

# I Bow My Knees

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*It is clear from looking at the letters of Paul that he was a man of constant prayer who devoted himself continually to talking with God. We can see that demonstrated here in the book of Ephesians.*

## Prayers in Ephesians

- Ephesians 1:15-23 – Paul's prayer that follows the praising God for all the spiritual blessings in Christ. He begins with, "**For this reason.**"
- Ephesians 3:14-21 – The focus of Paul's letter is transitioning here from doctrinal to practical application and this prayer is part of that transition. He begins with, "**For this reason.**"
- Ephesians 6:18-20,24 – Finally, the letter ends in prayer, where Paul asks for their prayers, and concludes with a prayer for them (Eph. 6:24).

## We have confident access and boldness!!

- "For through Him we both have our access in one Spirit to the Father" (Ephesians 2:18).
- "In whom (Jesus) we have boldness and confident access through faith in Him" (Eph. 3:12)

## God's power working in the inner man.

- Take a look at Ephesians to notice Paul's emphasis on God's working in the inner man, and His fullness dwelling within the inner person and collectively filling the body of Christ.
- **God's Power**
  - 1:19 – surpassing greatness of His power...the working of the strength of His might.
  - 1:21 – Jesus is above all power, including those in the heavenly places.
  - 3:7 – Effective working of His power.
  - 3:16 – Strengthened with power through His Spirit in the inner man.
  - 3:20 – According to the power that works in us.
  - 6:10 – The power of His might.
- **Working in the inner man (His fullness in the inner man).**
  - 1:17 – A Spirit of wisdom and revelation
  - 1:23 – The fullness of Him who fills all in all
  - 2:2 – Contrasted to "the spirit that now works in the sons of disobedience"
  - 2:22 – Dwelling place of God in the Spirit
  - 3:16 – Strengthened with might through His Spirit in the inner man
  - 3:17 – Christ may dwell in your hearts through faith
  - 3:19 – Filled with all the fullness of God
  - 3:20 – The POWER that works in us
  - 4:6 – Over all and through all and in you all
  - 4:10 – That He might fill all things
  - 4:20-24 – Learned Christ (heard...taught...truth is in Jesus)...be renewed in the spirit of your mind...new man created (see 2:10) according to God.
  - 5:10 – Finding out what is acceptable to God
  - 5:17 – Understand what the will of the Lord is
  - 5:18 – Be filled with the Spirit
  - 6:18 – Praying in the Spirit

### Ephesians 1:15-23

- Paul, after praising the Lord for all the spiritual blessings in Christ, continued with “for this reason” as he prays for their spiritual growth.
- Notice that he prays for God to give them:
  - A spirit of wisdom and of revelation in the knowledge of Him
  - That the eyes of their heart (not their physical eyes) may be enlightened.
  - He prays for the light to come on spiritually so that they will know:
    - **What is the hope of His calling.** Considering all of those wonderful blessings in Christ that Paul just mentioned, how can that stir up hope within the Christian?
    - **What are the riches of the glory of His inheritance in the saints.** Paul wants them to begin to grasp what God has in store for His children!
    - **What is the surpassing greatness of His power toward us who believe.** The God who created all things and raised Jesus from the dead seeks to work His mighty power to create a new man from the inside out!
  - Paul continues by saying that the above things are in accordance with (connected to) the power that God demonstrated when He raised Christ from the dead and seated Him above all authority and power.

### Ephesians 3:14-21

- Notice that the Father, Son and Holy Spirit are all mentioned in this prayer.
- Paul just wrote about how God brought Jews and Gentiles into one body in Christ and He displayed His wisdom to the entire spiritual realm by the creation of the church. As Paul is about to move into the practical applications of this teaching (chapters 4-6), he offers up a prayer for God's power to work in their inner man. Once again, he begins with “For this reason.”
- He prays for their spiritual depth perception to increase, that they begin to understand the dimensions and depth and expanse of who God is and what He is doing within His people.
- Notice how much attention is given to God's power working in the inner man.
  - Vs. 16 – Be strengthened with power through His Spirit **in the inner man**.
  - Vs. 17 – Christ may **dwelt in your hearts** through faith.
  - Vs. 19 – **Filled up** to all the fullness of God.
  - Vs. 20 – According to the power that **works within us**.

***If God raised Jesus from the dead, and if Jesus is above all authority and power, and if God's fullness dwells in all things, what can the power of God do through us and in us?***

### Some final thoughts:

- Take these prayers and substitute someone's name (spouse, child, a new convert, or even your own name!) in them as you pray for their spiritual growth. The Bible is the best prayer manual, it was given to us by as a gift from the Holy Spirit...use it!
- Are your prayers centered on the spiritual person or are they primarily focused on the material things of the world (sickness, travel, jobs, politics, etc.)? Of course we pray for the physical things, but our focus in prayer should be the souls of men including our own.

**WE WILL DISCUSS THE PRAYER OF EPHESIANS 6 IN THE LAST LESSON (STAND FIRM AND FIGHT)  
WHEN WE TALK ABOUT THE WHOLE ARMOR OF GOD.**