

Hope Presbyterian Church
Adult Faith Formation Sermon-Based Bible Study

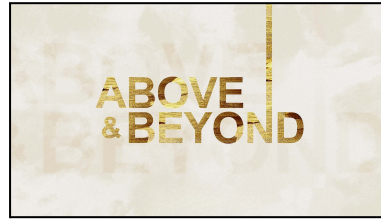
September 27, 2026

“Strength”

#2 in the series *Above and Beyond*

Scripture Text (NRSVUE)

Ephesians 3:16-17



1. When we think about being strong or having inner strength, we sometimes think about *willpower* - *the ability to control our actions, thoughts, feelings, and urges to resist short-term temptations and reach long-term goals*.
 - When has exercising willpower paid off for you?
 - What helps you strengthen your ability to exercise willpower?
2. **Read Ephesians 3:16.**

Paul writes to the believers in Ephesus, praying they will be “strengthened” in their “inner being.”

 - What might strength in your inner being look like?
 - Have you ever been in a situation that required inner strength? What happened?
3. In the 2021 animated musical fantasy *Encanto*, Luisa has superhuman strength and confesses that she feels overwhelmed by her constant obligation to help the villagers with it.
 - Have you ever felt the expectations of others to always be “the strong one”?
 - Why do we sometimes put that obligation on ourselves?
 - How is trying to manufacture our inner strength different from what Paul says about inner strength coming from the power of the Holy Spirit?
 - What might be some examples of spiritual inner strength?
4. **Read Ephesians 3: 17.**

Paul explains that Christ dwelling in our hearts leads to inner strength rooted in love.

 - Can others see Christ’s presence in us? What might that look like?
 - Who is someone you’ve observed whose inner strength comes from Christ's presence?
 - What examples of inner strength have you observed?
5. Think about our faith community at Hope through the lens of inner strength.
 - What are some examples of inner strength you’ve experienced at Hope?
 - What more might we as a congregation do to strengthen each other spiritually?
6. How can we pray for you?