

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ 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, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Ephesians 3:14-21

Cultivating the Inner Life

Ephesians 3:14-21



³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with **every spiritual blessing** in the heavenly places

⁷ In him we have **redemption through his blood**, the **forgiveness of our trespasses**, according to the riches of his grace,

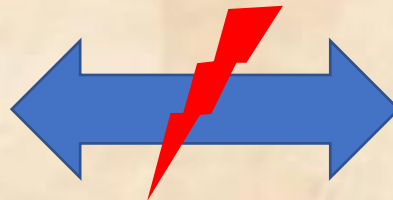
¹¹ In him we have obtained **an inheritance**...

and what is the **immeasurable greatness of his power** toward us who believe, according to the working of his great might

PART ONE
CHAPTERS 1-3
Doctrine
ENLIGHTENMEN

T

"Therefore...."



Chapter 3:14-21

Transition

ENABLEMENT

PART TWO
CHAPTERS 4-6
Practice
ENGAGEMENT



Source:https://news.gympass.com/en_US/couple-workout-partner-workouts/

The Rise and Fall of New Year's Fitness Resolutions, in 5 Charts

The January gym spike is real, but it drops off just a few weeks later, according to data from location and fitness apps.




Source:
<https://www.bloomberg.com/news/articles/2019-01-16/here-s-how-quickly-people-ditch-weight-loss-resolutions>

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2023

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January 17, 2023
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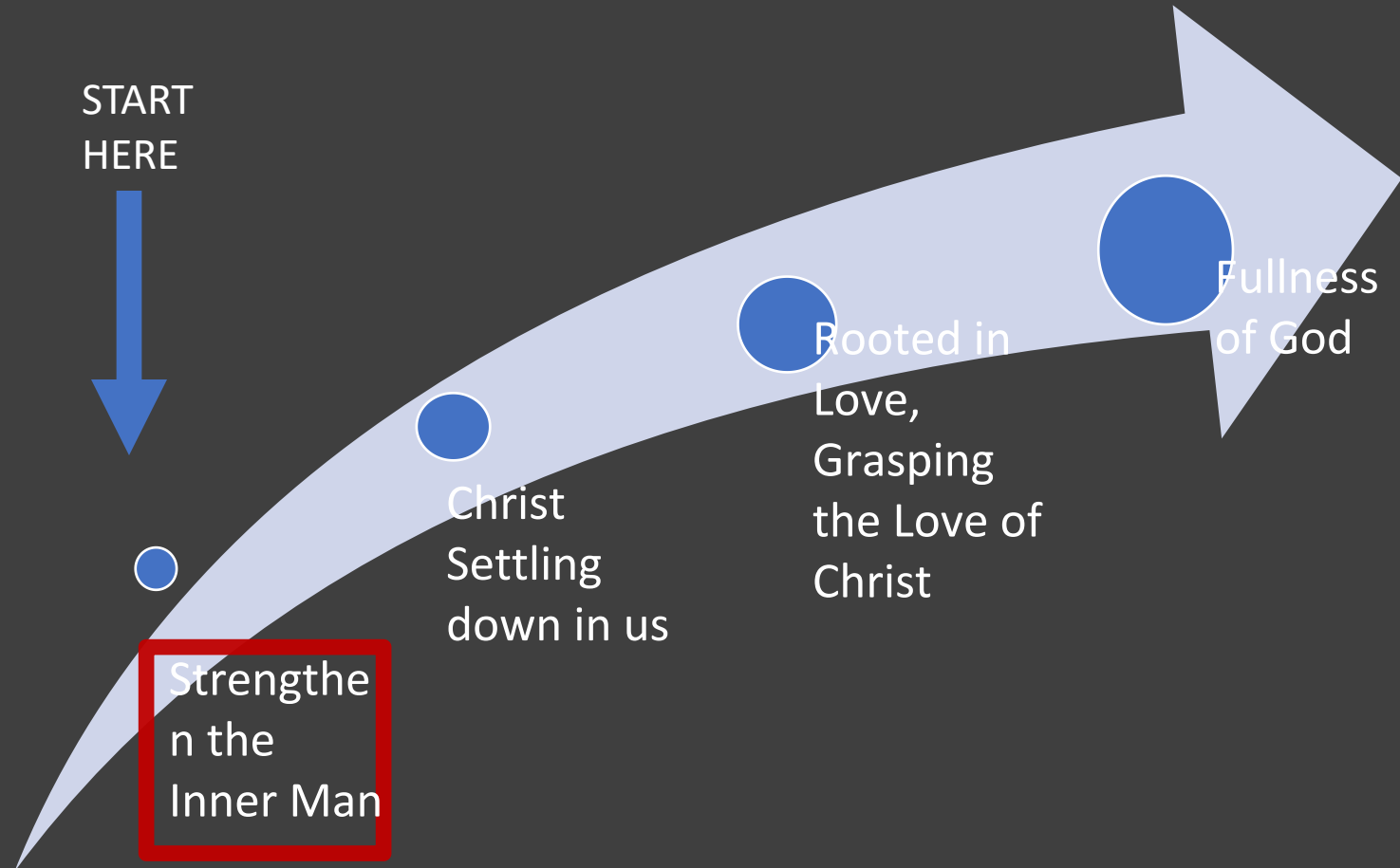

