



## **Sermon Discussion Guide for Groups**

# **“But I Love You”**

**Preached by Jon Egan**

**September 28<sup>th</sup>, 2025**

### **Summary**

*Have someone in your group read the following summary aloud.*

Pastor John Egan explores the final verses of Ephesians 3, focusing on Paul's powerful prayer for believers. He emphasizes how Paul kneels in prayer, demonstrating that what appears to be a position of weakness to the world is actually a position of spiritual strength for believers. The sermon highlights three main aspects of Paul's prayer: strength in our inner being, experiencing God's love beyond mere intellectual knowledge, and recognizing God's immeasurable power working within us. Pastor Egan contrasts how our inner being doesn't need to be affected by our outer circumstances, similar to how Jesus could sleep peacefully during a storm. He shares personal stories about experiencing God's love, including his

father's supernatural encounter with God's love on a bridge. The sermon concludes with an invitation to be still and know God rather than constantly trying to control outcomes, allowing God to work in ways beyond what we can ask or imagine.

## **Key Passage | Ephesians 3:16-21 NIV**

**16** I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> 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, <sup>19</sup> 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, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

## **Opening Prayer**

*Open your session in prayer, using the words below or your own*

**Heavenly Father,**

as we gather to discuss Your Word today, we come before You with open

hearts and minds. We thank You for Your presence that fills this space and each of our lives. Lord, strengthen our inner beings with Your power through Your Spirit, just as Paul prayed for the Ephesians. Help us to be still enough to hear Your voice saying, “But I love you” amidst all the chaos of our lives. Open our hearts to receive what You want to teach us today, not just intellectually but experientially. May this time together draw us closer to You and to one another. In Jesus’ name, **amen**.

## **Getting Going**

***Allow time for each member to answer the following questions before moving on.***

When was the last time you were completely still – no phone, no TV, no distractions – for at least 15 minutes? What was that experience like for you?

## **Discussion Questions**

***Answer as many of the following questions as time and interest permit.***

1. Paul begins his prayer by kneeling. How does your physical posture affect your prayer life and worship experience?

2. Pastor John mentioned that 'our inner being does not have to be impacted by our outer world.' How have you experienced this truth in your own life?
3. How does the practice of being still before God challenge our culture's emphasis on constant action and productivity?
4. What does it mean to you that God is able to do 'immeasurably more than all we ask or imagine'? How have you seen this in your life?

## **Making It Personal**

*Take the opportunity noted below to apply this week's sermon to your everyday life*

This week, commit to practicing being still before God for at least 10 minutes each day. Find a quiet place where you won't be disturbed, silence your phone, and simply sit in God's presence. Don't bring an agenda or a list of requests - just be still and know that He is God. As thoughts of worry or your to-do list arise, gently acknowledge them and then return to the awareness of God's presence, perhaps repeating the phrase, 'But I love you' as if God is speaking it directly to you. At the end of the week, reflect on how this practice affected your inner being and your response to external circumstances.

## **Key Takeaways**

*Commit to memory one point from the message before you dismiss.*

- Prayer is a position of strength, not weakness, and our physical posture in worship and prayer matters spiritually.
- Our inner being does not have to be impacted by our outer world - we can experience peace regardless of circumstances, just as Jesus slept during the storm.
- God desires us to not just believe in His love intellectually but to experience it personally and transformatively.
- Being still and knowing God is more powerful than taking action and hoping God will show up.
- God is able to do immeasurably more than we can ask or imagine through His power that is already at work within us.

## **Closing Prayer**

*Have someone from your group close you time in prayer, using the words below or your own.*

**Lord Jesus,** we stand in awe of Your immeasurable love and power. Thank You for strengthening our inner being through Your Spirit. Help us to be still enough to know You more deeply and to experience Your love that surpasses knowledge. Forgive us for the times we've tried to control everything instead of trusting You. This week, as we practice being still in Your presence, reveal Yourself to us in new ways. May we become people whose inner peace isn't shaken by external chaos, who love others not from fear but from the overflow of Your love in us. We surrender control and

simply say, 'More, Lord.' To You be glory in the church and in Christ Jesus throughout all generations, forever and ever. **Amen.**