**Notes for November 17, 2019**

Ephesians: 1: 15-20

Review:

1. Is the filling of the Holy Spirit an **event** or a **process**?

2. Three ways to open our hearts to the Holy Spirit:

a. Be a **sail** instead of an **anchor**.

b. Be careful not to **resist**.

c. Change the way we **walk.**

Four hinderances to our inheritance:

1.**Indifference**

2. **Religion**

A) Religion is a **personal** or **institutionalized** system of beliefs, attitudes and practices.

3. The dams we **build** and **maintain**.

4. Our obsession with **selfies**.

One small thing can reveal the **direction** and **power** that was there all along.