

**Ephesians: Finding Our True Identity
Rooted and Grounded In Love #7
Cornerstone Church Of Poway
Pastor Ed Turley
September 15, 2024**

Sermon Notes

Big Idea: "Christ's saving grace and unifying power **transforms** our identity, deepens our relationships and guides our purpose."

How Can We Experience The Fullness of God in Our Lives?

1. Pray For Inner Strength Through God's Holy Spirit

¹⁴ For this reason I kneel before the Father,

¹⁵ from whom His whole family in heaven and on earth derives its name.

¹⁶ I pray that out of **His glorious riches** He may **strengthen** you with **power** through His **Spirit** in your **inner being**, **Ephesians 3:14-16 (NIV)**

We do not want you to be uninformed, brothers, about the **hardships** we suffered in the province of Asia. We were under **great pressure, far beyond our ability to endure**, so that **we despaired even of life**. ⁹ Indeed, in our hearts we **felt the sentence of death**. But this happened that we might **not rely on ourselves but on God**, who raises the dead. ¹⁰ He has delivered us from such a deadly peril, and he will deliver us. On him we have **set our hope** that He will continue to deliver us, ¹¹ as **you help us by your prayers**. Then many will **give thanks** on our behalf for the gracious favor granted us in answer to the prayers of many. **2 Corinthians 1:8-11 (NIV)**

Therefore we do not lose heart. Though **outwardly we are wasting away**, yet **inwardly** we are being **renewed** day by day. ¹⁷ For our **light and momentary troubles** are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. **2 Corinthians 4:16-18 (NIV)**

Notes: _____

2: Be Rooted In The Love Of God

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 saints, **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)**

Jesus said, “You did not choose me, but I **chose** you and **appointed** you to go and **bear fruit**--fruit that will last. Then the Father will give you whatever you ask in my name.

¹⁷ This is my command: **Love each other.**” **John 15:16-17 (NIV)**

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, **will be able to separate us from the love of God that is in Christ Jesus our Lord.** **Romans 8:38-39 (NIV)**

For in Christ all the fullness of the Deity lives in bodily form, ¹⁰ and you have been **given fullness in Christ**, who is the head over every power and authority. ¹¹ In him you were also **circumcised**, in the **putting off of the sinful nature**, not with a circumcision done by the hands of men but with the **circumcision done by Christ**, ¹² having been **buried with Him in baptism** and **raised with him** through your **faith in the power of God**, who raised him from the dead. **Colossians 2:9-12 (NIV)**

Notes: _____

3: Trust in God’s Unlimited Power / believe and trust

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 3:20-21 (NIV)

Paul Writes from jail, “I am not saying this because I am in need, for I have learned to be **content** whatever the **circumstances**. ¹² I know what it is to be in **need**, and I know what it is to have **plenty**. I have learned the **secret of being content** in any and every situation, whether well **fed or hungry**, whether living in **plenty or in want**. ¹³ I can do everything through him who gives me strength. **Philippians 4:11-13 (NIV)**

Notes: _____

- **Are you rooted in His love?**
- **Where do you need God’s intervention?**

My Next Right Step I Will:

Find a place to serve First Impressions Children’s Media

Accept Jesus as my Lord and Savior

Take the Cornerstone Membership Class: September 22, 12:30-2:30



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“Living In The Light Of God’s Plan”
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Talk It Over

Open With Prayer: Begin the session with a prayer, asking God to open hearts and minds to the truths of Ephesians 3:14-21 and to guide the discussion.

Objective: This guide is designed to help participants dive deeper into the message of Ephesians 3:14-21, focusing on how they can live rooted in God’s love, experience His power, and take practical steps to apply the message to their lives. Choose which questions that will honor the time you have set aside as a small group.

Icebreaker: Share a time when you felt strengthened or supported in a difficult season of life. What helped you stand firm during that time?

1. Pray For Inner Strength Through God’s Holy Spirit

Read Ephesians 3:14-16

Paul prays for believers to be strengthened with power through God’s Spirit. What does “inner strength” mean to you?

How can the Holy Spirit provide this strength?

Read 2 Corinthians 1:8-11 & 2 Corinthians 4:16-18.

How would you describe the season of life Paul was going through?

How does the idea of being renewed inwardly help you when facing outward challenges?

What area do you need strengthening?

What practice helps you connect with God’s Spirit?

2. Be Rooted In The Love Of God

Read Ephesians 3:17-19

What does it mean to be “rooted” in the love of God?

How does this look practically in your relationship with God?

With others?

How do you think this could change the way you approach life's challenges or opportunities?

What is one area of your life you will surrender to God this week to allow His fullness to work in and through you?

Paul prays that we might grasp the breadth, length, height, and depth of God's love. How have you personally experienced different dimensions of God's love?

Read Romans 8:38-39.

How does knowing that nothing can separate you from God's love impact your faith and life choices?

Read Colossians 2:9-10.

What areas of your life feel empty or disconnected from God's fullness, and how can you invite God's presence into those areas?

3. Trust in God's Unlimited Power

Read Ephesians 3:20-21

How does the idea that God can do "immeasurably more than all we ask or imagine" affect your prayers and expectations?

Read Philippians 4:11-13.

What area of your life do you need to trust God's power to do more than you think is possible?

Write down one specific prayer request where you need God to do the "impossible." Share this with the group or a trusted friend, and commit to praying for God's unlimited power to work in that situation.

What action step from today's discussion resonated most with you? How can the group support you in applying it this week?

Prayer Requests: Invite each member to share a specific prayer request based on the message. Spend time praying for each person to be strengthened and filled with God's love and power in their respective situations.