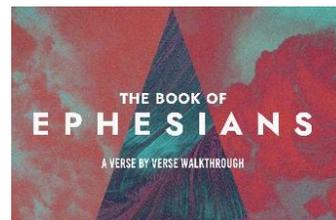


Title: Ephesians, Week 7, Fill Me Up

Speaker: Kevin Norcross

Passage: Ephesians 3:14-12

Big idea: In order to bring Glory to God, you must be filled with God in these 4 ways.



Please turn to Ephesians 3:14-21. These 6 verses in Ephesians are a prayer by Paul to God for the Ephesian people. It is a prayer for them but also for the church in general across the world. He is praying for them that they may bring Glory to God by being filled with God.

This is a great example of prayer to us and there are many truths that we can take from this prayer.

### Ephesians 3:14-21

<sup>14</sup>For this reason I kneel before the Father, <sup>15</sup>from whom every family in heaven and on earth derives its name. <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 Lord's holy people, 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. <sup>20</sup>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, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

## BIG IDEA

In order to bring Glory to God, you must be filled with God in these 4 ways.

Big Idea: In order to bring Glory to God, you must be filled with God in these 4 ways

These 4 ways are a bit of an overview of the ways outlined in this prayer and there are many other ways to be filled by God.

I will give you the 4 ways as we dive into this prayer and learn from it

<sup>14</sup>For this reason I kneel before the Father, <sup>15</sup>from whom every family in heaven and on earth derives its name.

“For this reason” refers to the previous verses in this book.

Even though Paul is in prison because of his teaching, and despite all the hardships he is facing. Paul is saying that he cares deeply for the Ephesian people and wants to serve them and wants what is best for them. Last week we learned about ways that we can live a grace filled life.

Paul continues his ministry to the Ephesians by praying for them. Paul is encouraging the Ephesian people and he cares deeply for them and desires that they grow in their spiritual health.

He kneels before the Father. He does this in reverence; God is huge and vast and important. He approaches God with humility. Standing was a normal posture, but kneeling was an act of submissiveness and respect.

Before the father is Face to face. This points to the relationship that he has with God. This can only come through Jesus and His work on the cross which gives us access to the Father.

This is a great example of how we should approach God in prayer: Kneel, Face to face

I encourage you in your praying to God to approach him with humility, awe, submissiveness and also recognize that you can also approach God face to face, in relationship, because of the work that Jesus did on the cross

<sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, His glorious riches are vast and massive and grand. God has so many glorious riches that he can pour out on His people. When you look to God for strength, know that he has the resources to provide. We all need strength each and every day to live for God and to love Him and to serve Him.

Not just a one-time thing, but an ongoing strength that we need from God through His Spirit.

When you buy a car, you need to put gas in it for it to work. You don't just fill it up once and hope that it will never run out. Every time that gas light comes on, you need to fill it up.

In your relationship with God, you need to rely on Him for strength and keep asking him to fill you over and over and over. It is a strength that comes from within "inner being".

We see here the difference between our inward self and outward self. When you see someone who is strong it is what you see on the outside that defines their strength.

Paul is talking here about an inward work of the Spirit inside each one of us that makes us strong. This strength comes as you are renewed daily by God.

We live in this world, and we are bombarded constantly by evil and lies. These things are in your face constantly day in and day out. In order to not only survive, but actually thrive and function the way God has intended for you, you need to put yourself in a situation where you can be renewed by God. You need to give God the time and the space to pour into you. You need to read scripture, memorize it, be absorbed in it. You need to pray and communicate and write and reflect and listen. You need to sing and offer praise and worship to God.

I would encourage you to find time each day for a dedicated one on one time with God and look for more opportunities throughout the day to be mindful of Him and build that relationship with Him. Look for opportunities for God to fill you with strength throughout the day from his vast and glorious riches.

Recognize that God has all these glorious riches that He wants to pour out on you and strengthen you in your inner being so that you can Bring Glory to God.

This past week we drove to Myrtle beach. It was a 15-hour drive and we drove straight. I didn't want to stop. I wanted just to keep going. I looked at the arrival time that google maps said and I just wanted to beat that time and get there quicker. But bit by bit, that gas gauge kept going down and down and eventually we had to follow the signs and the warnings and put another 150 in the gas tank and let everybody get out and get food and use the bathroom. I didn't want to stop and give the time and space and investment into keeping the car going and prolong the trip even more, but if I didn't, then we would be stuck at the side of the road and never reach our destination.

You need to find your spiritual gas gauge and stop ignoring the warning signs and set aside time to spend with God and be renewed by Him and strengthened by him in your innermost being. I challenge you that depending on where you are at in your journey with Christ, to look for ways to be strengthened by God.

