



Journey Church
Seal | Ephesians 1:13-14
May 17, 2026

The Struggle

- “He loves me...He loves me not...”

God’s Story

Ephesians 1:13–14

- God didn’t just save you; He marked you

Five Things the Holy Spirit Declares Over You:

1. Authority — “You carry God’s name”
2. Ownership — “You belong in God”
Galatians 4:6-7
3. Security — “You are secure by God”
Romans 8:35-39
4. Guarantee — “God will finish what He started”
2 Corinthians 1:21-22
5. Authenticity — “Your faith is real”
Romans 8:16

Holy Spirit Encounter

- The enemy doesn’t try to remove the seal He tries to convince you it isn’t there.
Ephesians 4:30; Matthew 12:31–32
- “You are mine”
Isaiah 43:1

Small Group Questions:

1. Which of the five truths do you most struggle to believe right now — and why?
(Authority, Ownership, Security, Guarantee, or Authenticity)
2. What “enemy whisper” do you hear most often? What truth from Scripture pushes back against that lie?
3. What would change in your daily life if you truly lived sealed by the Holy Spirit?

Be Intentional:

Each day, notice when fear, shame, insecurity, or doubt begins speaking over your life. Pause and replace that voice with one truth from the sermon:

“I carry His name. I belong to Him. I am secure in Him. God will finish what He started.”

End each day by praying: *“Holy Spirit, help me live like I am already Yours.”*

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God’s Word as you pray for each other.