



How to Overcome our Barriers Ephesians 2:1-7

Barriers to Overcome:

We need to overcome our spiritual death, but we can't. Ephesians 2:1

"And you were dead in your trespasses and sins"

- Dead =
- Trespasses =
- Sins =

We need to overcome Satan's spiritual power, but we can't. Ephesians 2:2

"in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience."

- Satan's domain = course of this world. | John 5:19
- Satan's ability = prince of power. | Peter 5:8
- Satan's existence = spirit now working.
- Satan's subjects = working in the sons of disobedience

We need to overcome our former spiritual desires, but we can't. Ephesians 2:3

"Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest."

- John 3:36
- Indulge =

But God can overcome all barriers.

Read the Digging Deeper on the back of this page for some Next Steps

Understand and receive God's rich mercy and great love for you. Ephesians 2:4-5

"But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions"

- Isaiah 55:6, 7; Jeremiah 31:3; Micah 7:18, 19; I John 4:10; Romans 5:8

How has God revealed His love to you?

Trust in the miracle of Christ's power to change lives. Ephesians 2:6-7

- He will raise you from death to new life
"made us alive together with Christ (by grace you have been saved), and raised us up with Him."
- He will display His grace that restored your life
"seated with Him in the heavenly places in Christ Jesus so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus."

Colossians 3:1-3

Digging Deeper:

We need to recognize the barriers that Satan and our fleshly desires create which undermines our spiritual life and growth. Below are some specific barriers created by Satan and our sinful desires.

LifeGroup Discussion:

Which of these do you recognize as barriers to your life?

- **Immorality** - I Corinthians 7:5
- **Anger** - Ephesians 4:26-27
"Be angry and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity"
- **Lies, Deceit** - Acts 5:3
"But Peter said, 'Ananias, why has Satan filled your heart to lie to the Holy Spirit, and to keep back some of the price of the land?'"
- **Failure to forgive another** - II Corinthians 2:11
"But whom you forgive anything, I forgive also; for indeed what I have forgiven, if I have forgiven anything, I did it for your sakes in the presence of Christ, in order that no advantage be taken of us by Satan; for we are not ignorant of his schemes."
- **Deny, distort to disobey God's truth** - Genesis 3:1, II Corinthians 4:4
"Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, 'Indeed, has God said, 'You shall not eat from any tree of the garden?'"
"In whose case the god of this world has blinded the minds of the unbelieving so that they might not see the light of the gospel of the glory of Christ, who is the image of God."
- **Do you have areas of your life that need to change? Are there areas of sin or satanic temptation? Do you have a friend who needs to salvation from sin?** Reflect honestly about these questions. You can no more change your friend who is "dead in sin" than you could go to a cemetery to give life to a corpse. **It takes a miracle from God.**

- **Miracle #1** in Ephesians 2:4 is that He loves all those all that are "dead" in their sin. Do you love those living in all kinds of sin? The first act of God is love toward sinners and that is where we should begin as well.

Read the following passages to reinforce this love and its impact on others. Isaiah 55:6-7; Jeremiah 31:3, 31-34; Hosea 11:8; Micah 7:18-19; John 3:16; I John 4:8-21, Romans 5:8. According to Romans 2:4, what draws us to repentance?

To whom do you need to show this same love this week? In what ways will you show love?

- **Miracle #2.** God raises you up to a new life where the improvements He makes in your life display His grace to care for you. You are then ready to be seated with Christ in heaven.

Read Colossians 3:1-4 If you are seated with Christ, what should your mind be focused on?

Discuss how important God's Word is to help you keep that focus.

- **What do the following verses teach you about God's Word and keeping your mind on Jesus?**
 - I Timothy 3:16, 17; Hebrews 12:1, 2

Next Steps:

1. **Calvary Goes to Dinner: Life is better together, especially when gathered together for a meal.** People from your church family are opening up their homes across Orange County for a special night to experience community. Come share a meal, meet someone new from your church community, and experience life together around the table. Sign up to host a meal, or to attend a meal, at calvarylife.org/dinner
2. **Attend the "Laugh Your Way to a Better Marriage"** conference here at Calvary Church. We believe God can resurrect a dead marriage. Join us Friday night (7-10pm) and Saturday morning (9am-12pm), October 23-24. Purchase tickets in the bookstore today or at calvarylife.org/marriage
3. **Make plans to invite friends to Light the Night.** This is a perfect opportunity to invite friends to our church campus and experience fun with their families and know that Jesus is the Light of the world. Learn more at calvarylife.org/ltn



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