MUBADALA

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be **strengthened with power through his Spirit in your inner being**, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

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Ephesians 3:14-21


Unleashing the power - Chain Reaction



Inner Man

¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being

Eph 3:16



HEART
Mind
Will
Emotions

Watch Over your heart.

- Wellspring of life!
- Everything you do flows from it.
- the seat of your deepest trust, commitments, and loves...

“What the heart most loves and trusts, the mind finds reasonable, the emotions find desirable, and the will finds doable.”

(Tim Keller)

“Love the Lord your God with all your heart
and with all your soul and with all your mind”

Matthew 22:37

“So we do not lose heart. Though our outer self is wasting away, our
inner self is being renewed day by day.

2 cor 4:16



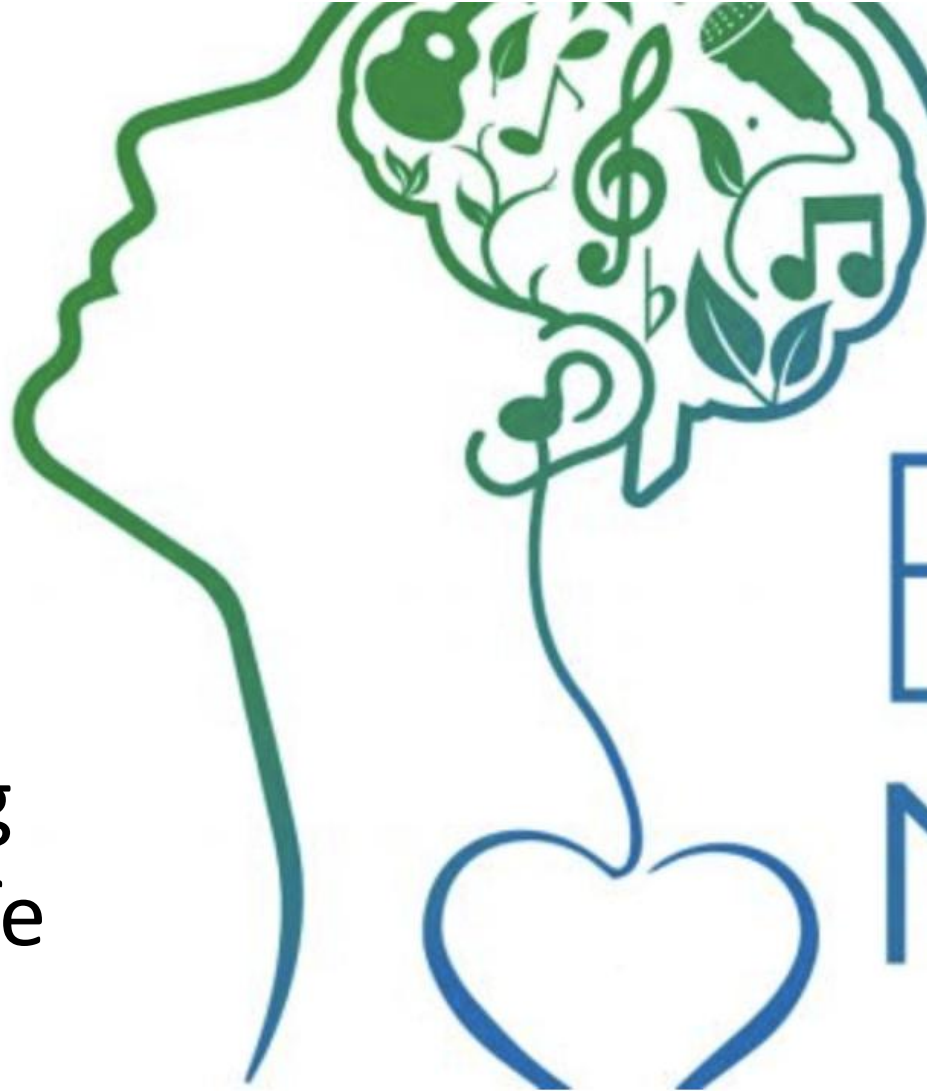
Medical Aesthetics Industry = \$9.4B

Fitness and Wellness = \$160B

Beauty Industry = \$511B



A Strong
Inner Life



Yielding to the work of the Spirit...

