

Refreshed

Rediscovering Life In Christ

Inside Out

Ephesians 3:14-21

Sermon Notes | Jeff Randleman | May 3, 2026



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 glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

– Ephesians 3:20-21 (ESV)

Why We Need Spiritual Formation In Our Lives:

Outer Activity Alone Is Not Enough.

God Strengthens Our Inner Being.

Christ Dwells Deeply Within Us.

To Be Rooted And Grounded In Love.

So We Grasp The Vast Love Of Christ.

God Fills Us With His Fullness.

We Can Trust God To Do More Than We Imagine.

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Matters for Reflection and Discussion:

1. In what ways do you tend to rely on outward spiritual activity rather than inner transformation, and why do you think that pattern is so common?
2. What do you think Paul means by being “strengthened with power through his Spirit in your inner being” (verse 16)? How is that different from external religious strength?
3. How would you describe the difference between Christ being “present” in someone’s life and Christ “dwelling deeply” in their heart?
4. What does it look like in everyday life to be “rooted and grounded in love”? What kinds of situations test whether that is true of you?
5. Why do you think love is the foundation Paul emphasizes rather than knowledge, discipline, or moral effort?
6. Paul prays that believers would “comprehend... the breadth and length and height and depth” of Christ’s love. Why is this kind of comprehension difficult, even for mature believers?
7. Where do you personally find it hardest to believe that God’s love extends fully and consistently toward you?
8. What might it look like for a believer or church community to be “filled with all the fullness of God” in practical, observable ways?
9. How does the truth that God “is able to do far more abundantly than all that we ask or think” challenge the way you pray or make decisions?
10. If spiritual formation is God’s ongoing work in shaping the inner life, what is one area where you sense he may be currently forming you – and how might you respond to that work more intentionally?