# **SERIES discussion guide** A purple and white text with a cross AI-generated content may be incorrect.

**BREAKTHROUGH**  
**CLAY SCROGGINS**  
**MARCH 02, 2025**

If you would like to watch the message, visit [rpc.me/messages](https://www.rpc.me/messages/).

**ICEBREAKER**

* What was your first concert? Do you still listen to that band or person?

**MESSAGE RECAP**This week, we explored one of the biggest barriers to breakthrough—**how we see ourselves.** Many of us struggle with feelings of insecurity, inadequacy, or unworthiness, questioning if we really matter. But **true confidence isn’t about self-improvement—it’s about seeing ourselves the way God sees us.**

In **Ephesians 3:14-19**, Paul prays for the early Christians in Ephesus, a diverse and spiritually chaotic city where people were constantly defined by their **status, achievements, and background**—much like our world today. He praysasking God to strengthen them—not with worldly confidence, but with an identity that is **rooted and established in God’s love.** When we embrace how God sees us, it transforms our self-worth and the way we see and love others.

**WARM-UP QUESTION**

* What’s a compliment or encouragement that someone has given you that really stuck with you? How did it impact the way you saw yourself?

**READ**

**Ephesians 3:14-19**

**DISCUSSION QUESTIONS**

1. Where do most people in our culture find their self-worth, confidence, or value? ***(Career, relationships, social media presence, money, health, community status)***
2. Where do you find your self-worth?
3. How do these sources of self-worth—career, relationships, social media, money, or status—impact our confidence, mental health, and sense of stability? What happens when they shift or disappear?
4. Read Ephesians 3:14-15. Clay said, “The posture of our body impacts the climate or temperature of our heart.” What is Paul’s posture in this passage? How does our posture—whether physically (kneeling, lifting hands, bowing) or spiritually (being open, teachable, willing to listen)—affect our ability to experience God’s love? *(When our posture positions us in a place of humility and surrender, we acknowledge God’s authority and begin to shift our focus away from ourselves and toward Him.)*
5. What does it mean to be “rooted and established” in something?
6. Paul **prays** for the church to fully grasp God’s love (v.19). What lies are undermining your worth? *(I’m not enough, I’m only valuable if I’m successful, God only loves me when I get it right)*
7. Paul describes God's love as **"wide, long, high, and deep"** (v.18). What do these four dimensions reveal about His love?
   * **Wide** – Extends to every person and situation.
   * **Long** – Never runs out and never gives up on us.
   * **High** – Greater than anything this world can offer.
   * **Deep** – Reaches the lowest places to rescue and restore us. (God’s love meets you even at your worst.)
8. Which of these descriptions is hardest for you to believe or accept? Why?
9. Experiencing God’s love isn’t meant to happen in isolation but within a community of believers (v.18 – “together with all the saints”). Clay also reminded us that “it takes a village” for us to be “rooted and established in love.” Why do you think it’s important to understand God’s love **in the context of relationships**?
10. How is God’s love changing the way you see others?

**APPLICATION QUESTION**

* We all struggle to remember God’s love in everyday life. What’s one daily habit you can start this week to remind yourself of God’s love for you? *(Start the day reminding yourself of your identity in Christ – read or write down Eph. 3:14-19, worship, replace lies and speak God’s truth over you, pray to ask God to reveal His love in a personal way this week*)

**SUMMARY**

* Your worth isn’t defined by what you do.
* God’s love is bigger than your doubts, failures and fears.
* True confidence comes from being rooted in God’s love, not in success, approval or relationships.
* The way we see ourselves impacts the way we treat others.
* Breakthrough starts when we stop believing lies and start embracing God’s truth.

**CLOSING PRAYER**

Your closing prayer can include:

1. **Gratitude** – *Thank You, Lord, for this time together to study Your Word.*
2. **Acknowledgment of new insights** – *We are grateful for the wisdom You have given us today.*
3. **Request for guidance** – *As we go into our week, help us remember what we’ve learned and give us the courage to obey Your calling. Amen.*

**LEADERS:**

If anyone in your group is interested in serving, they can sign up at [rpc.me/volunteer](https://www.rpc.me/volunteer/). Also, encourage your group to come together to the next **Worship & Prayer Night on Thursday, March 6 at 7pm.**