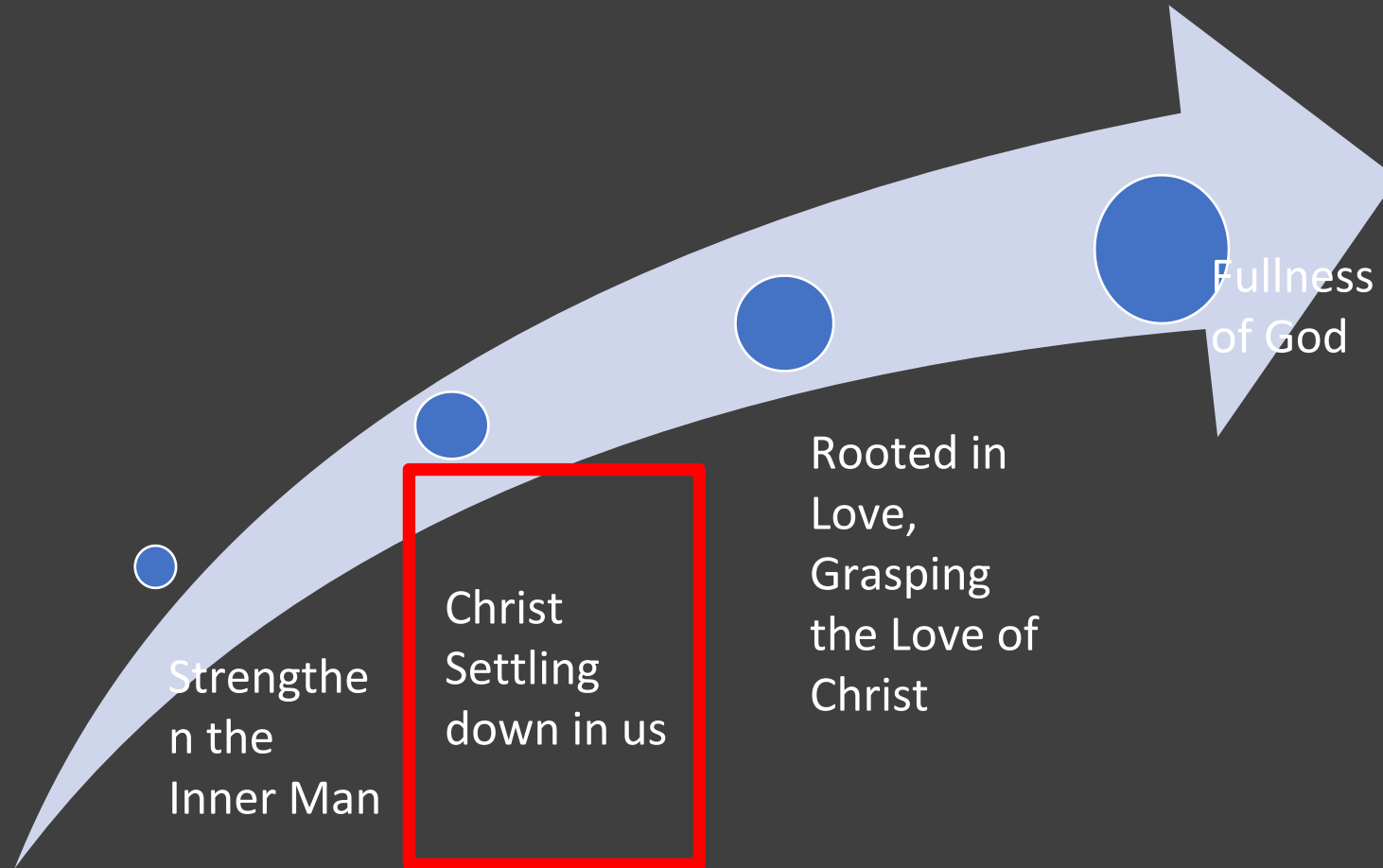
“

- “But you will receive ***power*** when the Holy Spirit comes on you...”
(Acts 1:8)

“²⁶ “When the Advocate comes, whom I will send to you from the Father—the ***Spirit of truth*** who goes out from the Father—he will ***testify about me.***”

(John 15:26)

