

(13) So I ask you not to lose heart over what I am suffering for you, which is your glory. For this reason I bow my knees before the Father, from whom every family in heaven and earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith --- that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

(20) Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

(1) I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

(4) There is one body and one Spirit --- just as you were called to have one hope that belongs to your call --- one Lord, one faith, one baptism, one God and father of all, who is over all and through all and in all.

Think on these things:

- 1) What clue do we find in v.13 about Paul’s present condition? See also Ephesians 4:1.

- 2) Paul says he is praying for this church. What two things is he praying about for “the real you,” that is, your inner being (vs.16-17)? If you believe these are important, is there someone you can identify to pray similarly for?

1. _____

2. _____

To pray for _____

- 3) What is so grand and immense in size that we can’t really grasp it fully (vs. 16b-19)?

- 4) Which is better, or of more value, love or knowledge (v.19)? See also 1 Corinthians 13:1-3, 13. Which of these would most others say better reflects you today...?

5) In the benediction of vs. 20-21, what does Paul say God is able to do for us? Would it be fair to say that our hopes and expectations for God's care are too big or too small?

6) What does it mean to you to "walk in a manner worthy of your calling" (v.1)?

7) Paul now adds his thoughts about that in vs. 2-3. What inner, personal qualities that fit the Fruit of the Spirit (Galatians 5:22-23) does Paul say fit this expectation? And what two outward expressions of social engagement does he identify?

Inner - _____

Outward - _____

8) Let's identify all the "one's" listed in vs.4-6.

One Body (1 Corinthians 12:27) _____

One Spirit (Acts 1:8 and 2:38) _____

One Hope (Titus 2:11-14) _____

One Lord (Romans 10:9 and 1 Timothy 2:5) _____

One Faith (John 14:6) _____

One Baptism (Matthew 3:11) _____

One God & Father _____

People and situations I want to pray for this week: