

## Ephesians 3.11-21

### 1. Bow your life to Jesus and your knees

### 2. Strengthening come through the Holy Spirit's Power.

*"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit." (Romans 15:13, NASB95)*

### 3. Our inner person needs more attention than we have come to believe.

Being alone with Jesus:

- Being alone with Jesus separates the individual from the crowd
- Solitude gives us space for Jesus to form our soul (inner man).
- Being alone gives us access into the depths of God.

*"Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day." (2 Corinthians 4:16, NASB95)*

### 4. Christ dwells in our hearts through faith

He has taken permanent residence at an exact time.

Christ must be the controlling factor of our thoughts, attitudes, and conduct. He must be our "center."

### 5. We must be rooted and grounded in Christ's love

### 6. You may know the love of Christ, which is beyond comprehension (vv.18-19).

- You can know He loves you because of His Word
- You can know He loves you because of His Spirit
- You can know he loves you by experiencing more of Him in worship, in forgiveness, in serving, in creation, in obedience.
- You know He loves you through loving Him.

*"I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints," (Ephesians 1:18, NASB95)*

## **Read Ephesians 3.11-21**

Let's examine the truth Paul taught in these verses. Truth is only true to us when we apply it to our lives. The application to your life for each truth will be the purpose of this 'extra.'

### **1. Bow your life to Jesus and your knees**

Bowing accelerates humility

Bowing connects our soul to Jesus

Bowing communicates our hearts' deepest desire

Application: Do you get on your knees in prayer or worship? Does your family see you on your knees? What prevents you? How does this physical act communicate your heart's desire?

### **2. Strengthening comes through the Holy Spirit's Power.**

*"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit." (Romans 15:13, NASB95)*

Is there something else in your heart or life that prevents a "filling" of God's Spirit? In what areas of your life where you depend on your own strength and not God's powerful Spirit in you?

### **3. Our inner person needs more attention than we have come to believe.**

Being alone with Jesus:

- Being alone with Jesus separates the individual from the crowd
- Solitude gives us space for Jesus to form our soul (inner man).
- Being alone gives us access into the depths of God.

How are you doing on slowing down to be alone with Jesus?

Do you take time to be quiet and listen to what He would speak to you?

When is a good time(s) during the day you can be alone for several minutes or more?

### **4. Christ dwells in our hearts through faith**

Jesus does not live in our heads. He lives in our hearts. He "dwells" in us. He is always with you.

What does this speak to you today?

### **5. We must be rooted and grounded in Christ's love**

How are you being rooted and grounded in love? Where are you moving outside of God's love?

### **6. You may know the love of Christ which is beyond comprehension.**

I believe God has given us ways with his Word, worship, silence, prayer, and community to know his love. It is a supernatural revelation. When have you known and experienced this lately?