

LifeGroup Study Sheet

Jan 12th - Understanding The Blessed Life

This guide is designed to help you prepare for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything this week that really stood out to you? Was there anything that was brand new to you or something God made very clear to you this week?

Introduction

Before listening to the sermon, how would you have described someone who is blessed?

What types of qualities would you have expected to find in that person?

What types of things or possessions would you have expected that person to have?

Digging IN

Pastor Jeff asked several questions throughout his message - the first one was this: **Who Blesses Us?**

Read James 1:17 and Philippians 4:19

1. What are these passages reminding us of and why do you think it is important for us to be reminded of these things when thinking about the topic of blessing?
2. Have you ever allowed yourself to take ultimate credit for the blessings you have been given in your life? Why do you think God wants to constantly remind us where blessings come from?

The second question Pastor Jeff asked was: **What is a Blessed Life?**

3. When we compare our lives to those around us, why do we think that God blesses others more than He does us?

Read Ephesians 1:1-3

4. This passage focuses on Christ blessing us with “every spiritual blessing.” What exactly does that mean? Why does that matter?

Reflect on this statement: “The Blessed Life is a permanent spiritual state of God’s favor.”

The last question was: **How Do I Get This Blessed Life?**

Read Ephesians 1:3 – IN CHRIST

“A Blessed Life is not WHAT you have, but WHO you have.”

5. How does this reality fight the thought of “I am only blessed when my circumstances are going well?”
6. “Every earthly blessing has an expiration date.” How does this idea help remind you of what Christ has blessed you with?

Taking it Home

1. What earthly blessing do you dwell on or seek most that make you forget the spiritual blessings you have received in Christ?

2. What are some specific ways that God has blessed your life? What are some changes you’re willing to make to be more blessed?

Praise / Prayer Requests

Use these **prayer tips** to guide your time with God this week:

- ⇒ Thank God for all of the blessings He has given you throughout your life. Spend time praising Him.
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