**Ephesians 3:16-20**

**New International Version**

**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,**

# New English Translation

# 16I pray that[[a](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NET#fen-NET-29252a)] according to the wealth of his glory he will grant you to be strengthened with power through his Spirit in the inner person, 17that Christ will dwell in your hearts through faith, so that, because you have been rooted and grounded in love, 18you will be able to comprehend with all the saints what is the breadth and length and height and depth,[[b](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NET#fen-NET-29254b)] 19and thus to know the love of Christ that surpasses knowledge, so that you will be filled up to[[c](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NET#fen-NET-29255c)] all the fullness of God. 20Now to him who by the power that is working within us[[d](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NET#fen-NET-29256d)] is able to do far beyond[[e](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NET#fen-NET-29256e)] all that we ask or think,

# New American Standard Translation

# 16that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner [[a](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NASB#fen-NASB-29255a)]self, 17so that Christ may dwell in your hearts through faith; *and* that you, being rooted and grounded in love, 18may be able to comprehend with all the [[b](https://www.biblegateway.com/passage/?search=Ephesians%203%3A16-20&version=NASB#fen-NASB-29257b)]saints what is the width and length and height and depth, 19and to know the love of Christ which surpasses knowledge, that you may be filled to all the fullness of God.20Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us,

# New Living Translation

# 16I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. 17Then 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. 18And 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. 19May 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. 20Now 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.

# Amplified Bible

# 16May 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], 17so that Christ may dwell in your hearts through your faith. And may you, having been [deeply] rooted and [securely] grounded in love, 18be 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]; 19and [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]. 20Now 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,

# Are you sitting beside a person whom you feel safe? is she your safe space?

# I will give you a minute to sit right next to someone whom you can open up your heart with comfort and peace.

# Then give each other space.

# Now wag ka munang magpaabala sa katabi mo…

Psalm 23:5

You [GOD] prepare a table before me in the presence of my enemies. You anoint my head with oil; ***my cup overflows.***

***my cup overflows.***

Is you cup overflowing?

What is our theme again?...

“Together, let us declare and display Christ.”

How can we declare and display Christ when we are living an empty life?

Jesus said in John 10:10

“I HAVE COME THAT THEY MAY HAVE LIFE, AND HAVE IT TO THE FULL.”

This is GOD’s promise, life to its fullest. God is a God of completeness, fullness and overflow.

Our God is always overflowing with love, joy, peace… that is our GOD…

When we are living empty there seems to be a disconnect.

TODAY, LET US ASK GOD FOR AN OVERFLOW! AMEN?

WHO WANTS AN OVERFLOW?

What’s amazing about GOD’s love is that it is always pouring, always giving…

“You prepare a table before me…” in other translation it’s “you prepare a banquet before me”…

That’s God giving us a banquet… Then, “You anoint my head with oil”

The process of anointing a person’s head with oil is by pouring out.

Buhos!

Then as a result of GOD pouring out, ***my cup overflows. Our cup overflow***

Ito po ang HIHINGIN natin kay LORD today.

**……PRAY….**

Activity: each participant will be given a cup.

Each of you will be given a cup.

**Instruction #1| SEE YOURSELF**

Mirror you self using the cup.

Look at your cup. That cup represents you. Look at it closely, pay careful attention to your cup. Gaze at it…

When was the last time na napansin mo or tinitigan mo ang sarili mo?

When was the last time you gave yourself your full attention.

DO THAT RIGHT NOW.

Don’t mind your neighbors. Focus ka lang sa sarili mo.

Tell yourself:

“ang tagal kitang di napansin. Ang tagal ata kitang na-ignore. Para siyo ang oras na ito. Ikaw naman ang focus ko.”

Mirror yourself using that cup. Manalamin ka gamit ang cup nay an…

* What do you see?

Ngaun, sagutin mo ang mga tanong na ito…

* Are you full? How full are you? (puno ka ba?)
* Are you half full? Kalahating puno?

Be Honest to yourself.

* Are you half empty?
* Or Are you feeling really empty?
* What’s draining you?
* Drained? Burned out? Said na said?
* Feeling mo ba para kang kandila ng bawat paglipas araw nauubos ka?

(For those giving signals of being drained.)

Me: depressed

I realized that when your empty it does really mean that your completely empty.

