

Who We Were

SCRIPTURE

¹As for you, **you were dead** in your transgressions and sins,

Ephesians 2:1-10 (NIV)

So what is meant by dead?

X-ref

⁷And the dust returns to the ground it came from, and the spirit returns to God who gave it.

Ecclesiastes 12:7

X-ref

⁷Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

— Genesis 2:7

what is first law of thermodynamics?

The First Law of Thermodynamics states that energy is neither created nor destroyed; it simply changes form.

Systems are powerful forces that shape our beliefs, choices, and behavior.

tricks of grocery store articles:

1) <https://thedollarstretcher.com/frugal-living/food/grocery-store-aisles-and-saving-money/>

2) <https://www.realsimple.com/food-recipes/shopping-storing/food/grocery-store-layout>



Application:

The more our choices do not align with God's design and purpose, the more we experience separation from God (death).

Who God Is

SCRIPTURE

⁴But 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.

Ephesians 2:1-10 (NIV)

SCRIPTURE

⁶And God **raised us up with Christ** and **seated us with him** in the heavenly realms in Christ Jesus,

Ephesians 2:1-10 (NIV)

SCRIPTURE

⁷in order that in the coming ages he might show the **incomparable riches of his grace**, expressed in **his kindness to us** in Christ Jesus.

Ephesians 2:1-10 (NIV)

SCRIPTURE

⁸For **it is by grace you have been saved, through faith**—and this is not from yourselves, it is **the gift of God**—
⁹not by works, so that no one can boast.

Ephesians 2:1-10 (NIV)

Application:

God's character of love, mercy, and grace, eliminates fear and liberates us to come alive fully in Him.

VIDEO: Living without fear. Skydiving (no audio)



QUOTE

"God has placed the best things in life on the other side of fear."

Who God has Called Us to Be

SCRIPTURE

¹⁰For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:1-10 (NIV)

EPHESIANS

How do I become a person who is fully alive in Christ?

1. **Choose God.** Adopt and practice his characteristics.
2. **Love like God.** Love without conditions and forgive without restraint.

EPHESIANS

How do I become a person who is fully alive in Christ?

3. **Embrace who God made you.** Accept the beautiful workmanship that God has crafted you in you.
4. Accept the free gift of God's grace.

SCRIPTURE

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11 (NIV)
