



LIFE GROUP DISCUSSION GUIDE



FEBRUARY 1, 2026

Dive In (10 Minutes)

Go around and let everyone share...

Think of a place in our city—maybe a specific street, a park, or even a local business—where it feels like hope and light are completely missing. If Jesus physically walked into that space tomorrow, how would the “atmosphere” of that place change? What would be different about the way people felt or acted?

Dig Deep (40 Minutes)

“First-Things” Series Context

- **Week 1: Jesus is Lord (The Foundation)**
- **Week 2: Vertical Worship (The Upward Response)**
- **Week 3: Gospel-Centered Unity (The Outward Evidence)**
- **Week 4: Earth-Filling Mission (The Outward Expression)**

Read Ephesians 1:15-23 aloud.

- In verses 17–19, Paul prays for the Ephesians to *know* three specific things (Hope, Riches, Power). Why do you think we need to "know" these things before we can "do" the mission?
- Verse 22 says God put "all things under [Jesus'] feet." If Jesus is already the King of the universe, why does He need a "body" (the church)?
- Look at verse 23. It calls the church "the fullness of him who fills all in all." How does it change your confidence to know that when you walk into your workplace or grocery store, you are carrying the "fullness" of the One who rules the stars?



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Do Big (15 Minutes)

- Examine three specific “territories” you inhabit during the week (your street, workplace, gym, coffee shop, park, store). How do those places look when they are empty of Christ’s influence?
- What would it look like for you to “fill” those spots with the fullness of Jesus this week/month?
- This week don’t just “go” to work or “go” home. See yourself as a vessel of the King. Your job is to leak the goodness of Jesus into every room you enter. You are the “fullness” of Christ for your city.