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A SOUTHEAST SERMON SERIES

# BECOMING WHO YOU ARE.

PRESS START

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## PARTICIPANT GUIDE

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## Open your Bibles to Ephesians Chapter 1

Have someone read Ephesians 1:1 aloud. Based on the opening verse, what is the literary genre (writing style) of *Ephesians*?

As a letter to the early church, *Ephesians* would have been read aloud in the local church(es) by a messenger or the local leaders. Literacy rates were low and only the very wealthy could afford written materials, so information like this letter, was heard by the majority of believers through the spoken word. Churches would return to letters like this one from the Apostles over and over again to remind themselves of the teaching and messages within.

Have someone read *Ephesians* 1:1-14 aloud. As they read, write down what stands out to you. Ask your group to share what they observed.

Letters in the 1st Century followed a familiar format: 1) opening salutation, 2) a prayer, blessing or thanksgiving, 3) the body of the letter and 4) the final greeting/farewell.

What part(s) of the letter do you think we see in our passage?

Who is the writer? What does he call himself?

Paul spent most of his time traveling and bringing the Gospel message. Of his three major missionary journeys, covering 12-15 years and over 10,000 miles, Paul briefly spent time in Ephesus on his 2nd missionary journey in approximately 49AD (Acts 18:18-22) and then again spent approximately three years there on his 3rd missionary journey around 52-55AD (Acts 19).

In our context, an “Apostle” would have been something of an official title. To the early church it was reserved only for those who had seen the risen Christ and been sent by him to preach and teach the meaning of the Gospel. Why might Paul’s identification of himself as “Apostle” matter?

Church history and tradition would typically date this letter from Paul to have been written between 60AD & 63 AD while Paul was imprisoned in Rome near the end of his life.

Let’s briefly turn to Acts 19 to learn some things about the city of Ephesus. Read Acts 19:17-20 & 23-31.

What do you notice about the people of Ephesus?

WEEK 1 *From previous*

Ephesus was located along a major East to West trade route and was a significant city in the Roman Empire. This central location made Ephesus a melting pot of Gentile Greeks, Jews and those from all across the Near East. It was a wealthy city, making money from trade and the practice of magic and sorcery as we read in Acts 19, as well as the temple of the goddess Artemis (one of the Seven Wonders of the Ancient World), where people would flock to worship Artemis. It is quite likely that the early church at Ephesus was made up of both Gentiles and Jews, as well as those who had formerly practiced magic and idolatry.

Why are these details about Ephesus significant to understanding Paul's letter?

It is possible that if we were to meet one of these 1st Century Ephesians Paul was writing to, they might identify or define themselves by what they do or what they are known for: a free Roman citizen, merchant, farmer, politician, or a slave.

If someone asked you to define or describe yourself in 30 seconds or less, what would you say? Take 30 seconds and write it below or share it with the group.

As a Church, one of our Mantras (values) is “*Be the Branch*” which comes from Jesus' words in John 15:5 “*I am the vine...you are the branches.*” When Jesus said this, he was not just giving believers a message to memorize, but an identity to embrace. That the one thing we do is connect to him, and out of that connection comes a life lived to the fullest. Only when we know who we are, will we know what to do. But often times we describe ourselves and find our identity in what we do, not by who we are in Christ.

*Ephesians* has a lot to say about our identity.

In verses 3-14 Paul references the three persons of God: Father, Son and Holy Spirit. Then throughout, he uses powerful language to describe our identity: **WHO WE ARE** because of **WHAT GOD** has done.

Paul's passion is hard to miss. In fact, in the original Greek, these verses were one long sentence; almost as though Paul cannot stop the praise and the gratitude he feels for God as he quickly puts pen to paper.

Finish filling in the chart below detailing what God has done and who that means we are:

Verse	What GOD has done	Who We Are
1:4		Holy and blameless
1:5	Predestined us	
1:7		Forgiven/Free from bondage of sin
1:9-10		Unified
1:11	Works out everything according to his will	
1:13	Given us the message of truth	
1:14		Redeemed heirs

**WEEK 1** *From previous*

God is powerful, loving, eternal and gracious. Paul tells us that in Christ we are holy, adopted, forgiven, unified, chosen, sealed, and redeemed. Why do you think it is important that we know this is WHO WE ARE in Christ?

