



EPHESIANS 3:14-21 (ESV)

“For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—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, that you may be filled with all the fullness of God.

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, to him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.”

1. Read the passage slowly.
2. Take a few deep breaths and allow the peace of God to fill your heart. Allow the stresses of the day to fall away. Push out any distractions and fix your mind on God. Be still and just meditate on Him. Don't rush this part; take your time and don't move on until you are at peace and focused.
3. Now read the passage again. Let the words become familiar to you. As you read it, think about the following questions: What does the passage bring to mind? What is God saying to you with this passage? Zoom in on the words and meditate on them. If anything sticks out or if God speaking something to you, write it down.
4. Read the passage again. Thank God for what He is saying to you in this time and through this passage. Ask Him to take you deeper. Ponder or meditate on the width, height, depth, and length of His love.
5. Take a few minutes to think and journal about your response to the following questions:
 - What feelings come to mind? How has God revealed this love to you in the past? What is He revealing right now?
 - What does God's fullness look like? Meditate on God filling you with all His fullness.
 - What is the theme of this passage? How does it change the way you live your life?
 - If you and God were taking a walk in the Garden of Eden together and discussing this passage, what do you think He would be saying to you? What would you say to Him?
6. Take some time now and pray that passage back to God. Thank Him for His love and for His word.