



## **Eph. 3:1-21 "Mystery of Christ" Notes**

**1. V.16 Strengthened through Spirit** - The key to strengthening the inner man is to surrender those as living sacrifices to Him and exercise the spiritual man. How?

- a. **Commit:** Rom. 6-Consider yourself dead (to sin).
- b. **Consume:** Any muscle growth, physical or spiritual, must be correctly fed with the right nutrients and protein to build muscle. Paul says we need to consume the “meat” of the word. As we do that, it informs the inner man’s conscience and gives the Spirit of God the ability to change our desires to match his. (Romans 12:2).
- c. **Condition: V.17a.** The key to muscle growth is tearing down to build up through resistance. Spiritually, it’s exercising our faith by choosing to serve and obey Jesus that the inner man is best built up. How do I do this? All of us have a throne in our heart. Whoever and whatever is on that throne is lord. Romans 6 says we exercise and build up the inner man by **yielding** to what the Spirit says about truth, my priorities, and the human condition instead of what I say. See link for a copy of My Heart, Christ’s Home by Robert Munger.

(<https://ashfieldpresbyterian.org.au/wp-content/uploads/2014/03/My-Heart-Christ's-Home.pdf>)

**2. V.17b-19 Rooted in love.** The only way to have joy/the right heart that lasts.

- a. **Experience God’s love.** Remembering God’s love and how I’ve experienced it.  
**Width** (*as far as the east is from the west*). There is no limit to what He’d do in love.  
**Length:** Before the foundation of time, He knew us and knew He’d die for us.  
**Height:** *As high as the heavens, so great is the Father’s love...* Thankfulness in the highs brings our attention to know God’s love.  
**Depth-** To the depth of our worst despair, hurt, pain. David: Ps 139 *even if I make my bed in the depths, you are there.* V.19- a love that surpasses knowledge is experienced.
- b. **Result:** filled to the fullness of God.

### **Grow Group Questions**

1. How has an online fragmented society damaged the “Mystery” of Christ and the unity it strives for? How can we reverse the trend (What priorities do we need to have)?
2. What does Paul mean when he says “Reckon, or consider, yourselves dead to sin” in Rom. 6:11? How do I do that and why is that the first step at developing the inner man?
3. Why do we need to constantly repeat “Get in the Word” (consume the word)? What role does consuming the word have in building up the inner man?
4. Robert Munger wrote a great allegory about the areas of the home that Christ needs to be Lord over. Did any of them stand out to you as practical for your life and why? The library (the control center of the mind), Dining Hall (where we satisfy our appetites), The Rec Room (what activities we engage in), the workroom, the hidden closet, etc.?
5. What prevents me from turning over the Title Deed to the master?
6. Why is understanding the greatness of God’s love so critical to our walk with Jesus?