

Our Spiritual Health pt 2

A Study through the book of Ephesians
Ephesians 3:17b-19

As kids, most of us has sang “Jesus loves me this I know” in Sunday School ... so let me ask, “how important is it to our spiritual health to really know and experience Jesus’ love on a daily basis?” We are going to find out that it is crucial! Let’s talk about it.

Our last time in our journey through Ephesians, we studied the first part of Paul’s prayer in 3:14-17, observing how important it is to our spiritual health that the Holy Spirit strengthen our spirit with power for Christ’s abiding presence to be experienced in our hearts by faith.

Today as we come to the second part of Paul’s prayer in Ephesians 3:17b-19 where we find that praying to know the full measure of Christ’ love is also an imperative to our spiritual health.

When it comes to personally knowing Jesus’ love, our passage will show us that there are actually three ways we are to pray for His love is to become known to us on a daily basis.

We are to pray: His love becomes known by realizing the fact of Christ’ love for us, His love becomes known by grasping the scope of Christ’ love for us, and His love becomes known by experiencing the personalness of Christ’ love for us. Let’s see how this is developed in the text.

Ephesians 3:17b ...And I pray that you being rooted and established in love ...

Notice how Paul acknowledges the fact that they are already rooted and established in love i.e. their spiritual life began with, is grounded on and continues in Christ full love for them.

Everything about the authentic Christian life stems from the Biblical revelation of God’s love for us in Christ even before we were saved (see Rom. 5:8, 1 John 4:9, Eph. 2:4-5, John 3:16).

Now that we are saved, we find that the different ways we live out our Christian life, only works when we first add, “Because He loves me...” “Because He loves me, I am saved”, “because He loves me, I have faith”, “because He love me, I overcome”, “because He loves me, I get up when I stumble” etc.

This shows us that the first thing we are to pray for our brothers and sisters as well as for ourselves, is to realize that everything about our spiritual life in Christ, is predicated on the fact that we are being fully loved, from beginning to the end, we are rooted and established in it.

Ephesians 3:18 [And I pray that you being rooted and established in love] may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ.

This prayer is that we grasp the full scope of Christ’ love for us. Since the Scriptures already reveal the scope of Christ love in all four of these ways, we must ask: “Why is prayer necessary for this to happen in us, why don’t we just study it out?”

Our answer comes when we understand the Biblical truth that some things that are taught in our heads do not have the full effect in our lives until they are spiritually caught in our hearts as well. Remember, it's from our hearts is where life springs forth, not our heads (see Prov. 4:23).

There is something concerning the extent of Christ' love for us that God wants to imprint on our hearts so that we will live out its reality.

- The wide love of Jesus is about how He loves and is working on every area of our life.
- The long love of Jesus is about the duration of our life He is committed to fully love.
- The high love of Jesus is about the pinnacle where love will bring us to.
- The deep love of Jesus is about the lowest parts of our life where His love reaches.

Notice this prayer like the previous prayer in v. 14-17 is about having a power encounter with the Holy Spirit. Here we are praying for His power to enable us and to enable our brothers and sisters to grasp on a heart level the full scope of Christ's love for us.

Ephesians 3:19, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

How can someone know something that surpasses knowledge? It sounds like a contradiction, but it is not. We get our answer from investigating what the words “to know” and “knowledge” mean from the original Greek.

“To know” is from the Greek word “ginosko” it means to know something deeply, personally, relationally through an ongoing experience with it.

The word “knowledge” is the common Greek word “gnosis” it implies the kind of general knowledge one can get from a book.

Thus, we are to be praying that we and our fellow believers will begin to experience on a deep personal level things about Christ love that a book can never adequately describe, knowing this will only happen as we encounter His presence by the power of the Holy Spirit.

The goal of realizing the fact of Christ' love, grasping the scope of Christ' love and the experiencing the personalness of Christ' love is to be filled up with the fullness of God.

Being filled with the fullness of God is about experiencing all of God's blessings, all of His promises, all of His transformational workings, all of His Father heart, all of His will and all of His intent for us.

So, I leave us with this directive of Jesus, **John 15:9, “As the Father has loved me, so have I loved you. Abide in my love.”**