

DAY 1—CHRIST'S LOVE

Read Ephesians 3:14-20 in multiple translations
(Biblegateway.com or the You Version Bible app are great resources)

What would you say the theme of these verses is?

Verse 17 tells us that Christ will make *His home in our hearts* as we *trust Him*. Do you feel like Christ is at home in your heart at this time?

Why or why not?

His home in our hearts is directly linked with whether or not we trust Him. On a scale of 1-10, how would you rate your trust level with Jesus? (1-you don't trust Him to 10-you trust Him 100%)

The truth is that we are not going to fully trust someone unless we know that they have our best interests at heart. If we are convinced that someone loves us, we are more likely to trust them. Time is certainly a revealer of those who are committed to us for the long-haul.

This passage is a beautiful depiction of Christ's love toward us. His love is not one-dimensional, but like a 4-D movie (vs. 18). His love is surpasses knowledge and is too great for understanding (vs. 19). This love allows us to be made complete with all the fullness of life and power that comes from God. This amazing love is something that Jesus has provided for us--that no person or nothing in this world can even come close to matching--and as we experience it, we will become *more confident in His love for us* and as a result, our *trust in Him* will increase!

Take a moment and go to YouTube and listen to the song **His Kind of Love** by Group1 Crew from their *Fearless* album.

The lyrics talk about the depth of Jesus' love which has no limits. It's a reckless love for us that will never give up. I hope that your heart is encouraged to know that this is how Jesus feels about YOU!

Read Ephesians 3:14-20 from "The Passion Translation"* and take note of how Christ's love is described.

*The Passion Translation is Published by BroadStreet Publishing

“So when I think of the wisdom of his plan I kneel humbly in awe before the Father of our Lord Jesus, the Messiah, 15 the perfect Father of every father and child in heaven and on earth. 16 And I pray that he would pour out over you the unlimited riches of his glory and favor until supernatural strength floods your innermost being with his divine might and explosive power. 17 Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life, providing you with a secure foundation that grows and grows. 18-19 Then, as your spiritual strength increases, you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement, beyond academic knowledge—this extravagant love pours into you until you are filled to overflowing with the fullness of God! 20 Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you.

Take a moment and ask the Lord if there's something hindering you from experiencing the fullness of His love. Write down what you sense Him saying.

Ask Him to increase your capacity to know and receive His deeply intimate and far-reaching love!

DAY 2—LIVING ROOM

The Living Room is all about being comfortable. We have couches, recliner chairs, TVs, Cable, snacks and wifi for our devices. This is the first room that we typically bring Jesus into. We offer Him a comfortable seat and maybe even a snack and then turn on the TV or pick up our device and check in with Him every once in a while. What's wrong with that? We're spending time together, right??? Just because you are in the same room with someone doesn't mean that there's conversation, communication or relationship.

What are some of the things that bring you "comfort"?

C.S. Lewis said, *"If you look for truth, you may find comfort in the end; if you look for comfort you will not get either comfort or truth, only soft soap and wishful thinking to begin, and in the end, despair."*

The truth is that the things that make us comfortable are not evil, but it's the underlying motivation that drives us to seek those things that we need to confront. Jesus doesn't want us trying to make Him comfortable, but He wants to comfort us!

Read 2 Corinthians 1:3-4

Who is the source of ALL COMFORT?

When we recognize Jesus is the only who can comfort us, it allows us the freedom to really enjoy things because we are not looking to those things to bring comfort.

Spend some time now with Jesus asking Him to show you the heart motivations behind the things that bring you comfort. Be open to hearing how He wants you to respond to the things He shows you. He knows exactly what you need and wants to help you.

Song: **My Hearts Your Home** by Watermark from their *All Things New* album

DAY 3—KITCHEN

The Kitchen always seems to be the place in the house where people congregate. Often times the kitchen is a place of love and laughter. That's what the kitchen of our hearts should be like with Jesus!! Invite Him in, He doesn't want us to prepare a meal for Him, but He wants to prepare a meal for us! He desires for us to sit at His feet while He feeds us fresh manna from heaven every day.