Unleashing the power - Chain Reaction



We are Christ's dwelling place!

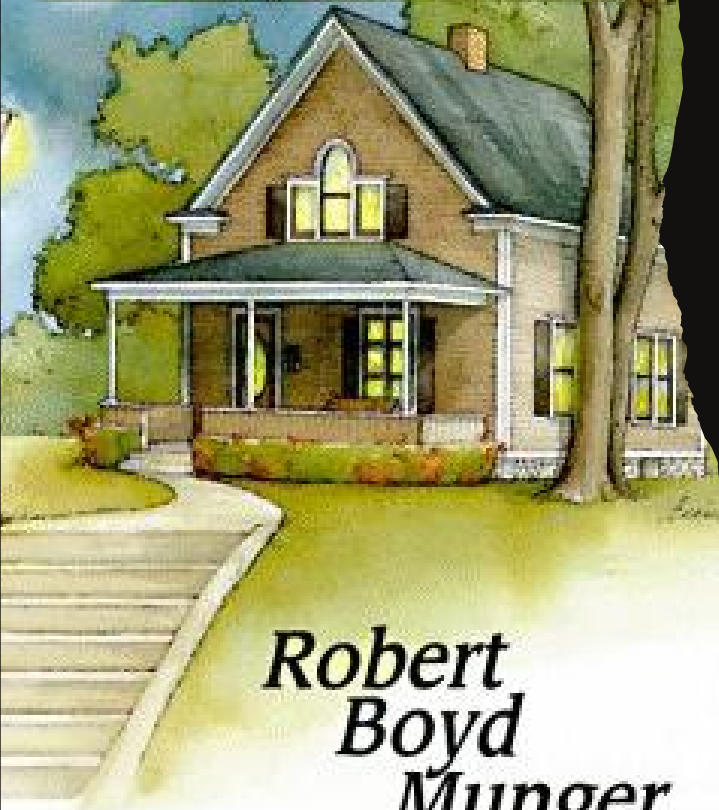
- ²³ Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and *make our home with them.*”

• John 14:23

Greek Katoikeō = To Dwell or Settle Down

“That Christ *may settle down and be at home* in your hearts by faith.”

