

Ephesians 3:14-21

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul pray for the believers, and what does he say about God's power and love?

2. What does it show me about people — and about myself?

Where do you most need to know Christ's love in a deeper way?

3. What will I obey this week? (a concrete step, with a day)

How could you pray this prayer for yourself or someone else this week?

4. Who will I tell?

Who could you pray this over — that they would know God's love?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, root me in your love. Help me grasp how wide and long and high and deep Christ's love is, and be filled with your fullness.