



Ephesians 3:14-21
Blue Bible pg 1243

EPHESIANS

Strength, Friends, and Armor for the Fight

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THE IRREDUCIBLE CORE

EPHESIANS

Ephesians 3:13-21^{ESV}

¹³ So I ask you not to lose heart over what I am suffering for you, which is your glory. ¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is

Ephesians 3:13-21^{ESV}

named,¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being,¹⁷ so that Christ may dwell in your hearts through

Ephesians 3:13-21^{ESV}

faith—that you, being rooted and grounded in love,¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth,¹⁹ and to know the love of

Ephesians 3:13-21^{ESV}

Christ that surpasses knowledge, that you may be filled with all the fullness of God. ²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the

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**power at work within us, ²¹ to him be
glory in the church and in Christ Jesus
throughout all generations, forever and
ever. Amen.**

A pair of dumbbells is shown on a textured mat. The dumbbells are dark and have a ribbed design. The mat has a wavy, woven pattern. The background is dark and slightly blurred.

To Increase in Strength -

1. Stop,
2. Drop, and
3. Roll.

Hebrews 12:1-3^{ESV}

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set

Hebrews 12:1-3^{ESV}

before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand

Hebrews 12:1-3^{ESV}

of the throne of God. ³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

2 Kings 6:14-17^{NLT}

¹⁴ So one night the king of Aram sent a great army with many chariots and horses to surround the city. ¹⁵ When the servant of [Elisha] the man of God got up early the next morning and went outside, there were troops,

2 Kings 6:14-17^{NLT}

horses, and chariots everywhere.
the young man cried to Elisha. “Oh,
sir, what will we do now?” ¹⁶ Elisha
told him. “Don’t be afraid!” “For there
are more on our side than on theirs!”
¹⁷ Then Elisha prayed, “O LORD, open

2 Kings 6:14-17^{NLT}

his eyes and let him see!” The LORD opened the young man’s eyes, and when he looked up, he saw that the hillside around Elisha was filled with horses and chariots of fire.

Ephesians 3:13-21^{ESV}

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¹⁴ For this reason I bow my knees before the Father...

¹⁶ that according to the riches of his glory he may grant you to be

Ephesians 3:13-21^{ESV}

strengthened with power through his Spirit in your inner being... – that you, being rooted and grounded in love,¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth,

Ephesians 3:13-21^{ESV}

¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ Now to him who is able to do far more abundantly than all that we ask

Ephesians 3:13-21^{ESV}

or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever.

Amen.

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