MY HEART- CHRIST'S HOME



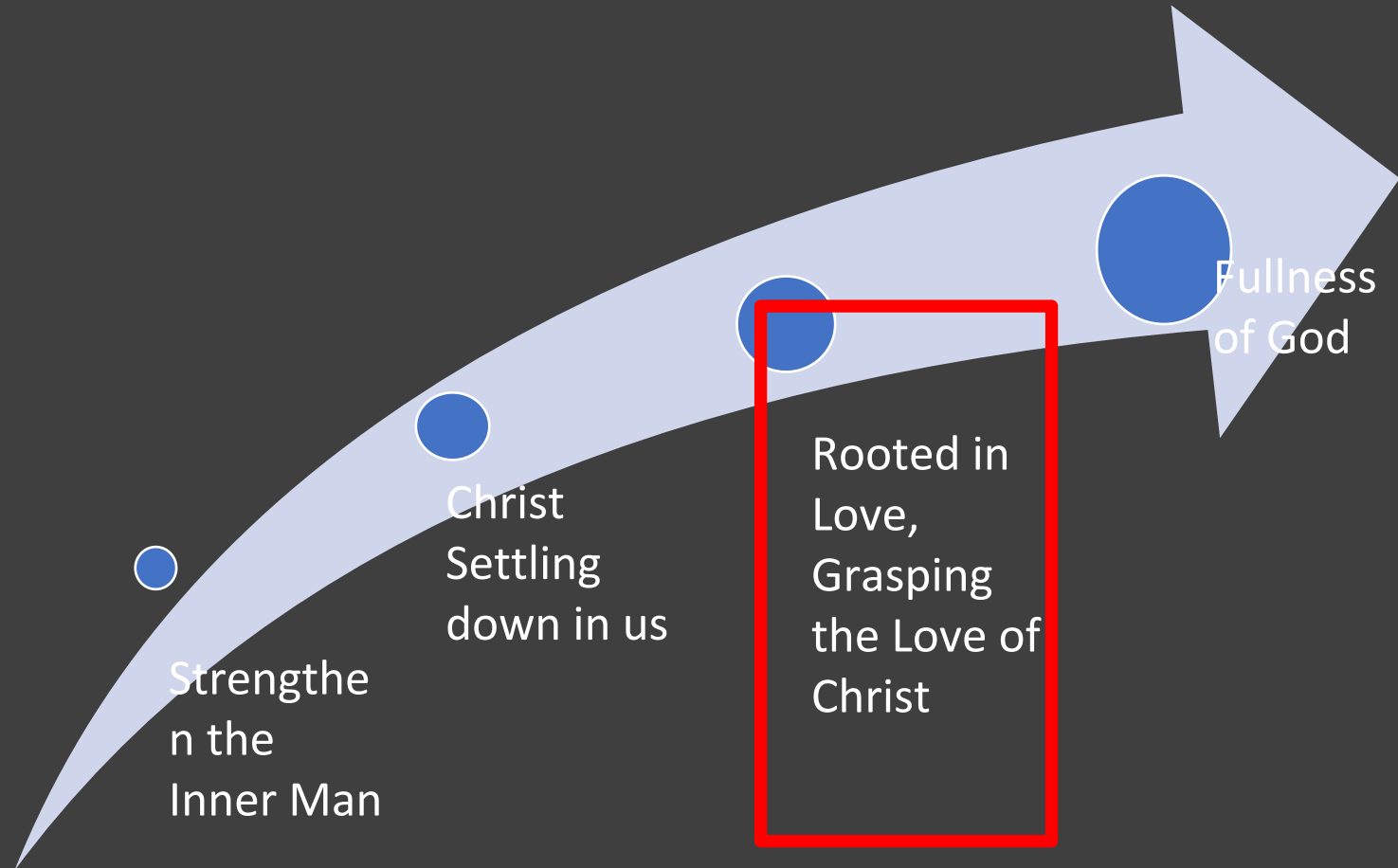
**Robert
Boyd
Munger**

illustrated by Andrea Jorgenson

¹⁷ so that Christ may
dwell (*settle down and
be at home*) in your
hearts through faith