It only means that your empty of all the fruits that God wants us to have inside but we are so full of something else..

Hate, fear, pain, hopelessness, anger bitterness…

PRINCIPLE:

WE ARE EITHER FULL OF CHRIST OR FULL OF SOMETHING ELSE.

To help you assess kung overflowing ka ba, or emptied up to the last drop.

* Yung mga ginagawa mo dating masaya ka, hanggang ngaun masaya ka pa ba?
* Your dreams! Are you still excited about it?
* Do you still have that drive to work on that dream?
* Paggising mo ba sa umaga, excited ka ba? Masaya? Nagpapasalamat?
* Or pagdilat ng mga mata mo pagod ka na, hindi pa nagsisimula ang araw?
* Yung dati driven ka, ang dami mong gustong gawin at ideas sa family mo, sa sarili mo, sa ministry mo.
* ngaun, wala ka na bang gana?
* Go with the flow ka nalang ba?

Come on its okay to feel it… admit it… name it…

* Madalas ka bang magalit?
* Mabilis ka bang magalit?
* Overwelhmed?
* Easily irretated?

*Illus:* motor, sasakyan, gas.

We pay attention kung may gas pa tayo, or need nang magrefuel.

Ganito din po tayo dapat sa sarili natin.

Sa mga pangarap sa buhay, alam mo yung malayo na, pero malayo pa.

Malayo pa ang ating lakbayin. Marapi pang gustong gawin si LORD sayo.

We need to unload the things na alam mong nagpapabigat sayo and start fueling up.

**Instruction #2| HEAR YOUR HEART**

Again, look at the cup.

**Now that represents your heart…**

Hold it with your left hand, put it in ears and LISTEN CAREFULL

Hear that soft sound it creates.

Let you heart speak to you…

* Can you hear it?
* When was the last time you listened to your heart?

Come on, hear your heart right now…

LISTEN TO YOUR HEART WITHOUT JUDGEMENT.

* Let your heart talk to you.
* Hayaan mong sabihin nya sayo ang totoo.
* WHAT PREMARY EMOTION ARE YOU FEELING?
* ANONG MAIN EMOTION NA NARAMRAMDAMAN MO NGAUN?
* Is it joy? Sadness? Fear? Excitement? Kilig? What is it? Anger?
* Pangalanan moa no yung pakiramdam na yan?

Me: one Sunday morning, pastor albert shred this quote in his preaching…

It is from C.S. Lewis, it says :

“I sat with my anger long enough until she told me her real name is grief.”

The moment I heard it… something from my belly loosen up…tapos papaakyat sa mukha ko… at naramdaman ko yung muscles sa mukha ko nag loosen up.

Tapos biglang tumulo ang luha ko…

I was free that very moment… all this time akala ko may anger issues ako… but the spirit freed uo in me says the very moment na sinabi ni pastor yun, that’s me… I am not anger… I am grief…

Then I realized: (reflected: church hard times, pregnancy, giving birth, postpartum drepression, then I lost a brother in a motorcycle accident)

I wanted to quit, I wanted to stop, ayaw ko munang magpakita…

Hindi ko na alam anong nangyayari…

But I have to move, I have to keep going, I have to fight, I have to stand…

I did not grieve properly… natabunan yun, then it gave birth to the secondary emotion..

Anger… inis, galit…

Listen very carefully… search that deep deep part of your heart… hanapin mo yung boses mo simula nung bata ka pa…

Sige ibalik po natin sa tinga natin ang cup… hear your heart…

Balikan mo kahit yung batang ikaw…

Yung mga iyak na hindi mo naiiyak, yung mga sigaw na di mo naisigaw, yung mga luha na hindi mo nailuha…

kasi dapat lagi ka lang strong, matatag, malakas.

Nakikita ni LORD yung batang ikaw.

* GOD healed that little child.
* God changed that little child.
* God empowered that little child.

Ngaun, anong gusto mong sabihin sa batang ikaw?

God is telling you in Isaiah 43:4

“I have chosen you. I will not give you up or cast you aside. You are precious in my eyes, and I love you.”

**Instruction #3| REVIEW FOR YOUR REASONS**

Use the cup as a microscope.

**What are your whys?**

This is very important, Knowing your whys.

