**On My Knees**

**Ephesians 3:14-21**

Session 7

*When you tell someone you are praying for them and then forget,*

*it makes you wonder if people are really praying for you.*

In Ephesians 3:14-21 Paul tells the Ephesian believers how he has prayed for them. Let’s learn some important principles about prayer.

* **Read the passage on your own**
* **Read it out loud**
* **Summarize what you just read**

**In Prayer God is Acknowledged – 14-15**

When we pray, we need to think about the person we are approaching. Paul gives us a visible picture of one of the ways we can approach God – “I bow my knees”. It shows humility and reverence as we submit to His authority and Lordship. God truly is the Father of all (vs.15). He is the one who has created and named the whole family of Heaven and earth.

**Question:**

When was the last time you got on your knees as you approached the living God? When you pray this week consider approaching the God of the universe from a different position – On your knees!

**In Prayer our Hearts are Revealed – 16-19**

Paul’s heart for the love he has for these believers is revealed in how he prays for them.

* **May they be strong**

 Paul is not saying to be strong in our own strength but in the strength of the Holy Spirit’s power. As we go to a deeper level of understanding the incredible riches we have in Christ, we are in a condition to give God full access and control of our hearts.

When Christ dwells in our hearts he “settles in” and is at home. He is not just a stranger passing through, but He takes up residency is our hearts.

* **May they be rooted and grounded in love.**

Paul prays these believers would have spiritual stability. This is accomplished when we remain rooted and grounded in love for God and love for each other. Rooted and grounded are agricultural terms indicating the depth and strength of the plant or crop that has been planted. The absence of love for God and others leaves a vacuum which the enemy would love to fill with bitterness, resentfulness, malice.

**Question**: Take a moment and list ways are you remaining rooted and grounded in Christ.

* **May they know the depth of His love.**

This is an incredible statement! Paul wants these believers to see that anywhere they look or go, they are faced or encompassed by the mighty love of God.

…..may you have power, together with all the Lord’s holy people, to grasp how **wide** and **long** and **high** and **deep** is the love of Christ. vs. 18

**WIDTH**

The cross is evidence of God’s infinite love which is the **width** of mankind’s greatest need . . .a Savior.

**LENGTH**

God will go to any length to bring the lost person back to Himself. Rich, poor, prodigal or religious.

**HEIGHT**

God has unlimited creativity in designing wonderful purpose and plans for our fulfillment and future glorification.

**DEPTH**

God’s love will go to any depth to rescue man’s sinfulness. He pulls us out of the miry clay and sets our feet on the rock of His Son Jesus Christ. (Psalm 40:1-2) No one can say their sin is unforgiveable; God’s love is deep enough to reach even them.

Give some examples of the width, length, height, and depth of God’s love which has impacted your life.



**Music resource**: Take a moment in the quietness of your heart and surroundings and let this song remind you and minister to you of Christ’s love and care for us.

**No One Ever Cared For Me Like Jesus:** by Steffany Gretzinger can be found on YouTube.

**In Prayer God is Lifted High! – vs. 20-21**

Our God is to be forever praised. Not just on Sundays, but every day of every week for the rest of our lives. This is a beautiful doxology on God’s greatness. God is fully capable to do so much more than we could ever imagine.

If you ever catch a glimpse of how much God loves you and desires to be with you, you will find yourself with confidence and an inner assurance that can’t be matched by anything this world can offer. Truly His love is out of this world!

When you drive along, especially in a city, you will see billboards advertising a product which others think we need. You and I are a living “billboard” expressing the love of God which he has lavished on us. May we serve and love our Lord Jesus Christ as we communicate it from generation to generation.

**Read Psalm 100 as a group and then take time to lift His name on high and praise Him for who He is, what He has done, and what He is going to do.**

Psalm 100

Make a joyful noise to the Lord, all the earth!
**2**    Serve the Lord with gladness!
    Come into his presence with singing!

**3**Know that the Lord, he is God!
    It is he who made us, and we are his;[[a](https://www.biblegateway.com/passage/?search=Psalm+100&version=ESV#fen-ESV-15512a)]
    we are his people, and the sheep of his pasture.

**4**Enter his gates with thanksgiving,
    and his courts with praise!
    Give thanks to him; bless his name!

**5**For the Lord is good;
    his steadfast love endures forever,
    and his faithfulness to all generations.



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