Connect Group Notes

9 November 2026

Over the last few weeks we've been exploring what it means to be **in Christ**. Through faith, we're united to Jesus, and all that He has accomplished becomes ours.

Jo spoke to us on Sunday about being sealed with the Spirit. In Ephesians 1, Paul answers a simple but important question: **How do we know we belong to God?** His answer is that when we heard the gospel and believed, we were **sealed with the promised Holy Spirit**.

A seal in Paul's day showed that something **belonged** to someone, was **genuine**, was **secure**, and carried the **authority** of the one who sent it. As we discuss this passage, we'll see how the Holy Spirit's seal assures us that we belong to God, is at work within us, and sends us out into the world.

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1. The Spirit Does Something To Us

Sealed: This is Mine, This is Real, This is Safe Scriptures: Ephesians 1:13-14; Romans 8:9

Question: How do the Spirit's assurances that you are God's (*Mine*), that your faith is genuine (*Real*), and that your future is secure (*Safe*) help answer the question, *"How do I know I belong to God?"*

2. The Spirit Does Something In Us

Sealed: This is Real Scriptures: Romans 8:15-16; Galatians 5:22-23

Question: What evidence of the Holy Spirit's work have you seen in your life that reassures you your faith is real and that you truly belong to God?

3. The Spirit Does Something Through Us

Sealed: This Has Authority Scriptures: John 20:21-22; 2 Corinthians 5:20

Question: How does knowing you are sealed and sent by God with His authority affect the way you think about representing Jesus in your everyday life?

4. Reflection Question

Scripture: Ephesians 1:13-14

Question: Which aspect of being sealed speaks most powerfully to you right now:

- *This is Mine* (I belong to God)
- *This is Real* (my faith is genuine)
- *This is Safe* (my future is secure)
- *This Has Authority* (I am sent by God)

Spend time in prayer as a group