

# Discussion Questions

1. Extreme sports exist because people say it makes them feel more alive. What's the most extreme thing you've tried? How did you feel doing it?

2. Read Ephesians 2:1-3. These verses describe spiritual death caused by sin. How have you seen sin distort not just actions, but identity and purpose—either in your life or in the world around you?

3. When have you felt most alive in your walk with Jesus? What made that season or moment stand out? What circumstance led to it?

4. Read Romans 6:4. The Bible tells us that we are to walk in “newness of life.” What does that look like in practical, daily terms? How does this contradict the world's expectations?

5. Ephesians 2:8 clearly tells us that it's only by grace that we can have salvation. Our works are not good enough. How does having a works-based view of salvation taint our view of God? How does salvation by grace correct that view?

6. Read Ephesians 2:10. This verse says that WE are God's workmanship—plural. It says that God prepared good works for US to do. What does this reveal about the role of the church in God's mission? How does it challenge our tendency to exercise our faith in isolation?

7. CALL TO ACTION: Memorize Ephesians 2:8. Talk with someone about letting go of any works-based thinking you might have. Work with another believer or with a small group and plan to do something for the community together.

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