Unleashing the power - Chain Reaction



... may have strength to comprehend with all the saints what is the



BREADTH

AND



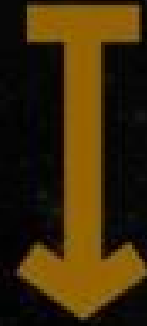
LENGTH

AND



HEIGHT

AND



DEPTH

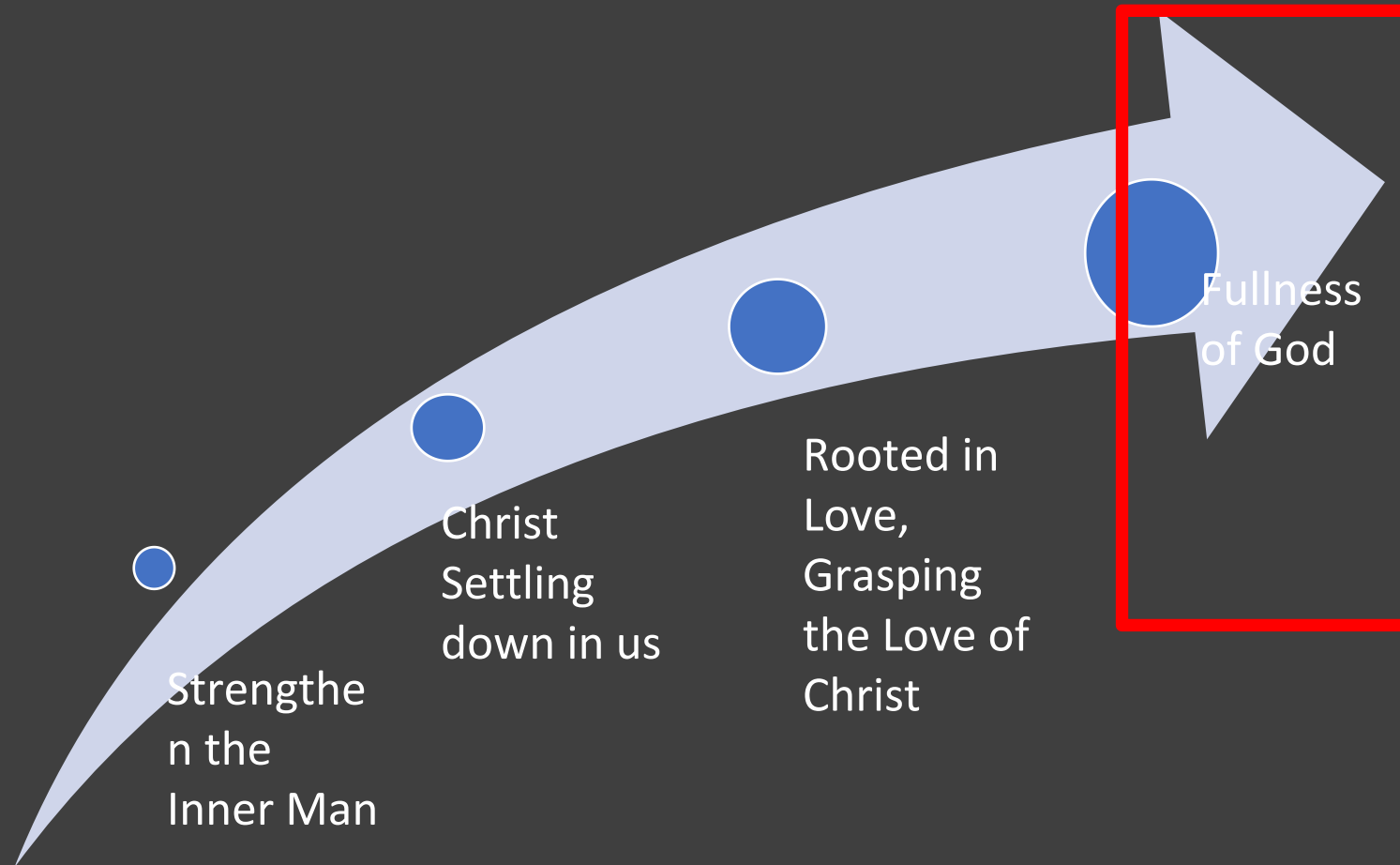
and to know the love of Christ that surpasses knowledge,
that you may be filled with all the fullness of God.

EPHESIANS 3:18-19

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

Eph 3:17-18

Unleashing the power - Chain Reaction



Reflecting
Representing
Relating



Source: <https://www.crosswalk.com/faith/spiritual-life/what-it-really-means-to-be-a-man-of-god.html>

How's your fellowship with Christ today?

“We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our *fellowship* is with the Father and with his Son, Jesus Christ.”

1 John 1:3

I have this against you....

⁴ Yet I hold this against you: You have *forsaken the love you had at first.*

⁵ Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place. ⁶ But you have this in your favor: You hate the practices of the Nicolaitans, which I also hate.

⁷ Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.

Revelations 2:4-7