In order to bring Glory to God, you must be filled with God by being **STRENGTHENED BY HIM** in your innermost being.

In order to bring Glory to God, you must be filled with God in these 4 ways. First one is **Strengthened by Him**.

In order to bring Glory to God, you must be filled with God by being **STRENGTHENED BY HIM** in your innermost being. Spending time with Him.

Being filled by Him. Relying on Him for your strength. Daily being renewed by God.

<sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,

As you make time and space to grow in your relationship with Christ, you learn that Christ dwells in your heart  
As a Christ follower, keep trusting, believing through faith that He will continue to dwell within you and more and more take up residence in you.

When the kids were young, Kylie and I would ask them: “where does Jesus live?” and they would point to their heart.

Super cute right? Yes, but this is a profound truth that we need to take hold of.

It is amazing that Christ dwells in your innermost being. Relationship with God is not at “arms length” but it is close and all in. God wants to strengthen you from within, deep down in your heart, to the deepest parts of your soul, down to your core.

My daughter, Jayla had a volleyball tournament a few weekends ago. They played hard and played lots of games and the next day she noticed that her abs were hurting. All that focus and physical activity had an impact on her core muscles. God wants to be so close to you way down deep in your core.

As you live for Him and get to know Him and discover more things about Him, it should have an impact on your very CORE. That He would Dwell deep down in your heart.

There is a difference between inviting a guest over to your house and someone moving in. Having a guest over to your house can be stressful.

Have you heard of the CHAOS excuse? Can't Have Anyone Over Syndrome! Your house is too messy, cluttered, unorganised, and chaotic that you just can't have anyone over. What would people think if they saw how messy my house is? Especially with little ones ...

Want to know the secret to getting your house cleaned up once a week? Start a small group! That's right ... when you know that people are coming over, it is great motivation to get things cleaned up and prepared.  
When you are having guests over, you want to show them a great time and clean things up and have a nice atmosphere for connecting and relationship building Put out snacks and drinks and be hospitable and make those people coming feel welcomed and honoured. It is a great evening of being hospitable, studying God's word, connecting relationally and then everyone goes home and you have this great sense of accomplishment.  
There is a start time and a finish time and then everyone leaves.

Kylie and I have had guests in our home, and we have also had people move into our home. There have been a few young adults, bible college students, people who need a place to live for a season along the way.

Preparation for someone moving in and “dwelling” in the house is quite different. There is way more preparation and it is a bigger change. Getting the room ready, bedding, etc. Thinking through what it will look like having another person living with you and mixing into your family routines. Knowing that this person is really going to see what your family is all about and see you for who you are. There is a bigger sacrifice, but also a deeper level of relationship that is built. You get to know them really well and they get to know you really well. You spend more time together than the once-a-week small group.

God not only wants to come over and visit with you, but He wants to ***dwell*** in your hearts. He wants deeper and deeper connection with you. I challenge you that depending on where you are at in your journey with Christ, to move towards Christ dwelling in your heart in a deeper way.

In order to bring Glory to God, you must be filled with God in these 4 ways: the second one is that He may [Dwell in your heart](#).

In order to bring Glory to God, you must be filled with God by inviting Him to **DWELL IN YOUR HEART**.

In order to bring Glory to God, you must be filled with God by inviting Him to **DWELL IN YOUR HEART**.

- Inviting Him to visit and prepare for that time spent together.
- Move towards him taking up residence in your heart and being there long term.
- Dwelling in your heart is much deeper than Him just visiting.
- We all need to move towards being as hospitable, and thoughtful as possible as Christ lives and dwells in our hearts.

<sup>17</sup>so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, The next part of verse 17 says “Rooted and established in love”. This is another way to be filled with God. Rooted deep in the love of God Taking the time to dive into scripture and into the things of God so that you can know Him in a deep way.

Recently we had a windstorm here in London. I saw signs all over the city that were blown over and destroyed. I wondered how our sign out front was doing and as I drove by the church I was thankful that it was still okay. The reason that it is okay is because we drove long metal stakes way down deep in the ground on an angle that is able to keep it in place even in a big storm.

This is what Paul is praying for the Ephesian people and what we need today, that your relationship with God will grow deeper and more established.

Like a big tree that goes up tall and spreads out wide, the only way to have a tree that way and stable, is to have a deep root system.

How does this happen? Through time, water, sun, nutrients and care.

As a Christ follower, I encourage you to be rooted deep in the love of God. Each and every day do things that encourage growth in your spiritual root system.

I challenge you that depending on where you are at in your journey with Christ, to move towards being rooted deeper in Him. In order to bring Glory to God, you must be filled with God in these 4 ways. The third one is that to be **rooted in Him**.

In order to bring Glory to God, you must be filled with God by being **ROOTED IN HIM**.

