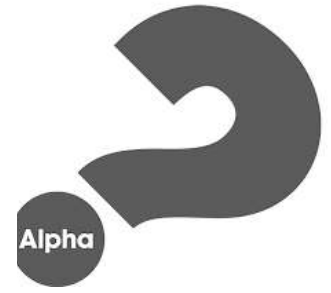


**Sunday 10<sup>th</sup> May 2026**

***'How do I make the most of the rest of my life?'***

***Ephesians 2:1-10***



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*Alpha encourages open frank discussion. Questions are encouraged, even those we have no answers to. One question we address on our Alpha Sunday is this: How do I make the most of the rest of my life?*

### **I Dead. V1-3**

I am a dead man! The Bible tells me that my mistakes, selfishness all the wrong things I do have the effect of killing my spiritual life. Sin separates me from God and makes it impossible to live life to the full.

The powers of evil at work in the world blind us to the truth that Jesus came to bring life in all its fullness. We are all in the same boat, alive in the world but in our natural state dead to God and his eternal life.

### **II Alive with Christ. V4-7**

*"But God..."* He has a plan! God is not content to leave us in our deadness; He wants us to live forever and sent His Son Jesus to make this possible. He opens the way to life through the death and resurrection of Jesus. We share, through faith, in this eternal life. Not that we earn it or deserve it, God out of His love and mercy offers it as a free gift. He has done all that needs to be done for us to live. The choice is ours to receive Jesus or not.

### **III Grace through Faith. V8-9**

The wonderful thing is we don't need to measure up; there is no qualifying mark we must reach before The Lord will give us New Life. It comes as a gift to any who will receive it. Grace means we do not get justice from God; we would not have a leg to stand on! No, we get mercy, knowing we are guilty he punishes Jesus in our place and

pronounces us forgiven and free. Grace gives us everything when we deserve nothing. Grace does not make value judgments over our lives and see some as worthy of Divine forgiveness and others not.

Friends, our part in this great scheme of The Almighty's is to say "Yes" to the plan. Through faith, we receive it is as simple as that.

#### **IV Good Works. V10**

In answering the question, let me summarise:

- We are dead in our sins, no hope of eternal life.
- God has a plan to give us life in all its fullness, through his Son Jesus.
- Grace working through faith opens the way to life.
- Good works is how we live out our new life in Christ.

The result of this wonderful process is a new life, given day by day from the Lord. We can then begin to live a life where we can do some good, for ourselves and for those around us (v10).

This to me seems like a pretty good way to make the most of the rest of my life.

#### **Questions for reflection and discussion in Growth Groups:**

Read through the passage Eph.2:1-10, remembering this is about practical application of the Word.

1. How do we feel about Paul saying people are "*dead through trespasses and sins.*" What difference does this make to the way we live our life?
2. V5 "*alive together with Christ...*" Share some of your own experience of being alive with. How does this manifest itself in daily life?
3. Some people have a problem with God's Grace because they feel they don't deserve it and believe they should be punished for what they have done. How do we deal with our own feelings of guilt? How can we help each other live by grace?