Ephesians 3:4-21

4 For this reason I kneel before the Father, 15 from whom every 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, 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, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

2 Corinthians 4:16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

1. What is God doing in the secret place of our souls? How is He “with us” in our inner being?

2. Barriers to living from our unlimited privileges:

**Toxic Mindsets**

- Condemnation / Shame
- Anxiety
- Hopelessness
- Weakness
- Self-Obsessed

**Guarded Mindsets**

We have been rescued from ourselves and transferred to another kingdom (John 5:24)

“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.”

Nothing can snatch you out of His hands! (John 10:29)
3. HOW do we daily live in the new mindsets?

**Images to Cue Biblical Truth**

- **Fortress** (Psalm 18:2; Psalm 62:6; Psalm 73:1; Proverbs 14:26)
- **Catapult** (Romans 8:1; Ephesians 3:12; Hebrews 4:16; 1 John 5:14)
- **Lake** (2 Thessalonians 3:16; Philippians 4:7)
- **Window** (Romans 15:13; Lamentations 3:18-24)
- **Arm** (Psalm 89:21; Isaiah 33:2; Philippians 4:13)
- **Win Shot** (Galatians 2:20; Isaiah 26:8)

4. Possible Traps and Pitfalls:

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

5. Quotes from Guarded

“**The ups and downs of your heart are like the waves of the sea, but the Holy Spirit is a calm place within you.**” --Ellen Stamps; the traveling companion to Corrie ten Boom

“The Holy Spirit is always a voice of hope. Don’t listen to any voice that isn’t hope.” – Ellen Stamps

“If you lose your reason, you lose it in the hand of God.” – Elizabeth Goudge
Further Study:

Use the list of “Guard” Verses in your Heart-to-Heart Packet and do the following:

- read them in various versions of the Bible (www.gateway.com)
- reflect and meditate on those that seem meaningful to your life right now
- journal about insights and applications that the Holy Spirit shows you for some of them