**R975 Rumination for Oct. 1, 2023**

The **T**heme: **That Ye may Be Able to …** [berita-bethel-ung.com](http://www.berita-bethel-ung.com)

The **T**ext: ***That ye…may be able to*** *comprehend with all saints…* Eph. 3:17-19

The **T**hots:

*That Christ may dwell in your hearts by faith;* ***that ye****, being rooted and grounded in love,****May be able to comprehend*** *with all saints what is* ***the breadth, and length, and depth, and height****;   
And* ***to know the love of Christ****, which passeth knowledge, that ye might be filled with all the fulness of God.*

1. **That Ye may be able to comprehend** **what is…**Eph. 3:17, **18,**19
2. ***the breadth*** *–* East and West can never meet! –its width is **undefinable**!

*As far as the east is from the west, so far hath He removed our transgressions from us.* Psa. 103:12

1. ***and length*** *–* from way back in the past even before creation to the **unforeseeable** future!
2. *Father, I will that they also, whom Thou hast given Me, be with Me where I am; that they may behold My glory, which Thou hast given Me: for Thou lovedst Me before the foundation of the world.* Jn. 17:24
3. *According as He hath chosen us in Him before the foundation of the world, that we should be holy and without blame before him in love:* Eph. 1:4
4. *Who verily was foreordained before the foundation of the world, but was manifest in these last times for you…* I Pet. 1:20
5. ***and depth*** *–* The depth of the deepest part of the sea is still **immeasurable**!Mic. 7:19

*He will turn again, He will have compassion upon us; He will subdue our iniquities;*

*and Thou wilt cast all their sins into the depths of the sea.*

1. ***and height*** *–* God’s Challenge to All Mankind and to Any Man – It is just **impossible** to Accept!
2. ***Who*** *hath measured the waters in the hollow of his hand,*

*and meted out heaven with the span,*

*and comprehended the dust of the earth in a measure,*

*and weighed the mountains in scales, and the hills in a balance?* Isa. 40:12

1. ***What*** *shall we then say to these things? If God be for us, who can be against us?* **Rom. 8:31-37**

*He that spared not His own Son, but delivered Him up for us all,*

*how shall He not with Him also freely give us all things?*

1. ***Who*** *shall lay any thing to the charge of God's elect? It is God that justifieth.*
2. ***Who*** *is he that condemneth? It is Christ that died, yea rather, that is risen again,*

*Who is even at the right hand of God, Who also maketh intercession for us.*

1. ***Who*** *shall separate us from the love of Christ? shall tribulation, or distress, or persecution,*

*or famine, or nakedness, or peril, or sword?*

*Nay, in all these things we are more than conquerors through Him that loved us.*

1. ***For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.* Rom. 8:38. 39**

* *Yea doubtless, and* ***I count all things but loss*** *for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung,* ***that I may win Christ****,* Phil. 3:8
* *According to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness,*

*as always, so now also Christ will be magnified in my body, whether by life or by death.* Phil. 1:20

* *For to me to live is Christ, and to die is gain.* Phil. 1:21

1. ***That I may know him****,* ***and the power of His resurrection, and the fellowship of His sufferings,***

***being made conformable unto His death;***

1. *If by any means I might attain unto the resurrection of the dead.*

*Not as though I had already attained, either were already perfect: but I follow after,*

*if that I may apprehend that for which also I am apprehended of Christ Jesus.*

1. *Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,*

*I press toward the mark for the prize of the high calling of God in Christ Jesus…* Phil. 3:**8**-14

1. To Comprehend and Know His Unmeasurable Love, the Infinite Person of Who He;
2. To Apprehend the Infinite Blessings He Bestows upon us…
3. To Understand the Institution of His Supper to remember Him:

In His Death, Burial, Resurrection and Return for us as He told His disciples and us to do so:

1. *And He took bread, and gave thanks, and brake it, and gave unto them, saying, This is My body which is given for you: this do in remembrance of Me. Likewise also the cup after supper, saying,*

*This cup is the new testament in My blood, which is shed for you.* Lk. 22:19, 20

1. *For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which He was betrayed took bread:*

*And when He had given thanks, He brake it, and said, Take, eat: this is My body, which is broken for you: this do in remembrance of Me.*

*After the same manner also He took the cup, when He had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of Me.* I Cor. 11:23-25

*I am not skilled to understand What God hath willed, what God hath planned;*

*I only know at His right hand Is One who is my Savior!* Dorothy Greenwell

**REFLECTIONS FOR THE WEEK R.975**

1. ***He is able to…***

Do you believe *God is able*…?

Much as we would like to do so, and affirm strongly our faith in Him, yet there are occasions when we doubt He is able, as when our sufferings are prolonged, our circumstances cave in on us and we are hard-pressed in our thoughts with our distresses that we cannot imagine how long more we can endure. Will He ever and be able to deliver us from such straits?

I have a relative who is inflicted with Parkingson’s disease for over ten years. She has moved from one nursing home to another three times already hoping to get better care and better control over her fragile conditions that make her depressed and hard-pressed that she just longs to get away from her present condition. Yes, under such circumstances, death is easily the better option! She can only see beyond the present horizon of her vision through the windows of her confined room/dormitory all these years. Being wheel-chair bound, and almost completely dependent on others for assistance in her movements and personal needs, nothing else can be worse. And so, she prays. And so, she asks all close to her to pray. That the Lord will graciously take her away from this earthly scene of suffering.

So, she prays. And so, we pray for God’s will to be done. And so, she goes on moaning in her physical suffering, mental anguish, and spiritual despondency. Why is it not God’s will to spare her from this agony of living? Is He able? In her desperation, she has tried to sleep through her anguish and agony, but God’s will for her time has not come and now still seems distant. What can she do? What can others do for her to help her have a good sleep? Does the Lord understand? **Is God able?**

The Lord certainly did! What could be worse than the sufferings of the Crucified Saviour on the Cross? Yet we read in the scriptures – *He would have already experienced it all Himself—all the pain, all the testing—and would be able to help where help was needed*. (Heb. 2:10, MSG)

But where is the Lord at this time – when she needs Him more than ever?

**Is the Lord able?** **REFLECT**

*’Tis the grandest theme through the ages rung;*

*’Tis the grandest theme for a mortal tongue;*

*’Tis the grandest theme that the world e’er sung,*

*Our God is able to deliver thee.*

Refrain: *He is able to deliver thee, He is able to deliver thee;*

*Though by sin oppressed, go to Him for rest;*

*Our God is able to deliver thee.*

*’Tis the grandest theme in the earth or main;*

*’Tis the grandest theme for a mortal strain;*

*’Tis the grandest theme, tell the world again,*

*Our God is able to deliver thee.*

*’Tis the grandest theme, let the tidings roll,*

*To the guilty heart, to the sinful soul;*

*Look to God in faith, He will make thee whole,*

*Our God is able to deliver thee.* William A. Ogden

1. ***He is able…***

The story of Daniel thrown into the lions’ den is well-known through many generations in Christian circles. His faith in God being able to deliver him even in such adverse deadly circumstances is well-known to all Sunday School children, and Christian martyrs right down through the generations. These precious words found in Holy Writ are indeed sacred to each soul precious to the Lord –

Daniel 3:17 – *If it be so,* ***our God whom we serve******is able*** *to deliver us from the burning fiery furnace, and He will deliver us out of thine hand, O king.*

Is Daniel’s God so real yesterday, as real today? **REFLECT.**

**Things To Ponder: *He is Able when we are not Able, but in His Time!***