

October 15 - Ephesians 3:14-21

Opening

What is one low (negative thing) that happened to you this past week? What is one high (positive thing)? Write them down. If you're meeting with a group, take turns sharing them with one another.

Where have you seen the Holy Spirit at work in your life over the past week?

Name a time when you came to understand God's love more deeply.

Prepare

Spend 1 minute in silence (time yourself!) to center yourself and prepare to hear God's Word.

Read

Read Ephesians 3:14-21 twice. If you are in a group, have two people read it, one after the other, with a brief silence in between. As you read and/or listen, look for a word or a phrase that catches your eye or moves your heart. Circle it or jot it down. Linger over it and give it your attention. If you are in a group, take turns sharing your word or phrase and what it means to you.

When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

Reflect

What does being empowered with inner strength through the Spirit feel like to you?

How do you go about growing roots down into God's love?

What might it be like to be made complete with all the fullness of life and power that comes from God?

Pray

Spend time in prayer for yourself and others. If you are meeting in a group, share prayer requests and pray for one another. Consider praying for one another a deeper understanding and experience of God's love.

Practice

Then Christ will make his home in your hearts...

Each day this week, set aside time to welcome the presence of Christ. Here are some ideas to try:

Meditate on Revelation 3:20 (NLT) - *Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.*

Look for a way, large or small, to show hospitality to someone.
Welcome one another, therefore, just as Christ has welcomed you, for the glory of God.
-Romans 15:7

Pray the "Breastplate of St. Patrick" each morning when you wake up:

Christ beside me, Christ before me, Christ behind me,
Christ within me, Christ beneath me, Christ above me,
Christ on my right hand, Christ on my left,
Christ where I like, Christ where I sit, Christ where I rise.
Christ in the heart of all who think of me,
Christ in the mouth of all who speak to me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Closing blessing

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think!