



**Ephesians 3:14** For this reason I kneel before the Father, **15** from whom every family in heaven and on earth derives its name. **16** I pray that out of his glorious riches he may strengthen you with *power* through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **18** 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, **19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

**20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, **21** to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

## Icebreaker

What comes to your mind when you hear the word grit?

## Conversation Starters

1. Who do you know who has shown a similar kind of grit as Alice's niece Liza? Share their story with the group if you feel comfortable.
2. Where in your life do you need grit (spiritual strength) right now?
  - a. What do you make of the Dallas Willard quote that "the address of God is at the end of your rope?" Have you found this to be true?

## Read the Scripture above with your group.

3. What stands out to you from Ephesians 3 and Alice's teaching?
4. The apostle Paul states that the same power that raised Christ from the dead is somehow available to us. Talk about ways you believe this and ways you doubt it. Have you ever experienced even just a small amount of "life in the midst of death?"
5. Why do you think love - the love of God - is the soil we MUST plant ourselves in to receive God's strength and power for our lives?
6. What are some simple ways you remind yourself of the love of God for you?
7. We often talk of God as "up there" or "out there" but rarely talk about the truths contained in Scripture that God is "in us," that Christ lives "in our hearts," that we are "temples of the Holy Spirit." This is a strange concept for us to think about. How do you think of it? In your view is God far off? Or as close as your heartbeat? How does your view of God's "location" impact your relationship with Him?
8. Consider closing your time together praying for each other in areas where you need more of God's strength and power.