

Don't Lose Heart

Ephesians 3:14-21

“So, I ask you not to lose heart over what I am suffering for you, which is your glory.” Ephesians 3:13

Losing heart is what happens when your heart is in ministry, but your hopes are not being met and your strength seems depleted.

“My soul is bereft of peace; I have forgotten what happiness is; so I say, ‘My endurance has perished; so has my hope from the Lord.’” Lamentations 3:17-18

“For we do not want you to be unaware, brothers of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.” 2 Corinthians 1:8

Where are you losing heart as a disciple of Jesus?

I. Bow the Knee To the Trinity.

Ephesians 3:14-17

“For this reason, I bow my knees before the Father from whom every family in heaven and on earth is named...”

Ephesians 3:14

“And Jesus told them a parable to the effect that they ought always to pray and not lose heart.” Luke 18:1

“Turn to me and be saved, all the ends of the earth! For I am God, and there is no other. By myself I have sworn; from my mouth has gone out in righteousness a word that shall not return: ‘To me every knee shall bow, every tongue shall swear allegiance.’” Isaiah 45:22-23

Bowing the knee is surrendering and submitting to God’s wisdom and sovereignty in working His purposes out perfectly.

“His kneeling is not a formal religious habit, but the deep instinct of someone who senses that the only appropriate position before this great God is to lower oneself before him in admiration and awe.”

Sinclair Ferguson

- **God Is Your Father. The Father never abandons His children.**

“For this reason, I bow my knees before the Father, from whom every family in heaven and on earth is named.”

“If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!” Matthew 7:11

- **The Spirit is Your Helper. He will never leave you without strength.**

“that according to his riches in glory he may grant you to be strengthened with power through His Spirit in your inner being...”

“Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit intercedes with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”

Romans 8:26,27

- **Christ is Lord of your Heart. He will keep you to the very end.**

“so that Christ may dwell in your hearts by faith...”

“a bruised reed he will not break, and a smoldering wick he will not quench, until he brings justice to victory; and in His name the Gentiles will hope.”

Matthew 12:20

II. Embrace the Journey with Jesus.

Ephesians 3:14-19

The Christian life is a guided journey into the depths of Christ’s love for you.

“so that Christ may dwell in your hearts through faith – that you – being rooted and ground in love, **may have strength to comprehend with all the saints** what is the breadth and length and height and depth and to know the love of Christ that surpasses knowledge that you may be filled with all the fullness of God.”

Ephesians 3:17-19

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also gained access by faith into this grace in which we stand, and we rejoice in the hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character

produces hope, and hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit who has been given to us."

Romans 5:1-5

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution or nakedness, or danger, or sword? As it is written, 'For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.' No in these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Romans 8:35-39

God is not taking us on a journey to discover how great our love is for Him but to show us how great His love is for us so that we might learn to love and to trust Him.

III. Get a Resurrection Imagination.

Ephesians 3:14-17

"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

Losing heart is the wrong use of our imagination.

"Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! For who has known the mind of the Lord, or who has been his counselor? Or who given a fit to him that he might be repaid? For from him and through him and to him are all things. To Him be glory forever and amen."

Romans 11:33-36

Let your imagination be shaped by the gospel.