

**BodyBuilders**  
**13 May 2018 – Ascension**

**Share:**

- *What's the last book you read? What did you learn from it?*
- *What do the words, "you will receive power" mean to you?*



**Readings:** Acts 1:1–11; Ephesians 1:15–23; Luke 24:44–53.

**Theme:** *You will* – Acts 1:8, "But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem."."

**Talk/Reflect:**

- How is "the first book" and second book Luke wrote, different (Acts 1:1-2)?
- What did the words, "you will receive power" mean to the early disciples? What do they mean to you?
- What are we encouraged to do in the "second" or further books of the New Testament (cf. Hebrews 6:1-2)?
- What does it mean for our faith to "rest" on the power of God (2 Corinthians 2:5)?
- How do we know or receive more of this power (cf. Ephesians 1:18-21)?
- Why is this power so important? What does it lead us to do (cf. Acts 1:8)? Who are we to witness to? What might that look like today?
- What else does this power give or do for us (Ephesians 1:16-17)?



**Pray:**

- *For more love.*
- *For more power.*
- *For more of Jesus in our lives.*

**Bless each other by reading Psalm 47.**

To the choirmaster. A Psalm of the Sons of Korah.

Clap your hands, all peoples!

**Shout to God with loud songs of joy!**

<sup>2</sup> For the LORD, the Most High, is to be feared,  
**a great king over all the earth.**

<sup>3</sup> He subdued peoples under us,  
**and nations under our feet.**

<sup>4</sup> He chose our heritage for us,  
**the pride of Jacob whom he loves.** Selah

<sup>5</sup> God has gone up with a shout,  
**the LORD with the sound of a trumpet.**

<sup>6</sup> Sing praises to God, sing praises!

**Sing praises to our King, sing praises!**

<sup>7</sup> For God is the King of all the earth;  
**sing praises with a psalm!**

<sup>8</sup> God reigns over the nations;

**God sits on his holy throne.**

<sup>9</sup> The princes of the peoples gather

**as the people of the God of Abraham.**

For the shields of the earth belong to God;

**he is highly exalted!**