Considering what we learned about the city of Ephesus and its diverse community, why do you think it was important at the time for Paul to stress the believer's identity in Christ?

What does the world we live in today communicate about how we should identify or define ourselves? Give examples

How does Paul's expression of our identity differ from what the world values?

Do you find it difficult to live each day out of genuine belief of these truths about your identity in Christ? What are some barriers in your life that keep you from fully living in belief of these?

What are some common patterns that take place when we forget our identity in Christ?

Paul repeats the phrase: "to the praise of his glory" several times in our verses (see 1:6, 12, 14). What do you think it means when Paul says that God has done these things for us "to the praise of his glory"?

God delights in his creations (us!) and he lavishes gifts upon us out of his love for us. What comes to your mind when you think of yourself as something that brings glory to God?

WEEK 1 *From previous*

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**GROUP  
CHALLENGE:**

Choose one or two people in your group this week and text or email a daily reminder of what the Bible says about who they are. (make sure everyone in the group has a partner)

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**PERSONAL  
CHALLENGE:**

How will you work this week to remember WHO YOU ARE in Christ? Write yourself a challenge in the space below.

It will be a few more weeks before we get to this verse in our study, but let's get to work memorizing a significant verse in Ephesians:

**For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.**

EPHESIANS 2:10 NIV

Everyone learns differently, so we'll try to get the most common learning styles engaged as we go along to help us. This week, for our visual learners, draw a picture that reminds you of the verse, either incorporating the verse itself into the picture, or writing it at the bottom. Use the space below.

WEEK 2 *From previous*

Read *Ephesians* 1:15-23 aloud. As you read, make note of any things that stand out to you.

We learned last week that letters in the 1st Century followed a familiar format: 1) opening salutation, 2) a prayer, blessing or thanksgiving, 3) the body of the letter and 4) the final greeting/farewell.

What part(s) of the letter do you think we see in our passage?

In this week's section, Paul first praises the church(es) at Ephesus and then prays a moving and intentional prayer for them to fully comprehend and understand what God has given us in Christ.

In verse 15, Paul writes that he heard about what two things about the church?

Their \_\_\_\_\_ & their \_\_\_\_\_

Imagine: What do you think this meant at the time? What do you think the church was actively *doing* that Paul *heard* about?

If Paul were alive today, what do you imagine he would *hear* about the present-day **church's faith** and *love* for all God's people?

What do you imagine he might hear about **your faith** and *love* for all God's people?

WEEK 2 *From previous*

Last week we learned about WHO WE ARE because of WHAT GOD has done. What do you remember about WHO WE ARE? If you need to, go back and revisit our chart from last week.

Paul's prayer this week is his desire for God's people to truly understand this truth and these promises. Paul asks for the church to *know* three things in verses 18 & 19, what are they?

- 1)
- 2)
- 3)

Paul asks that the people's hearts would be enlightened. Throughout our life and faith journey's we can sometimes see things, but not understand them. Or we simply miss what is right in front of us. How has God opened the *eyes of your heart* to see what he has done in your life?

Re-read verses 20 & 21. Paul focuses on how we can trust in WHO WE ARE and WHAT GOD has done for us. What do these verses tell us about **where** God's power can be trusted?

We can trust and rest in God's power because of what He has already accomplished, but it is not only about the past. What does verse 21 tell us about **when** God's power can be seen?

WEEK 2 *From previous*

Christ is above all not only in this age, but also in the one to come. Is this reassuring to you? How should knowing and understanding this change how you live?

Total or supreme and legitimate authority over something is called **sovereignty**. Why is it important to understand and believe that God is sovereign over everything? Over all the heavens and the earth, *far above all rule and authority, power and dominion and every name that is invoked (v21)*?

The Bible is all true and completely trustworthy, but not everything within is meant to be taken literally. We find poetry and parables alongside history, prophecy and principles for living. In verses 22 & 23 Paul uses a metaphor to illustrate the power and reach of Christ's power. A metaphor uses figurative language in which an object, person, idea or situation is referred to as something it is not. Metaphors are used to more deeply convey meaning or describe something more fully than would be possible using only literal images.

