

## ALIVE IN CHRIST

*Ephesians 2:4-5 // May 3, 2026 PM*

*We are regenerated through the saving embrace of the risen Christ.*

**I. Spiritual life arises from *unilateral* grace.**

**II. Spiritual life arises from *uniting* grace.**

### QUESTIONS FOR FAMILY WORSHIP

1. What is regeneration?
2. How does regeneration relate to effectual calling? Why do our confessional standards not have a separate treatment of regeneration?
3. What did Pastor Nick mean when he called us “spiritual zombies” before we become Christians? What language does the Bible use to describe our depravity, and what does that teach us about our salvation?
4. Does faith come before regeneration or regeneration before faith? Why does it matter?
5. How does Paul describe our new life in relation to Jesus? Can we have new life apart from Him? Why, or why not?
6. How can you know that you are born again?

### QUESTIONS FOR PRIVATE REFLECTION

1. Why is it important to distinguish regeneration from effectual calling while never separating them?
2. How does the imagery of both death and birth highlight my spiritual inability and passivity in salvation? How should I respond to these humbling truths?
3. Has the life-giving embrace of Christ led me to lovingly embrace Him in response?