

(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.

He appears to be in prison as he writes to the Ephesians.

- 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. That it would be strengthened with power through His Spirit.

2. That Christ might dwell in your hearts by faith.

To pray for **(personal responses, not necessarily shared).**

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

God’s love!

- 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...?

“The greatest of these is love!” --- Personal response about knowledge or love.

- 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?

More than we can ask or think! Most people don't live as if God's enormous resources can provide everything we need for life (i.e., their expectations are kind of small).

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

Personal opinions. One idea: to live and speak in such a way that it pleases Him so that He will say to me, "Well done...come!" when I meet Him after death. To not "mess up" and live in fear that at that meeting He will express His disappointment for my failures.

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 – **humility, gentleness, patience**

Outward – **bearing with (putting up with) one another in love. Being "eager" to maintain the unity of the Holy Spirit in peace.**

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

One Body (1 Corinthians 12:27) **Body of Christ (the Church)**

One Spirit (Acts 1:8 and 2:38) **The Holy Spirit**

One Hope (Titus 2:11-14) **Hope for deliverance, salvation and resurrection.**

One Lord (Romans 10:9 and 1 Timothy 2:5) **Jesus Christ, Lord and Savior**

One Faith (John 14:6) **Accessing God ONLY happens through Jesus**

One Baptism (Matthew 3:11) **Baptism by the Holy Spirit, cleansing and empowering.**

One God & Father **Our Father God (known as Yahweh or Jehovah)**

People and situations I want to pray for this week: