

Day 1

 Please pray for holy guidance and insight before you begin today’s study.

*A Prayer for the Ephesians*

<sup>14</sup> For this reason I kneel before the Father, <sup>15</sup> from whom his whole family in heaven and on earth derives its name.

Q1. Why might it be important to “kneel before the Father”?

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 **Philippians 2** (9) Therefore God exalted him to the highest place and gave him the name that is above every name, (10) that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, (11) and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Q2. Paul writes in verse 15 “from whom His whole family... derives its name”. What name?

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 Could the “name” be... **Acts 11:25-26** Then Barnabas went to Tarsus to look for Saul, and when he found him, he brought him to Antioch. So for a whole year Barnabas and Saul met with the church and taught great numbers of people. The disciples were called Christians first at Antioch.

Q3. Does Paul consider the family in Heaven and the family on earth as parts of the same family?

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Q4. Is it important to surround yourself with other Believers? Why? Or why not?

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Q5. Can I isolate myself from God’s family? Can I live by myself in the Alaskan wilderness? Why? Or why not?

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**Day 2**

 Please pray for holy guidance and insight before you begin today’s study.

<sup>16</sup>I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17a</sup> so that Christ may dwell in your hearts through faith.

Q6. Is “His Spirit” the same as the Holy Spirit?

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Q7. Is there “power [in] His Spirit”? If yes, will you share some examples?

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Q8. What ‘circumstances’ brought you to this Study?

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Q9. Has anyone ever experienced “power through His Spirit”? Would you share your experience?

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**Day 3**

 Please pray for holy guidance and insight before you begin today’s study.

<sup>17b</sup> And I pray that you, being rooted and established in love,

Q10. How do you know that you are “rooted and established in love”?

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Q11. How do you explain “His Spirit in your inner being”?

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<sup>18</sup> may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ,

Q12. How would you explain Christ’s love?

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<sup>19</sup> and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

Q13. Can our imaginations grasp the extent of Jesus’ love for us?

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Q14. Does Jesus love you? Why? Or why not?

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Q15. If a person confided to you that she (or he) did not feel “filled to the measure”, how would you advise the person?

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**Day 4**

 Please pray for holy guidance and insight before you begin today’s study.

<sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

Q16. What is the promise in verse 20?

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Q17. How can you increase “His power that is at work within us”?

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Q18. How would you reply to a stressed brother or sister who claims, “What is the use of praying? God never answers my prayers.”?

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<sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

**Day 5 and Day 6**

**Homework:**

Find a quiet place. Let us make Paul’s prayer a prayer that Paul prayed specifically for you and me. Read the following passage aloud and insert your name when indicated. (Remember who helped Paul write these marvelous words... the Holy Spirit!) Let Paul’s words wash over you...

“I [Paul, an apostle of Christ Jesus by the will of God] pray for you NAME that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your heart through faith. And I pray that you NAME, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you NAME may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within you, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

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