

Message text: the book of Ephesians chapters 1-6

FOR YOUR REFLECTION: Consider reading one chapter a day for the next six days, taking time to reflect on which of the four “big rocks” each chapter is describing and writing down what, if any, insights you have related to how those big rocks in your own life are taking shape.

New Year's Resolutions: Keeping them is no small FEAT!

- F _____.

Philippians 3:13-14 (NRSV) ...but this one thing I do: forgetting what is behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

- E _____.

Romans 5:3-5 (NRSV) ...we boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

- A _____.

James 5:16 (NIV) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

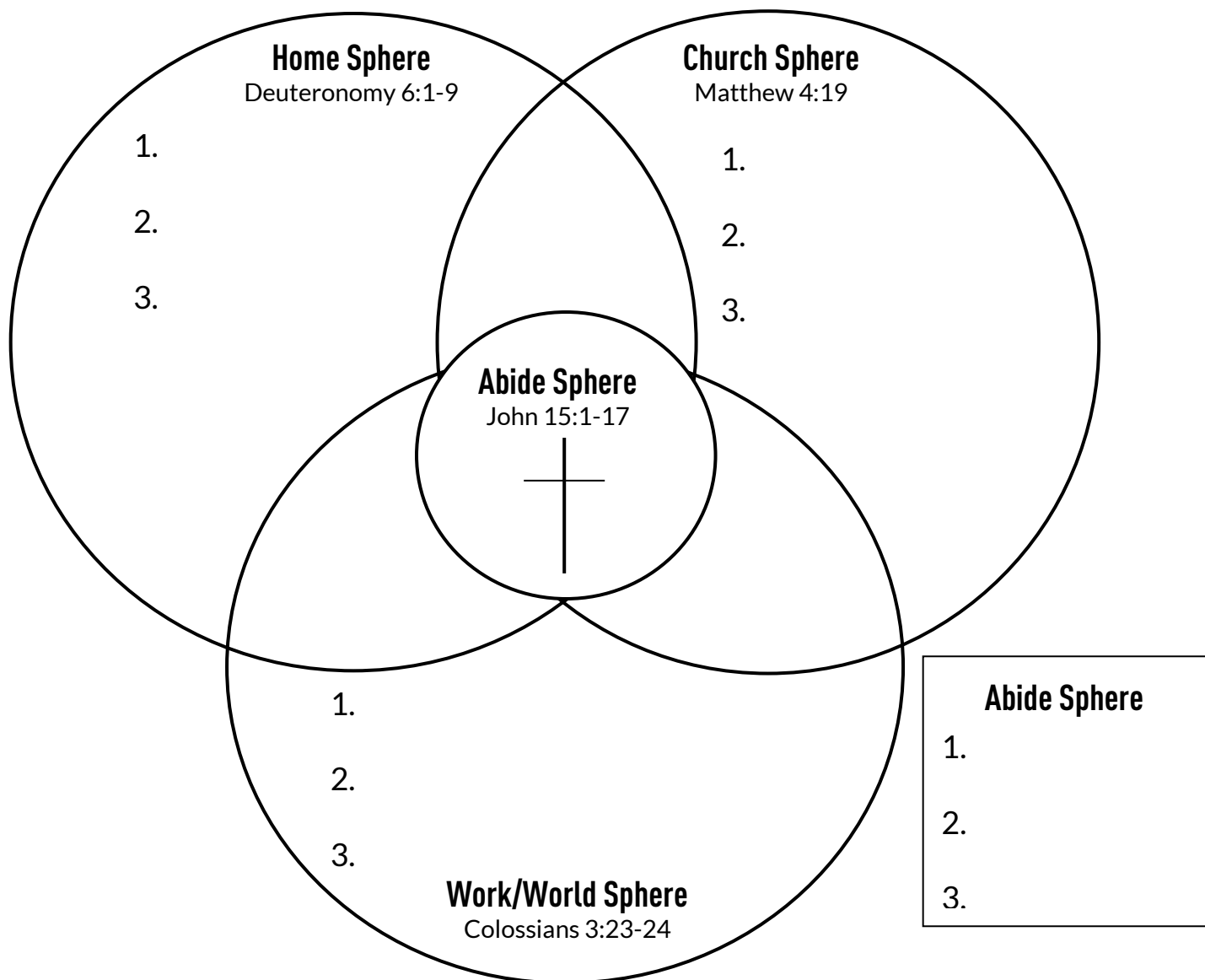
- T _____ big rocks go in _____.

Matthew 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

FOR YOUR REFLECTION: The point of the illustration is this: “If you don't put the _____ in _____: you'll _____ get them in at all.” What are the “big rocks” in your life? What does God's word have to say about what our “big rocks” should be?

GOD'S 4 BIG ROCKS FROM EPHESIANS:

- **Rock #1:** Relationship with _____ through Jesus and His Word. (**Ephesians 1:1-2:10**)
- **Rock #2:** Relationship with other _____ in the church, the family of faith. (**Ephesians 2:11-5:20**)
- **Rock #3:** Relationship with our _____ in our home—spouse, children, etc. (**Ephesians 5:21-6:4**)
- **Rock #4:** Relationship at _____ and in the _____. (**Ephesians 6:5-24**)



QUESTIONS FOR REFLECTION/DISCUSSION AT HOME AND IN YOUR LIFE GROUP:

1. Spend some time reviewing the FEAT acronym together. What other Scripture passages could you add to the list under each section? Reflecting on your past success and failures, how did FEAT play, or not play, a part?
2. What are the “big rocks” in your life right now—those things you always “put in first/prioritize first” and why? If you were to audit your “calendar and your checkbook,” what story would they tell about what you prioritize (social media, hobbies, sports, video games, binge watching, etc.)? After hearing this message, are there any changes you need to make? If so, what are they?
3. Take some time to discuss each “relational sphere” above. Celebrate what you’re doing well in each area! Brainstorm some ways that you can prioritize differently and/or some ways you can grow in each area. What resolutions will you make this year?
4. What was *for you* in this message? What, from this message, is God pressing upon you to *share* with someone else?