

NEW CREATION

A new way to grow [Ephesians 3]

Summary

Paul is encouraging us to draw on the glorious riches of Christ so that He may dwell in our hearts. As we draw on Him, so we reflect Him in the world and the world will be able to see the new creation that God is bringing into being both now and for eternity.

Henri Nouwen puts it like this “Living a spiritual life means living in the same communion with the Father as Jesus did, thus making Jesus present in the world”

And, Tom Wright like this “We find ourselves called, equipped and enabled to work for his glory, to display his new creation”

This is a big ask!

Our lives get full of the ‘here and now’ and our minds fill up with all the things we have to do, the way we are feeling about what’s happened, and in the busyness of it all we can miss Christ. It is not easy to lead a spiritual life, and yet this is the way of transformation.

We considered three ways of helping us grow our spiritual lives.

1. Find space

We talked about the importance of finding space where we can be still and regain God’s perspective on our lives. This could be for longer periods of time, or finding spaces in our day to day routines

2. Appreciate God

Paul wants us to know how wide and long and high and deep God’s love is. He had his worldview upended when he realised that God’s love is so big that He loves Judeans and Gentiles alike. Appreciating God and His love for us is so important – we need to understand ourselves as beloved of God

3. Tools that will help us linger in the presence of God

We recognise that there are various tools or spiritual exercises or general practices that will help us linger in the presence of God and to spend time with Him. We will all have different practices that help us to do this. Examples are different ways of reading the Bible, prayer, journalling, crafting, walking.

We believe our God-given vision is see: thriving communities springing up, where everyone can belong and find hope in Jesus.

Group Sunday message notes 2026



Reflect

We looked at a vase of water as an image of our state of mind and ability to be aware of God. We then added mud to represent the various things that we get involved with. We saw how as all the 'stuff' of our lives is added, the water can get muddied. If we stay still, the mud starts to settle.

You may want to recreate this image in your group as a visual aid with group members naming things they've been doing in the last day (remember this includes quite mundane stuff like cleaning, shopping, cooking as well as more exciting or challenging things). Alternatively, everyone could name a couple of things they have been doing, and you leave the mud in the garden!

When you've done that, create some space for everyone to still themselves before God.

Read verse 18, and encourage people to reflect on the nature of God's love for them.

You may want to end this section with a song for example Noel Richards "To be in your presence" or "One thing Remains"

Questions

1. Look at verses 16 and 17.

What are God's glorious riches?

How does God strengthen us so that He can dwell in our hearts?

2. Look at the quotes from Henri Nouwen and Tom Wright. They express similar ideas. How do you react to the idea of displaying God's new creation or making Jesus present to the world?

3. Where do you find space to be with God? As you go about your day, are there spaces where you can slow down?

4. What helps you to glimpse the hugeness of the love of God?

5. Paul had his perspective on Judeans and Gentiles blown away. Has your perspective on anything ever changed (possibly not as dramatically as Paul's)?

6. What words would you use to describe how you feel about God's love for you?

7. What helps you to linger in the presence of God? *And/Or*

What helps you to pay attention to God and what He is doing/saying? *And/Or*

What practices/experiences have helped you experience God in new ways?

8. Is there a practice that you think you may be able to try for the first time?