In order to bring Glory to God, you must be filled with God by being **ROOTED IN HIM**.

- Every day look for opportunities to grow deeper in relationship with God.
- Provide good healthy nutrients, sun, water and other things to encourage spiritual growth.
- Focus on going deeper in the things of God.
- Recognize that a deep root system will help you endure the storms and difficulties of life.

**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,**

"Power together with all the Lord's holy people" - the Christ followers today and those who have gone before us. There is a rich heritage that has gone before us. You are not alone. There are many other Christ followers who are around you and a part of your church. We are a part of something vast and amazing.

I remember growing up going to youth group, my youth was like 100 people which was big, but it was small compared to the number of students at my high school. Sometimes at school I felt like I was alone in this Christian thing and that not many people lived the way I lived. Even at my youth group, it felt like there was no one else like us and we are all alone in this. I remember that my faith was built and encouraged when we would go to youth convention. Once a year we would go to youth convention, and it was all the youth groups in the denomination would gather at Queens university for the weekend and we would stay on campus and have services in the hockey arena. There were over 5,000 students there and I remember that feeling of worshipping together with so many others. I am a part of something bigger!

This is a reminder in this scripture that you are not alone. Gathering together here on a Sunday is so helpful to your spiritual perspective or if you are online, please get together with other Christians because we need to know and be reminded that we are a part of something bigger than ourselves. There is power in knowing this.

There is something amazing and powerful that happens when God's people get together and worship Him, praise Him, and learn together about Him. It is more than an emotion or a feeling, it is a power spiritual breakthrough moment as you a part of something bigger and your faith is built up and you are encouraged.

**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,**

The second part of this verse "to grasp how wide and long and high and deep is the love of Christ,"

As we gather together and as you focus on God on your own, we begin to grasp how amazing the love of Christ is. This part of this prayer is an encouragement to dive into the things of God. The love of Christ is incomprehensible, vast, beyond understanding, inexhaustible.

As a Christ follower we have the opportunity to grasp it, get a glimpse of it, to try in some way to wrap our mind around this love that Christ has for us. Even just to perceive it or comprehend it a bit. That is why it is a day-by-day process.

Understanding that everything you need is in Him. Too many times we search outside the love of God for purpose or fulfillment. By doing this, you will come up short and you will find hurt and emptiness. Only within the love of Christ will you find what you need.

Each and every day take the opportunity to grasp Him, to take hold of him a little bit more. I challenge you that depending on where you are at in your journey with Christ, to look for ways to grasp his love.

In order to bring Glory to God, you must be filled with God in these 4 ways. The fourth one is that to **grasp His love.**

In order to bring Glory to God, you must be filled with God by looking for ways to **GRASP HIS LOVE.**

In order to bring Glory to God,  
you must be filled with God by  
looking for ways to **GRASP HIS  
LOVE.**

- Spending time with Him.
- Being filled by Him.
- Looking to Him as your source.
- Recognizing how big and vast His love is.

<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. Here he is trying to explain this love and says that it surpasses knowledge. He is trying to explain the unexplainable.

This love of Christ is beyond our mind's comprehension. It is like trying to measure the unmeasurable. God is inexhaustible ... cannot be explained because He is unexplainable.

Some of these concepts on earth that are unexplainable:

- As far as the east is from the west
- Grains of sand on the beach
- Hair on your head (well mine is easy)
- Weight of the world

Again, this is not a one-time deal but a daily pursuit. Being filled with God is an ongoing day to day process.

Like food for example: You can't just eat a meal once a week and survive. Food is a routine throughout the day driven by what your body needs, and time allows for.

Spiritually, you can't just eat once a week and then suppress that spiritual hunger by filling it with different things.

In order to be filled to the measure of all the fullness of God, you must DISCIPLINE yourself and strive for it!

Too many times Christians think that you will just perhaps possibly, by chance stumble on it, or fake it, or perhaps grow in it, or possibly progress in it, or by some chance find it. That is not how it works.

Satan, the enemy of your soul is doing everything and anything that he can to keep you from it. Satan's mission is to keep you from growing in the love of God.

The Holy Spirit in contrast is working at drawing you, calling you, nudging you, encouraging you. It is a battle, and it is on you to fight and strive and run after the things of God. It is on you to call out to God when you are hurting and in need and struggling and failing. It is on you to put yourself in the right situation to grow and discover and grasp and take hold of the love of God.

Discipline yourself each day to consume the love of God and refuse to take any substitute for it. Get full of God each day and develop a healthy daily diet of the love of God. If you have ever eaten at a nice restaurant or gone to a friend's house and had a really tasty meal. That sticks with you, and you remember that. That meal becomes the standard for good food that you compare other foods to. The bland and boring food that you eat seems kind of lame in comparison to that special meal.