Illus: Shella Walts – worked with Billy Graham,one favorite interviewer of Ps. David Jeremiah, wrote many books.

* diagnosed with clinical depression.
* And this is what she said, that she ended up being depressed because wshe was doing the right things for the wrong reason.

Trying to bring heling to your stress, depression and anxiety without sitting down and really knowing your reasons, your whys, will always bring you back to square one.

* What are your whys?
* Bakit di ka nagpapahinga.
* Bakit may sakit ka na sige ka parin?
* Why? What are your reasons? Why you do what you do?
* **SAAN ROOTED AND BELIEF AT VALUES MO?**
* It is very important to reflect why we do what we do?
* Hindi lang ito tungkol sa ginagawa mo, Ano ang dahilian ng mga ginagawa mo.
* Kung mali ang reason, You will always end up burnout. You will be Drained.

* Notice this kung mali ang reason kahit tama ang ginagawa, nauuwi tayong hindi na masaya sa ginagawa natin.
* Like yung sampling maghugas ng pinggan sa bahay, or mag ayus mg upuan sa church, or ipagtimpla ng kape ang mahal mo sa buhay. It becomes a burned.
* Nagiging kairitahan sa atin yung mga bagay na dati nating masayang ginagawa.
* HOW CAN WE DELCARE AND DISPLAY CHIRST kung ganito na ang attitude natin sa bahay, sa work, lalo na sa church or kahit sa social media.
* This are indicators or signs na oras na to REVIEW OUR REASONS.
* Kung gusto mong mabago. Get to the bottom of your WHYs?

Ito yung sobrang nakakalungkot s ana culture na makikita natin sa ating Christians, sobrang workaholic, pabibo, all out heart and soul sa work.

And if you are honest enough to admit bakit. Eh malinaw pa sa sikat ng araw ang sagot na makukuha nyo.

At ito yung part na sobrang nakakalungkot… nagpakapagod si Kristinayo sa work, tapos ang sinisi, ang Gawain sa church, ministry, si LORD. At ang unang natatangal sa busy schedule ay si LORD, ang church and ministry na dati masaya.

Pero pwd rin na sa ministry na pagod, kasi sa church full time volunteer, pero naib ana ang reason bakit, hindi na love. mali parin.

If our heart and spirit is like this, how can we declare and display Christ?

**Instruction #4| FILL YOUR HEART**

PUT your right hand in your chest. Feel your heart.

Then ask, LORD nandito ka parin po ba? O napalitan na kita?

***answer:***

What fills you up? What makes your cup full and overflow?

Song : DEEPER by Planetshakers

LET GOD FILL your heart with the FULLNESS OF HIM.

Illus:

FEELING NA GUTOM KA SA KANIN.

Kahit anong offer. It’s not enough

1. Take time to REST in HIS arms. Let GOD love you. Renew you.

Respect the limitations of you body.

Jesus took time to para matulog.

1. Take time to nourish… eat!

Jesus took time to drink and eat

Physically eat... Jesus cooked for his disciples. He made sure that they eat.

1. Take time to connect with your family both spiritual and biological, and friends.

He took time to let people connect

To GOD his father.

To his disciples. He lets them love him, serve HIM.

This are the things that real make us FULL

Christ, Church or people who encourage you, food, sleep.

Did you notice that are the things that the enemy removes from us. We lose appetite in all this.

And this are the very things that our life giving GOD offers..

Come to me all of you who are burdened… I will give you rest.

Come eat, don’t give up meeting together…

**Conclusion:**

Ephesians 3:16-20

# Amplified Bible

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Ayaw ni LORD na parang punong-puno ka na sa buhay.

Gusto ni LORD punong-puno ka sa kanya, para mapuno ka ng buhay.

Dahil kung punong-puno ka ng buhay, yung buhay mo ang mismong declaration and display ng Kabutihan, Kapangyarihan at pag-ibig ni LORD!!!

God wants you to open your heart, soul,body, spirit so that He can pour out to you.

GOD wants you, not just to know **how wide and long and high and deep is the love of Christ** for you. HE wants you to **experience that love!**

**GOD wants you to be filled to all the fullness of HIM.**

**“GOD WANTS YOU TO BE FULL of HIS LOVE so YOU CAN FULLY LIVE and conquer all.”**

**Living full to fully live!**