1. Read Ephesians 1:19. Paul piles up four Greek words for power in this single verse. Why do you think he refuses to settle for just one word here?

 2. Of the four kinds of power (potential, activated, overcoming, possessed), which one most challenges the way you have been living lately, and why?

 3. *Kratos*, the power that overcomes resistance, is never used of believers in Scripture. What changes in your daily walk when you accept that overcoming obstacles is God's job and not yours?

 4. Read Ephesians 1:20-21. Why does Paul measure God's power toward us specifically against the resurrection and seating of Christ rather than any other miracle?

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5. What does it mean practically that Christ is “far above” every principality, power, might, and dominion in your life right now (verse 21)?
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6. **Personal:** Where in your life have you been treating God's power as potential but not active? What is one situation this week you need to hand back to the One who actually has the strength to handle it?
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Applications

1. **Name the obstacle.** Identify one specific weight, fear, or recurring sin you have been trying to overcome in your own strength, and pray it back to the Father, asking Him to deploy His *kratos* on your behalf.
2. **Memorize Ephesians 1:19-20.** Carry these verses with you this week. When fear or fatigue rises, preach the resurrection back to your own heart out loud.
3. **Encourage another believer.** Send a text or make a call to someone who feels powerless right now, and remind them that the same power that raised Christ is the power directed toward them.

Closing Prayer

Father, we confess that we have lived as though Your power were locked away in storage. We have carried weights You never asked us to carry and tried to overcome enemies You have already placed under the feet of Your Son. Open the eyes of our hearts to see the resurrection power You have directed toward those who believe. Teach us to rest in the *kratos* of Christ and to walk in the *energeia* of Your Spirit. Build Your church as the body of the One who fills all in all, and help us live this week as people who know who is on the throne. In the name of Jesus our Kyrios, amen.