



Session Three: Get Established

Introduction (2 Min)

Welcome back to E4 - Empowered for Supernatural Living. This week we will take a look at *Establish*. After we encounter God, we must get established and rooted in Him so that God's character might be formed in us. The Bible grounds us in God's truth. Relationships with God's people ground us in love.

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

Colossians 2:6-7 (NIV)

Open Up (15 min)

Lord, we love that we can encounter you in the fullness of your power and love. Thank you for continuing to encounter us in a personal way. You are our Savior, our Baptizer, our Healer and our Deliverer. Please help us to become even more rooted in your Word and in the relationships in our lives.

In Jesus Name, Amen.



1. *Welcome back* the members of your group. Begin your discussion time by asking them, "Would anyone want to share what God has been revealing to you about encountering Him in the fullness of His power and love? Anyone else?"
2. Sit for a few minutes with the spiritual partner you chose last week. If your partner is absent or you are new, join with another pair or with someone who doesn't yet have a partner. If you haven't established a partner, do it now. Discuss one thing you may have discovered this week about Encountering God. Did you make a commitment to a next step that you can share? What obstacles might be hindering you from following through this week? Make a note about your partner's progress and how you can pray for him or her. (*Use Spiritual Partner Check-in on page 20*)

Take It In (12 min)

View the DVD teaching for this session now. Feel free to take notes in the space below. You can record any thoughts, questions or interesting information that you may want to discuss with your group.

Talk It Over (20 min)

- What happens to the behavior of Christians when their beliefs are not rooted in God's word?
- Why do you think being in a life-giving small group is a vital part of an E4 empowered life?
- Would you say right now, your life is more focused on the establishment in God's word and in loving relationships or on the accomplishment of personal goals? Share any changes you might want to make.

Work It Out (20 min)

1. Refer back to your Spiritual Health Assessment and take a closer look at the "Establish" questions on Page 28 Discuss which questions were you strongest and which questions are areas of potential growth.
2. Now, take 1 or 2 of the lower scores and prayerfully choose an "Establish" *Action Step (pages 35-36)*. Notice instructions at the top of these pages. Once decided, transfer your *Action Step(s)* for Encounter to the back cover of the Spiritual Health Assessment. You may want to include any "Establish" resources you might want to take advantage of. (*Found on pages 37-38*)
3. Take this opportunity to get with your spiritual partner and discuss your action step(s). Be sure to share your prayer request for encouragement or accountability. Pray together over those requests.
4. In addition, we highly recommend you give this assessment to a friend/spouse to fill out with *you* in mind. Just as with our physical health, it can often be helpful to get a second opinion.

Move It Forward (During this week)

This week, take what you learned and spend some time putting it into practice. Choose one or more of the following activities to further your spiritual growth and even connect to others in your group. Don't feel you have to complete all of these. Decide what you can do and go for it.

- ☐ Pray for your spiritual partner this week and any action steps they are committed to.
- ☐ Change your mind. Memorize this verse...
"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,"
Ephesians 3:17b-18
- ☐ Reflect on Scripture. Each day we are exploring what God says in the book of Ephesians. Read the selected verses and give prayerful consideration to what you learn about God, His Spirit and His place in your life. Listen to God and record your applications, thoughts, conclusions, insights and/or prayers as you read these verses. Thank God and praise him for his Word.
 - Day 15 – Ephesians 4:1-6
 - Day 16 – Ephesians 4:7-13
 - Day 17 – Ephesians 4:14-16
 - Day 18 – Ephesians 4:17-24
 - Day 19 – Ephesians 4:25-32
 - Day 20 – Ephesians 5:1-7
 - Day 21 – Ephesians 5:8-12