

Sunday Supplement – Renovation of the Heart (Week 1)

Sermon Summary

- The lie we often believe: “Your worth is something you earn.” This mindset leaves us anxious, exhausted, and constantly striving for approval.
- Ephesians 1 reminds us that our identity and worth were established by God before the foundation of the world—not by our performance.
- In Christ, you are chosen, redeemed, and sealed. God has already given you every spiritual blessing you need.
- Because your worth is a gift, not an achievement, you are invited to live from gratitude instead of striving.
- A transformed (renovated) heart overflows with praise and thanksgiving as a response to God's grace.

Reflection Questions

1. Where are you most tempted to tie your worth to performance, success, or approval?
2. How does knowing that God chose you “before the foundation of the world” change the way you see yourself?
3. What “spiritual blessings” from Ephesians 1 do you most need to remember right now?
4. Is gratitude currently driving your spiritual life—or is striving?
5. What would it look like for praise and thanksgiving to become your default response this week?

Suggested Next Steps

- Begin a daily gratitude rhythm: start and end each day by naming 3 specific blessings from God.
- Read Ephesians 1:3–14 each day this week and underline identity statements about who you are in Christ.
- Replace performance-based thoughts with truth: “My worth is given by God, not earned by me.”
- Express gratitude outwardly—serve someone this week as an act of thanksgiving.
- Incorporate praise into your routine: listen to or sing worship songs that focus on God's grace and goodness.