



# MESSAGE NOTES

## To Know from Experience

Ephesians 3:16-21 and Psalm 34:8

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### **Ephesians 3:19 “To know this love that surpasses knowledge.”**

*In Ephesians 3, Paul prays that Christ may dwell in your hearts through faith—that you, 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 3:17 —19 NIV).*

#### **1. Powerful inner strength through love**

Ephesians 3:16-18 “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,

#### **2. Understand that God’s love surpasses knowledge**

Ephesians 3:19 “and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Psalm 34:8 “taste and see that the LORD is good; blessed is the one who takes refuge in him.”

#### **3. There are no limits to his power at work within us**

Ephesians 3:20-21 “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

#### **Conclusion:**

In order to be rooted and grounded in the faith we need to experience the Father’s love for us first hand.

May you also be filled with God’s power in your inner being rooted and established in love.