



## EPHESIANS 3:14-21 WEEK 4

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

Paul prayed this rich prayer over believers as an overflow of the Gospel found in Eph. 1-3. All month we'll work out our souls in this prayer, praying it over ourselves and those we love. Our focus for Week 4 will be verses 17b-19... His Love.

### 1. Warm up... Write from memory...

After praying and meditating on Ephesians 3:14-21 daily for three weeks, you will probably be surprised at how much of it is stored in your memory. So, write it out as best you can based on memory. Once you are done, compare it with the verses.

### 2. Praying the Prayer Every Day with Thanksgiving...

For three weeks we have been daily praying this prayer for ourselves and others. This week as you pray, stop along the way through the verses and thank God for these amazing privileges that we get to experience in Him.

- Every day read Ephesians 3:14-21 out loud as a prayer over your life, inserting "I" "me" "my" etc. where appropriate.
- Every day read Ephesians 3:14-21 out loud as a prayer over someone else. Insert their name where appropriate.

*\*Pray for a new person each day, or pray for the same person each day. As a blessing, let him/her know you are praying for him/her.*

### 3. Rooted

Verse 17a prays into being **"rooted in love."** Roots are essential for life as they cause stability, store food and carry nutrients. In light of that, consider the meaning of this prayer for your life as you ponder and journal about the following:

- Are there parts of my life that are unstable? How could God's love root me in greater stability?
- What expressions of love do I need to nourish my soul? How convinced am I that God's love is my best source?
- If I am rooted in God's love, then I will have a continual supply of His love flowing into my life. In what ways do I already experience His love? In what ways do I long to experience it more?

### 4. Comprehend the Breadth, Length, Height, Depth

This month as I have prayed Ephesians 3:14-21 over my own life, every time I landed in verse 18 and saw these four words: **breadth, length, height and depth**, the Holy Spirit would lead me to pray this way... **"God help me to comprehend how much (breadth) You love me, how long (length) You have loved me, the heights (height) You will climb to show me Your love, and the depths (depth) You will reach into to rescue me with Your love."** Even though I've been repeating this prayer day after day, every time it has been very meaningful. So, join me in praying this over your own life, asking for comprehension of God's love in these four ways, beyond what you have experienced before. Journal your prayer.

- *how much (breadth) You love me*
- *how long (length) You have loved me*
- *the heights (height) You will climb to show me Your love*
- *and the depths (depth) You will reach into to rescue me with Your love*

### 5. "To know the love of Christ..."

Verse 18 prays into way more than knowing the fact that God loves you. Verse 18 prays into experiencing His love! In fact, the original word for **"know"** in this verse is the Greek work **"ginosko"** and one of its definitions is related to the intimate experience of a husband and wife sexually 'knowing' one another. That kind of intimacy definitely goes beyond head knowledge and helps us to see that God wants us to be in deep relationship with Him, secure in His love, experiencing it fully, beyond what we could imagine. Using your Color Sheet, first write some of the aspects of God's love that you have personally experienced in the box labeled 'His Love'. And then, write out some others that you would like to experience. As you color the word **'Beyond'** pray about those things.

6. Use the Scripture Prayer Image to pray into verses 17b-19 as you seek to know and be filled with God's love.