What metaphor/images/imagery does Paul use in verses 22 & 23?

WEEK 2 *From previous*

Take some time to discuss what Paul could mean when he says...

“he put all things **under his feet**” ?

“he gave him as **head over** all things”

“the church which is **his body**”

“**fills everything** in every way”

We also see some of these same images elsewhere in the Bible. Let's read a few of the passages aloud:

**Gen 3:15, 1 Cor 11:3, Psalm 8:6 and 110:1**

Promises and allusions to Jesus and God's power were made 1000s of years before Christ was even born! Why do you think it is significant for us as readers of God's word to see these connections between the Old and New Testaments?

The Bible is one connected story about God's love and his plan of redemption for us. We find this story in both the Old and New Testaments.

Christ is a gift. Based on these passages what is he a gift to (or for)?

WEEK 2 *From previous*

While Christ is real and literal and we as members of the church are also real and literal individuals, the Church itself is not one specific place, or building, (or a literal body with a head). The Church is the invisible union of believers throughout the world.

You can see why Paul uses figurative language to describe the gift Christ is: it's BIG. HUGE. Almost unfathomable.

Based on this passage, is there anything **not** under God's authority?

Why is this significant to know?

Do you truly believe that Christ fills "Everything in every way?" Explain. If not, why do you struggle to believe this?

How should knowing the "Everything and every way" nature of Christ change how we live?

There is freedom to be found when we trust and rest in God's power and sovereignty. Practically, what could freedom **look** like?

Practically, what could freedom **feel** like?

How does remembering WHO WE ARE (chosen, adopted, sealed) help us to rest in God's power and sovereignty?

WEEK 2 From previous

## GROUP CHALLENGE:

Have someone pray Paul's prayer in 1:17-19 aloud over the group as you close today's study.

Ephesians 1:17-20<sup>17</sup>I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. <sup>18</sup>I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup>and his incomparably great power for us who believe. That power is the same as the mighty strength <sup>20</sup>he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms..."

## PERSONAL CHALLENGE:

This week, choose one area of your life to challenge yourself to trust in God and his power. Write it down in the space below.

### MEMORY VERSE

Are you making progress in memorizing Ephesians 2:10? This week let's give our auditory and verbal learners an opportunity to learn. Either read the verse aloud 3-4 times OR sing the verse to the tune of a favorite song (like an old nursery rhyme! Are you sleeping? works great with this one) Try singing it (in your head if you want!) a few times over the next week and try to commit it to memory.

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

EPHESIANS 2:10 NIV

Let's review the memory verse for this series:

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

EPHESIANS 2:10 NIV

Take a minute to write it in the spaces below:

Read Ephesians 2:1-10 aloud. As you read imagine you are a part of the early church listening to this letter from Paul. Take note of things that stand out to you in the passage.

Letters in the 1st Century followed a familiar format: 1) opening salutation, 2) a prayer, blessing or thanksgiving, 3) the body of the letter and 4) the final greeting/farewell.

What part(s) of the letter do you think we see in our passage?

Within these short verses, Paul packs a lot of theology. We could spend a great deal of time drilling down into questions and issues that have intrigued the church throughout the past 2000 years, but regardless of where one stands on these questions, one thing is very clear: We needed help and God provided the solution.

Looking only at verses 1-3, what theme stands out?

What does it mean to be **dead**? Think beyond just "no pulse."

WEEK 3 *From previous*

Why does Paul say we are *dead*?

It might surprise you to learn that death hasn't always been a part of life on earth.

Turn to Genesis.

Read 2:15-17, 3:6 & 3:22-23

What is the result of Adam and Eve's disobedience?

There is no way of knowing how long Adam and Eve were in the garden before they sinned, but we know that their choice to disobey God's command led to their removal from the garden and to death. Their sin introduced death into our world. One reason that we can be confident that there is still sin is because there is still death.

In Ephesians Paul means *death* both literally (physical death) and figuratively.

How does living in sin **figuratively** kill us?

