

Hope Presbyterian Church
Adult Faith Formation Sermon-Based Bible Study

October 4, 2026

“Understanding”

#3 in the series *Above and Beyond*

Scripture Text (NRSVUE)

Ephesians 3:18-19



1. With advances in smartphone camera technology, it's easy to photograph scenes panoramically - capturing a wide view not possible with limited camera settings. This wider view is actually a compilation of many individual frames as the lens rapidly pans horizontally across the image.
 - Have you ever tried to photograph a group of people, but there were too many to fit in the frame? Without a panoramic setting, how did you tackle this problem?
 - How does a panoramic view of a place or a scene enhance your understanding of it?
2. **Read Ephesians 3:18.**

Paul continues his letter to the church at Ephesus, praying they can “grasp” a wider and deeper understanding of Christ’s love.

 - Why might Paul have chosen the word “grasp” to make his point?
 - How does the word “grasp” help explain what it means to understand something?
3. **Re-read Ephesians 3:18.**

Consider how Paul describes Christ’s love: “wide and long and high and deep.”

 - How have you experienced these dimensions of Christ’s love?
 - What comparisons can you draw from these descriptions and the concept of experiencing a panoramic view of something?
4. **Read Ephesians 3:19.**

Paul indicates there is a difference between knowing something and understanding it, specifically the love of Christ.

 - What’s an example of when you’ve experienced the difference between knowing and understanding something?
 - What is involved in moving us from a place of knowing to understanding?
5. **Re-read Ephesians 3:19.**

Paul says reaching a point that “surpasses” a knowledge of God’s love will result in our experiencing a full measure of it.

 - What do you think Paul means by “filled to the measure of all the fullness of God”?
 - How might the dimensions mentioned in verse 18 - “wide and long and high and deep” - help explain what Paul means?
6. **Bonus Question:** How does the following statement relate to God going above and beyond our expectations when it comes to His love: *The love we understand becomes the love we live.*
7. How can we pray for you?