Sometimes we get satisfied with a diet of lame spiritual food, or a substitute for the things God that is boring and dull. This scripture should remind you and inspire you that God has something new, fresh, amazing, tasty, nutritious, satisfying, and authentic, precious, and powerful for you each and every day!

To grow and develop each and every day in the full measure of the love of God and his vastness that is incomprehensible.

Remember that when you are in Christ you are living the full life. Despite world issues, health, emotions, struggles, finances, there is a deep love of God that is yours to discover. Nothing else in this world is constant and secure and reliable as the love of Jesus.

I hope that you are hearing the truth in God's word today and allow that truth to get deep down in your heart and drive away fear, worry, doubt, chaos, turmoil and allow the fullness of God to overtake your innermost being.

Again ... not just this one powerful moment, once a week, but a daily routine of it. Daily where you press through distractions and pursue God. Daily where you overcome bad moods and pursue God. Daily where you eliminate excuses and pursue God. Daily where you adjust busy schedules and pursue God. Daily where you find yourself at the foot of Jesus saying God, I want to be filled to the measure of all the fullness of God.

**<sup>20</sup> 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, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.**

The point is that God gets the glory.

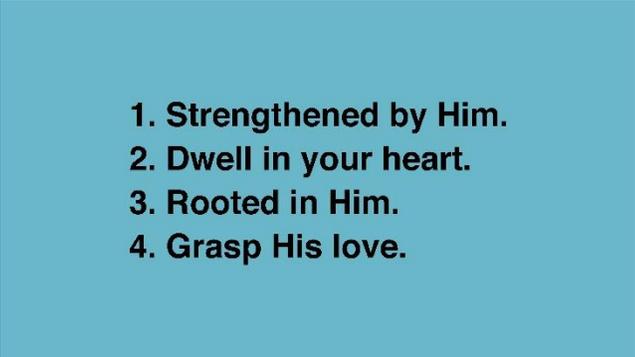
We get full of God so that we can reflect Him in this world, and He gets the Glory.

This is what we live for: To represent Christ; to be a light in this dark world. People are hurting and they are in need of the truth. Let us be so full of Christ that we represent Him and reflect him throughout our day and in as many ways as possible.

Today we looked at this prayer that Paul prayed to God for the Ephesians.

This is also a prayer for us, and we learned many things about being filled with God. We need to see our lives bring Glory to God and the only way to do that is to be filled with God.

**Big Idea: In order to bring Glory to God, you must be filled with God in these 4 ways.**

- 
- 1. Strengthened by Him.**
  - 2. Dwell in your heart.**
  - 3. Rooted in Him.**
  - 4. Grasp His love.**

1) Strengthened by Him.

- I challenge you that depending on where you are at in your journey with Christ, to look for ways to be strengthened by God
  - Spending time with Him
  - Being filled by Him
  - Relying on Him for your strength
  - Daily being renewed by God

2) Dwell in your heart.

- I challenge you that depending on where you are at in your journey with Christ, to move towards Christ dwelling in your heart in a deeper way
  - Inviting Him to visit and prepare for that time spent together
  - Move towards him taking up residence in your heart and being there long term
  - Dwelling in your heart is much deeper than Him just visiting
  - We all need to move towards being as hospitable, and thoughtful as possible as Christ lives and dwells in our hearts

3) Rooted in Him.

- I challenge you that depending on where you are at in your journey with Christ, to move towards being rooted deeper in Him
  - Every day look for opportunities to grow deeper in relationship with God
  - Provide good healthy nutrients, sun, water and other things to encourage spiritual growth
  - Focus on going deeper in the things of God
  - Recognize that a deep root system will help you endure the storms and difficulties of life

#### 4) [Grasp His love.](#)

- I challenge you that depending on where you are at in your journey with Christ, to look for ways to grasp the love of Christ
  - Spending time with Him
  - Being filled by Him
  - Looking to Him as your source
  - Recognizing how big and vast His love is

My challenge for you this week is to set aside time each and every day to grow and develop your relationship with God.

If you are just starting out, then keep it simple:

- Try the verse of the day on the bible app. Set it up to be a notification on your phone and read it.
- Set an alarm and read one verse in proverbs and pray for 1 minute.
- Start small and walk before you run.

If you are used to spending time with God, but you are out of routine:

- Set a reminder or an alarm
- You schedule time to eat and do other things, schedule time for this

If you are in the routine, but your time with God is stagnant, I pray that you are encouraged and that you take hold of God in a deeper way this week.

If you are filling up your life with other substitutions, then I encourage you to STOP doing something in order to set aside time for God.

Wherever you are at on this journey, I encourage you to take a next step towards being filled up with the things of God more and more each day, not just a once-a-week thing, but a daily routine of it.