

*A Prayer for You*

*Ephesians 3:14-21*

**KEY VERSES**

*For this reason I bow my knees before the Father,<sup>[k]</sup> **15** from whom every family<sup>[l]</sup> in heaven and on earth takes its name. **16** I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit **17** and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. **18** I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth **19** and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. **20** Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, **21** to him be glory in the church and<sup>[m]</sup> in Christ Jesus to all generations, forever and ever. Amen.*

Of all spiritual disciplines, we all might agree that prayer may be the most difficult to practice consistently. The good news that we learn from this passage, however, is that Paul directs this prayer to us as well. As Paul writes to church at Ephesus, he pauses to pray for them, even getting down on his knees (v. 14). Because Paul himself experienced being made alive in God, and saved by grace, he bows down on his knees to honor the very One who raised him up. There is no one correct way to pray; God merely wants to hear from us and be in relationship.

**How do you commune best with God? Is there a particular place or posture that seems to draw you closest to Him?**

Stephen notes three specific things about prayer here that help guide us:

- 1) Prayer is both a spiritual and physical act.** When we pray, it is from the soul of who we are to the soul of who God is. Praying with our body reminds us of God's love of the physical world, and that it is the body, and not just the soul, that is promised to be resurrected. **What can help you connect more both spiritually and physically in the act** of prayer?
- 2) Paul prays for strength for us.** We all tend to know what God wants us to do, and scripture is also abundantly clear about what is best. God is a God of strength, with strength to give, and we need this strength to follow Jesus. **Who in your community helps hold you accountable and prays for strength for you in your journey with Jesus?**
- 3) Paul's prayer ends in Doxology.** Our nature is to put ourselves at the center of things. Paul reminds us, rather, that our chief end as humans is to glorify and enjoy God forever. From the time we rise in the morning to the moment we lay our head down, may all we do in between be done in the name of Jesus, offered up to the glory of God. **How can you better keep God on your radar as you busy yourself throughout your day, lifting all you do to His glory?**