

**PRAYER**

- Invite Jesus to dwell in your heart and strengthen you in your walk with Him.

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- Ask God to open your heart and make it ready to receive of His love as He reveals it to you.

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**CONNECT**

- What lesson in school did you find most challenging to understand? What did you do to learn it?

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- When you were a kid, what kind of help do you usually ask from your parents? Why did you need their help?

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**WORD**

**WHAT**

What does the Bible say?

**<sup>16</sup>I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup>so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup>may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup>and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.**

**Ephesians 3:16-19**

The Apostle Paul was concerned that his “sufferings” (Ephesians 3:13) might cause discouragement to the Ephesian Christians. He knew that they could see that and think that God’s love does not automatically mean that He cares. Paul addressed the concern by encouraging the Ephesians to pray for the power of the Holy Spirit.

At times, we, too, catch ourselves thinking about why bad things happen to good people. Worry and fear can poison our hearts when we magnify these negative things. Our antidote, however, is the Spirit’s power. When no human word is enough to encourage us, the Holy Spirit is more than able to lift us up. How can the Spirit help us in times of crisis?

- **Pray for the power to strengthen our inner being.**  
A Christian’s life, though not crisis-free, is crisis-proof. What does the Holy Spirit do for us? What does it mean for Christ to “dwell” in our hearts?  
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- **Pray for the power to grasp God’s love.**  
The vastness of God’s love for us is beyond our comprehension (v.19). We may not totally understand it, but we can know that we have it. How does the Apostle Paul describe the love of Christ (v.18)? Why do you think we need to pray for power to grasp God’s love? What does the knowledge of His love do for us (v. 17, 19)?  
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**SO WHAT**

What is the relevance of the Word to my life?

- What things do you think could be hindering you from understanding God’s love? What difference can understanding His love do in your life?

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- What insight struck you most from this lesson? Why is it significant to you?

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**NOW WHAT**

How do I apply the Word to my life?

- What passages from the Bible can you meditate this week to help you grasp God’s love more?

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- What one thing can you do this week to apply what you’ve learned?

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