

## Key passage

***that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen. Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace. (Ephesians 3:16-4:3 NASB)***

### I. Strengthened With Power

***3:16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man,***

- a. Pray bigger prayers. Pray according to the riches of His glory, not according to the limitations of your mind  
***“Thou art coming to a King, Large petitions with thee bring; For His grace and power are such, None can ever ask too much.”*** —John Newton

- b. First Petition: Power



### c. Internal Struggle

- i. Spirit vs. Flesh; Old Nature vs. New Nature; Old Man vs. New Man
- ii. What you feed thrives and what you starve dies
  1. Feeding our old nature leads to bondage and defeat
  2. Feeding our spirit leads to life, joy, peace, etc...
- iii. Feed your spirit through
  1. Prayer
  2. Time in the Bible
  3. Fellowship with Jesus
  4. Infilling of the Holy Spirit
  5. Fasting
- iv. Deny your flesh by starving it
  1. G.I.G.O. – Garbage In Garbage Out. Be discerning on what you allow into your heart via your eyes and ears.
  2. If in bondage to a particular weakness, fasting may be the remedy.

## II. Christ Dwell In Your Heart Through Faith

***3:17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love,***

- a. 2<sup>nd</sup> petition – Unbroken fellowship with Christ
- b. Note the progression. Strengthened in inner man with power by the Spirit helps overcome the flesh. This leads to “Christ dwelling in our hearts through faith” (Experiencing unbroken fellowship with Jesus). This leads to being rooted and grounded in love



- i. To make sure we continue growth and experience this, we should never hesitate to confess and renounce sin. (Admit it, Quit it, Forget it, and continue to enjoy our fellowship with Jesus)

### III. Comprehend the Incomprehensible

***Eph 3:18 may be able to comprehend with all the saints what is the breadth and length and height and depth,***

***Eph 3:19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.***

- a. 3<sup>rd</sup> and 4<sup>th</sup> petition – Comprehend the love of Christ and be filled up to all the fullness of God
- b. The dimensions of Christ's love
  - i. Width: Jesus' love extends to the entire world regardless of race, color, or anything else
  - ii. Length: Forever. From eternity past to eternity future
  - iii. Depth: As deep as the depths of Jesus' death on the cross. And as low as the lowest pit of our worst and most degrading sin
  - iv. Height: As high as the highest heavens where we are raised and seated with and in Christ
- c. Knowing what surpasses knowledge
  - i. It is intellectually impossible to fully grasp the love of Christ. So vast is it that our limited minds can't totally understand it. However, the longer we spend time with Him the more He will reveal that love to us. It is an intimate knowledge that is known at a deeper level than the intellect.
- d. Filled up to all the fullness of God



- i. Christian Hedonism – God is most glorified in us when we are most satisfied in Him.
- ii. If we are going to be greedy, let's be greedy for more of God. In His presence is fullness of joy. As we pursue God continually we begin to be filled up with His fullness. And however much we have, there is always more!

***Now that you know who you are. Now that you know what you possess. Now that you understand your position – that you are seated with Christ in the heavenly places. Now that you know that power in your inner-man is your birth right. Now that you know how to experience unbroken fellowship with Christ. Now that you have some inkling regarding the love of Christ. How deep it is toward you. How wide, how long and how high. Now that you are being filled up with the fullness of God. Therefore.***

***Therefore, what?***

***Therefore, walk worthy. Lift up your head. Walk worthy of the Lord. Let your walk here on this earth be an accurate reflection of who you really are. No more low living. You are no longer a pauper but you are a prince or a princess. You now have the DNA of the King of all Kings! Walk worthy!***

