

## DISCUSSION GUIDE

Level Up: Women

September 23rd & 26th, 2021



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, AND TO  
KNOW THIS LOVE THAT SURPASSES KNOWLEDGE—THAT YOU MAY  
BE FILLED TO THE MEASURE OF ALL THE FULLNESS OF GOD.

EPHESIANS 3

### Discussion Group Questions

- How we value ourselves...
  - What are ways that value is placed on our lives (social media, kids, relationships)?
  - Is the value others put on us different than the value we put on ourselves?
  - What are the good ways and bad ways you value yourself?
  - In a practical way, how do we find our value in Jesus and not in people or things around us?
- Families are important. Whether that is your parents, spouse, adult kids, or the kids you are raising, families are important.
  - How do you avoid finding your worth and value in what our parents, spouse or kids think of us?
    - Why is it important to not find our value in family?
    - How do we care and love our families without finding our value from them?
- What are ways that we find value in religion (not faith)? In other words, How do we find ourselves better than others because of religion?
- Specifically, how do you find value in Jesus above image, family, relationship and religion?
  - Read Ephesians 3:14-20 (or part of it).
  - How do we grasp the love of God?
  - Why it is important to find your value in Christ alone?
  - Read Ephesians 1:3-10
    - How does that make you feel valued?
    - How does being valued in Christ pale to finding value in Image, family, relationships and religion?
    - How does God see you?
- What is the best way you can evaluate where you get your value from?
- Pray together.