**Who** is *dead in transgressions and sins*?

Verse 3 makes it clear that it is *all of us* who were dead.

WEEK 3 *From previous*

Psalm 51:5 NIV: “Surely I was sinful at birth, sinful from the time my mother conceived me.”

Romans 5:12 NIV: “Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned”

Romans 3:23 NIV: “For all have sinned and fall short of the glory of God”

We ALL are sinners. In Paul’s context it was important for him to make sure that the church understood that both Gentiles AND Jews were sinners, one was no better than the other.

Verses 2 & 3 give us several reasons why we sin. Can you list them below?

- 1)
- 2)
- 3)

The truth is that we are hopeless without God. We are born in sin, we follow the sinful nature of the world around us and we fall into temptation and sin because of Satan. We inherited from Adam the capacity to sin, the inability to think beyond our own selfish desires, wishes and impulses.

If we stopped here in Chapter 2 with just these first 3 verses, we might lose hope! Fortunately, we know better, because Paul has already shared the Good News of WHO WE ARE in Chapter 1.

Paul now answers the WHY behind WHAT GOD has done.

Read verses 4 and 5: “*But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.*”

Take a moment to process these two verses in light of what we have learned about our sin and what it earned us. How can knowing God saved us *because of his great love for us* shape the way you approach Scripture?

**Why** do you think it is important that God saved us while we were still sinners?

WEEK 3 *From previous*

We deserved death and wrath, but instead God saved us *by grace*.

**Grace** is unmerited favor. In other words, it is giving us something good that we did not earn. God gave us the gift of salvation when what we earned was death.

We are saved and so we should have hope, but do you find yourself at times believing that you are better than others? Less *deserving of wrath* than others?

We are not saved *by works* (v9) but Paul does tell us we have a purpose.

Read verse 2:10 in several different versions (MSG, NLT, ESV, etc.)

What do you think Paul means by *good works*?

Good works will not and do not save us.

However, because of God's grace in saving us, our lives are transformed, and good works will be the result.

As God's workmanship he created us each differently; he crafted and designed us each with a specific purpose in mind, with *good works* to accomplish. We can step into the full identity of WHO WE ARE because of WHAT GOD has done and move ahead with **confidence** to do the good works God has prepared in advance for us to do. After walking through these truths, what current thoughts come to your mind?

Do these verses motivate you to live differently? Explain.

WEEK 3 *From previous*

We are not who we were before God's grace saved us.

What are some big and little ways that God has transformed or is transforming you as you better understand WHO YOU ARE in Christ?

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**GROUP  
CHALLENGE:**

Have every person in the group set a timer this week to pray by name for one or two people in the group. Pray that they would see the opportunities and good works God has put in front of them this week. (make sure everyone in the group has a partner)

**PERSONAL  
CHALLENGE:**

Write a prayer below that you will see the opportunities and good works God puts in front of you this week.

Let's begin as we usually do and read our passage aloud: *Ephesians 2:11-22*. As you read, observe words or phrases that stand out to you.

Our passage begins with the word, *therefore*. This signals to us that everything we are about to read is a result of, or **BECAUSE** of the verses that come before. What do you remember about our passage from last week: *Ephesians 2:1-10*?

*Ephesians 2:1-10* taught us of our total hopelessness without God and the joy and certainty we have because of God. As God's workmanship we have both **confidence** in his love for us and a clear purpose in our lives: to live out the good works God has prepared in advance for us to do.

*Therefore*, **BECAUSE** of our hopelessness without God and our confidence and purpose in Christ, we are reminded in this week's passage that our identity is found not in politics or personal preferences, but in Christ and as the body of Christ.

It may seem strange to us today, but at the time of the writing of this letter, there was a great deal of distance and even dislike between Christians who were converted Jews and Gentiles (non-Jews). There is a deep-rooted history and reason for this that we can find all the way back in Genesis.

God made a promise to a man name Abram.

WEEK 4 *From previous*

Read *Genesis* 12:1-3.

The descendants of Abram (later Abraham) would be called Israel. Israel reveled in their special designation as God's chosen people and received many blessings (and punishments, but that's a story for another day) throughout their history. Israelites would eventually come to be known as Jews.

Later in *Genesis* (17:9-14) God seals this promise with Abraham and directs them to circumcise every male "as a sign of the covenant between me and you." (Gen 17:11) Every generation of Israelites to come would be required to be circumcised as part of this covenant.

Based on this, who do you think Paul is describing as "the circumcision" in verse 11?

And who are the "un-circumcised"?

SO, Israel/the Jews were special.

But look carefully at *Genesis* 12:1-3. WHO would be blessed through Abraham's descendants/Israel?

Yes! *All peoples on earth.*

What does this tell you?

It was always God's plan to save both Jew and Gentile, but what is obvious now to us wasn't always understood (more on that next week). Somewhere along the way the Jews became so focused on their designation as the chosen people that some forgot *why they were chosen and for what purpose.*

Back to our passage.

Paul reveals HOW God blessed all peoples on earth in verse 13. What is it?

Jesus, a Jew, came to bring peace and make the two groups one (v 14).

What does true *peace* mean?

What is the opposite of peace?

WEEK 4 *From previous*

As Christians, is there a place in-between *peace* and all-out *war* that we might sometimes be tempted to live in with others? Why do you think that is?

Does peace and unification mean uniformity?

Why is understanding that *peace* does not mean uniformity so important?

Why do you think it is significant to some that we know what makes them unique or individual (i.e., that we know their opinion/viewpoint on certain issues or topics)?

What topics do you have the most difficult time discussing with someone who has different thoughts and opinions than you? Why do you think that is?

What happens when we decide that outsiders need to become “like us” to be accepted (or to be “true” Christians)?

WEEK 4 *From previous*

How can intentionally embracing diversity (in politics, perspectives, races, ethnicities, etc.) give people a picture of the peace and unification Jesus brings?

In ancient Israel, God's presence was found at the Temple in Jerusalem. But Jesus' death changed that, and God's people were given the gift of the Holy Spirit to guide, comfort and walk with them.

How difficult do you think Paul's statement in verse 18, For through him we both have access to the Father by one Spirit, would have been for the Jews to comprehend? How would they have needed to shift their thinking?

Paul uses the analogies of *foreigners* and *strangers* (v19) to describe how these two groups (Jews and Gentiles) previously interacted before Christ saved them.

Are there groups of believers today that act as foreigners and strangers to one another even though they should be united in Christ? Why do you think this still happens?

Are there any groups of believers you struggle to interact with?

How do members of the *same household* (v19) interact differently than those who live in different households?

WEEK 4 *From previous*

What does Paul mean when he says that we as the church are to become a holy temple in the Lord...built as a dwelling in which God lives by the Spirit (v21-22)?

As believers, we are **not one homogenous**, uniform group, but we **are a tribe** of sorts- we are united by the person of Jesus. Our identity is not rooted in political affiliations or personal preferences, **our true tribe is found in the body of Christ**.

What happens when we reserve our friendships, love, respect, even the gospel message to only those who fit our own personal ideologies, preferences, or even political affiliation?

How can you work to find common ground among those who might look and act very different than you?

Have you committed *Ephesians 2:10* to memory yet? If you're still struggling, try tracing the verse with your finger as you say the words in your head.

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

EPHESIANS 2:10 NIV

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If you are feeling good about *Ephesians 2:10*, here is a great verse from our study this week to work on.

For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility

EPHESIANS 2:14 NIV

Within our passage for the week, Paul focuses in on a plan and a prayer that unites us all. The Gospel was made **for all people and joins all people**. Understanding this reality should have a huge impact upon our lives as believers, both in how we love others and for what it really means for **Christ to dwell in our hearts**. Paul's prayer is for growth that we will be built up as the mature body of Christ that is able to do the promised purposes set out for us. We cannot do what we were meant to, until we grow up into maturity.

Read out passage aloud: *Ephesians* 3:1-21. As you read (or listen) what word(s) or concept(s) do you hear repeated?