The Bread of Life (John 6:35) has a table set for us where we can sit down and eat with Him, feasting on His Word (which is our food) slaking our thirst with the Living Water (John 4) which renews, refreshes and strengthens us.

Read Jeremiah 15:16

What did Jeremiah do with God's words?

There is no reason that we should be spiritually famished or dehydrated when we have access to Jesus' kitchen any time we desire. It's only a matter of taking the time to sit down at the table and eating His Word and marinating in His presence. "Grab-n-go" meals don't satisfy or have sustaining power.

Think about the last "meal" that you ate with Jesus. Was it "crumbs" that were leftover or a rich and satisfying steak dinner?

Pull up a chair to the table and sit with Jesus and ask Him what has been missing from your "spiritual diet." Allow Him the opportunity to feed you. I encourage you to not get up from the table until you are completely full and satisfied.

Song: **You Satisfy** by Jamie Lipe from her *The Burning* album

DAY 4—BEDROOM

How did you sleep last night? Did you get enough rest? There is a big difference between “sleep” and “rest.” Sleep is determined by REM cycles and even counted by hours. Rest, on the other hand, is refreshing quiet or inactivity. I sleep at night but often have very active dreams, so I do not wake up rested. Can you relate?

Do you find it harder to sleep or to rest?

I believe that Jesus is concerned about BOTH our sleep and our rest. **Proverbs 3:24 (NLT)** says, “You can go to bed without fear; you will lie down and sleep soundly.” The NIV says “your sleep will be sweet. Wouldn't you love to wake up every morning saying that?”

Jesus specifically addresses rest in **Matthew 11:28 (AMP)**—²⁸“Come to Me, all you who labor and are heavy-laden *and* overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]”

What does Jesus say the pre-requisite for rest is? He's calling you to come with your loads and burdens so He can exchange them with rest and refreshing.

If possible, go into your bedroom and lie down on your bed. Invite Him into the bedroom of your heart and call upon His name. After that, allow Him to do what He promises, which is *cause you to rest* and *refresh your soul*. Don't pray or say anything else but spend the rest of the time listening and hearing what He has to say about rest. If you feel like He is silent, then just “be still and know that He is God” (Psalm 46:11).

If you continue doing this every night when you go to bed and every morning when you wake up, you will find yourself going to Him more throughout the day when you are overwhelmed seeking His rest.

Song: **Be Still and Know** by Steven Curtis Chapman on his *Speechless* album

DAY 5—BATHROOM

The definition of the bathroom is “a room designed for personal hygiene: relieving yourself, eliminating waste, and cleansing yourself”

Every day this week you've had an opportunity to confront some of the rooms of your heart. Today, I encourage you to go deeper with Jesus than you've ever gone before. Open up the door to the bathroom of your heart and allow Him to come in and help you with your personal spiritual hygiene. He wants to relieve you of your fear, guilt, shame, worry and anything else that is weighing heavy on your heart. He wants to eliminate your sins, taking them from us as far as the east is from the west (Psalm 103:12). Jesus also wants to fully cleanse you and wash you in the living water, which renews, refreshes and restores us back to life.

1 John 1:9 (NIV)—“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Don't be afraid of your filthy rags because He has a robe of righteousness ready for you!

Would you take a step of boldness and vulnerability and start to disrobe before the Lord? Write down the things that you are struggling with. These may not necessarily be “sins” but just situations that you are struggling with, emotions that are running wild and anything else past or present that you are wrestling with. Remember that the Lord loves you with an extravagant and everlasting love, so you can trust Him.

Read Psalm 51 over and over again. Make it your personal prayer and confess those things that you wrote down. I'm anticipating that God is going to meet you in this time and you will leave the bathroom cleaner than you've been in a long time.

Song: **Open Me** by Shawn McDonald on his *Simply Nothing* album