



It Starts Within

January 12 & 13, 2013

[Ephesians 3:16-19](#)

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ 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)

Consider & Discuss

1. How are your 2013 resolutions going?
2. Why do you think it's so hard for us to keep our resolutions?
3. What do you think of the concept of a battle between your heart and your hands? Can you think of any examples in your own life?
4. Are there any areas of your life in which you believe or live like you believe that God can't or won't "do more"? What do you think is behind our lack of confidence in God's ability or desire?
5. Read [Ephesians 3:16-19](#). How would you explain the concept of faith to someone for whom it is a new idea? Can you think of any non-religious examples of exercising faith? How does faith differ from intellectual assent?
6. What do you think Paul means when he talks about Christ dwelling in our hearts through faith?
7. How would you explain the difference between knowing God and experiencing God?
8. How do you think this passage can help us grow in our confidence in God's ability and desire to "do more" in our lives?

Live It

1. [Ephesians 3:16-19](#) is a prayer that Paul prayed for the people of the church at Ephesus. Read it every day this week and turn it into a prayer for yourself and others.
2. Spend some time each day praying about any areas of your life in which you are doubting God's ability or desire to do "immeasurably more than you ask or imagine."
3. Prayerfully consider whether or not Christ is dwelling in your heart through faith. If not, what's standing in the way? Reach out to someone who is further along in their spiritual journey and ask them to help you work through your doubts and fears.