Paul opens this portion calling himself *the prisoner of Christ Jesus for the sake of you Gentiles*. At the time of this writing, Paul is **literally** a prisoner in Rome because he had been preaching the Gospel to the Gentiles. What additional meaning could Paul have had in mind as he wrote these words?

What feelings does the idea of being a *prisoner of Christ* or *servant of the Gospel* (v7) evoke for you? Does this come across to you as a gift or a burden?

How would you categorize the way Paul describes himself throughout this passage?

Paul is humble, gracious, and devoted to his calling among the Gentiles. Few could claim to have done what Paul had in his lifetime for God, but he calls himself *less than the least of all the Lord's people* (v8). Why do you think Paul is able to have this perspective?

What does *mystery* mean in verses 3-5?

The *mystery* is not something that cannot be understood, it is something newly revealed. Something only understood because God chose to give us eyes to see and ears to hear.

**What** is the *mystery*?

Why do you imagine this was for *ages past kept hidden in God* (v9)?

God's timing is often not our own. We want what we want when we want it. The *mystery* of the Gospel message for all, that Gentiles are co-heirs with Israel, was perfectly timed and according to God's plan. Centuries before Jesus, the Jewish diaspora (the dispersion of the Jewish people beyond Israel) from Israel's exile set up a system of Synagogues that allowed for the explosion of the Gospel message across the known world. This historical fact is amazing in light of the implications and impact it had on the spread of the Gospel in the first century world! Yet, this is likely only one small part of God's plan and his reason for the timing of revealing the Gentile inclusion.

How have you personally struggled to understand God's timing in your own life?

How does understanding that God always had a plan for the Gentiles help you to trust God's plan for you today?

WEEK 5 *From previous*

Verse 3:10 reads, *his intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms.*

What might be some reasons why God's intent to reveal this mystery was *through the church*?

Paul's prayer in our passage is powerful. Read just his prayer aloud in verses 14-19 and in the spaces below fill in what Paul asks God to give us.

Strength,  
 P                    through His Spirit,  
 Christ to dwell in your hearts,  
 To be R                    and established in love,  
 To have true understanding and knowledge  
 F                    with the Fullness of God

Does this prayer remind you of any part of *Ephesians* we have already studied? If so, what part?

Why do you think Paul prays a similar prayer so close to his previous one?

Paul has shown us what God has done for us, now he is asking God to give us what we need to fulfill our purpose (*to do good works to the praise of his glory*).

How does this prayer of Paul's **for us** compare with **your** typical prayers to God?

WEEK 5 *From previous*

In a nutshell, Paul is praying for maturity for the church. In the list below, circle the attributes that would reflect a mature believer.

Divisive	Reliable	Prideful	Prepared	Ignorant
Arrogant	Controlled	Humble	Gracious	Selfish
Reliable	Consistent	Experienced	Flexible	Stubborn
Self-absorbed	Defensive	Shallow	Kind	Growth mindset

Are there characteristics of mature believers that you think are missing from this list? If so, what are they and why are they important?

How can immaturity get in the way of us fulfilling our purpose?

Consider that it had likely been over a decade that had passed since Paul had first come to Ephesus and shared the Good News of Christ. Paul was proud of their faith and love, but he didn't want them to stop there.

Coming to faith is important, but why is that not the end of the story for us?

What are some barriers to our growth? How can we work to break these down?

**WEEK 5** *From previous*

Paul's letter to the church in Ephesus is a beautiful tribute to God's power, grace, and mercy and WHO YOU ARE because of WHAT GOD has done for us. Our prayer is that the time we've spent in chapters 1-3 has helped you to understand your identity in Christ both as individuals and as the church, as well as the purpose for which God created you.

In *Ephesians* 4-6, Paul builds on this teaching and directs us in how we can think about our behaviors and the work of the Christian. Chapters 4-6 will help us to understand how we are to take the truths of Chapters 1-3 and grow into maturity. We hope you continue this journey with us through Ephesians.

How has our *Becoming Who You Are* study challenged you?

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**GROUP  
CHALLENGE:**

Take some time to break up into smaller groups and pray over one another. Feel free to pray *Ephesians* 3:16-19 over one another, or pray specific words of identity, truth, and grace as the Holy Spirit leads you.



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