

Rooted and Grounded in God's Love

Ephesians 3:16-21 NIV

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. ²⁰ 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.

Ephesians 3:16-21 NLT

¹⁶ I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. ¹⁷ 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. ¹⁸ 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. ¹⁹ 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. ²⁰ 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. ²¹ Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

Ephesians 3:16-21 AMP

¹⁶ May He grant you out of the riches of His glory, to be strengthened *and* spiritually energized with power through His Spirit in your inner self, [indwelling your innermost being and personality], ¹⁷ so that Christ may dwell in your hearts through your faith. And may you, having been [deeply] rooted and [securely] grounded in love, ¹⁸ be fully capable of comprehending with all the saints (God's people) the width and length and height and depth of His love [fully experiencing that amazing, endless love]; ¹⁹ and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], that you may be filled up [throughout your being] to all the fullness of God [so that you may have the richest experience of God's presence in your lives, completely filled and flooded with God Himself]. ²⁰ Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us, ²¹ to Him be the glory in the church and in Christ Jesus throughout all generations forever and ever. Amen.

What do we need to know?

- 1) God has glorious unlimited riches and resources.
- 2) He can strengthen & empower us by his Spirit in our inner being.
- 3) Christ dwells in our hearts by Faith as we trust in him
- 4) We need to be Rooted and Established in LOVE
- 5) We need power to grasp, to understand along with God's people
- 6) How wide and long and high and deep is God's love for us
 - a. The width or breadth of his love
 - b. The Length of His Love
 - c. The Depth of his Love
 - d. The Height of his Love

Could we with ink the ocean fill, And were the skies of parchment made; Were every stalk on earth a quill, And every man a scribe by trade; To write the love of God above Would drain the ocean dry; Nor could the scroll contain the whole, Though stretched from sky to sky.

-Friedrich Martin Lehman-

- 7) So that we can be filled to the full measure of God
- 8) He is able to do superabundantly more than we can ask or imagine.
- 9) According to HIS POWER at work within us.
- 10) To him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

So what does this look like for us practically in recovery?

A Much Loved Child of God...don't ever forget it!

Commandments 1 & 5 - Pray in the morning and pray in the evening. Focus on and thank God for his love for you.

When you are tempted – remember how much God loves you and that HE wants to meet the needs of your heart, because only he can fully do that, don't settle for the cheap and painful counterfeit. TURN to the one who loves you this incredibly much and depend on him to strengthen you and empower you to know HIS LOVE and overcome.

If you mess up, know that His love for you hasn't changed, and won't change. There are consequences to those things, but His love is steadfast. Lamentations 3:22-23 NLT says... The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

Throughout the Day – thank him for his love, even if you don't feel it or wonder if it's true – step out in faith and thank him for it. Praise and worship him, sing to him, delight in his love by faith!

Choose to love your wife like Christ loved the church. It's a high calling for us as husbands that we need the Holy Spirit's empowering to do well. Choose to put her first and give to her and meet her needs before your own. Love your kids well too, pour out your love on them like Christ has poured out his love on you.

If you're single or dating – love the people that God has placed in your life – treating them with love and respect. Honor them and bless them.

In ReGroup – love your brothers like Christ loves you. Sometimes that means encouraging them and cheering them on with their success. Sometimes that means encouraging them when they are struggling (grace). Sometimes loving them means lovingly calling them to greatness and spurring them on to make changes that are necessary.

Phone calls – love your brothers by reaching out and encouraging them. Again, when you call someone and ask them how they are doing and tell them that you are praying for them – that's loving your brother! What a blessing you can be to someone when you make that phone call.

These are a few ways to be rooted and grounded in God's love and live it out practically. I want to encourage you to pick one or 2 that stand out to you and implement them in your life this week.

Marinate in the Love of God. I want to encourage you to pray this passage over yourself every day for the next week. It would be a great way to start your day.

Heavenly Father, I pray that out of your glorious riches that you would strengthen me with power through your Spirit in my inner being, so that Christ may dwell in my heart through faith. And I pray that I, being rooted and established in love, ¹⁸ may have power, together with all your 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 I may be filled to the measure of all the fullness of God. ²⁰ Now to him who is able to do immeasurably more than all I ask or imagine, according to his power that is at work within me, ²¹ to you be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Jesus – How much do you love me? (write down what He shows you or brings to mind)

Take what he has shown you and hold onto that, bring it to mind whenever you want to – especially when you are weary...receive that love, thank him for it, and be rooted and grounded in his love. Marinate in that love, thank him, speak it out. And share it with someone if the opportunity arises.