

Evolution of oneself is a lesson that gets instilled in us from a very young age. We are taught to grow up from young children to adulthood with the goal in mind to be respectable, raise children, and maintain a household. We are taught from a young age to go to school, college, have a great career, etc. It seems that throughout all our lives we are to be constantly growing and evolving.

Does this tend to infiltrate into our spiritual walks? Do we get so caught up in being a “better” Christian that we don’t stop to truly rest in the beauty of what Christ did for us on the cross? It is almost as if our spiritual growth can somehow out do or surpass what Christ did for us.

Paul’s letter to the Ephesians constantly reminds us and the Ephesians that God is in control. Let’s absorb that. Let’s take some time to slow things down and remember Who is the giver of grace and the establisher of our redemption. God is the one that provides wisdom and insight into all of His works.

Chosen in Him

According to the purpose of His will

Riches of His grace lavished on us

Personal Application and Group Interaction

1. What social conventions place extra pressure on you?
2. What are some of the “spiritual improvement plans” you have in your life?
3. Where do you struggle with resting in Christ?
4. What “Spiritual Blessings” are you not taking full advantage of (Vs. 3)?
5. Where in your live are you emphasizing DOING rather than resting?



Resting in Christ

Ephesians 1:1-8

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