

LESSONS THIS QUARTER

- 1) 05 Sep Eph 1:1-14 God’s Plan is Eternal
- 2) 12 Sep Eph 1:15-23 God’s Plan Involves Power
- 3) 19 Sept Eph 2:1-10 God’s Power Changes People
- 4) 26 Sep Eph 2:11-22 ... God’s Power Changes Relationships
- 5) 03 Oct Eph 3:1-13 God’s Power Comes by Grace
- 6) **10 Oct Eph 3:14-21 God’s Power Provides Strength**
- 7) 17 Oct Eph 4:1-16 Being in Step
- 8) 24 Oct Eph 4:17-32 Being Different
- 9) 31 Oct Eph 5:1-14 Being Pure
- 10) 07 Nov Eph 5:15-21 Being Careful
- 11) 14 Nov Eph 5:22-33 Being Married
- 12) 21 Nov Eph 6:1-9 Being Respectful
- 13) 28 Nov Eph 6:10-24 Being Prepared

INTRODUCTION

- What is the real power of God. What does it look like? Who can have it? How do we get it? How do we use it?
- Paul tells his readers it begins with true, honest, worshipful prayer to a holy God who is our loving Father

Passage	Comments
Eph 3:14	<p>Paul prays on his knees to the Father...</p> <ul style="list-style-type: none"> • Is there significance to a correct posture when praying? • Which is more effective for praying: standing, kneeling, sitting, prostrate face up or face down, walking, running or driving? Where should the hands be? Up? Down? Straight Out? In pockets? • Jesus ... knelt down and prayedLuke 22:41 • Jesus laid down – He fell with his face to the groundMt 26:38-39 • Jesus prayed while on the cross..... Mt 27:46 • Jesus prayed with His eyes open John 17:1 • Jesus. ‘whenever you stand praying’ ...Mark 11:25 • Paul. I want men everywhere to lift up holy hands in prayer..... 1 Timothy 2:8a • But the tax collector stood at a distance and would not even look up to heaven Lk 18:10-13 • Paul and others prayed kneelingActs 20:36 • Paul prayed with others on his knees while at the beach Acts 20:5 • David sat to pray. However, sitting for prayer in church was not prevalent until after the invention of pews during the Middle Ages2 Samuel 7:18 • Solomon stood before the people while spreading his hands toward heaven.. 1 Kings 8:22 • Solomon also sat, stood, knelt with his hands “spread toward heaven”2Chron 6:13 • Daniel prayed 3x daily on his knees Dan 6:10 • Ezra and the people prayed standing with hands lifted up, heads down, eyes to ground Neh 8:6 • Praying involves having a worshipful heart more than having the right posture or position or even having the right words – JUST PRAY !!
3:15-18	<p>“...strengthened with power through His Spirit in the inner man”</p> <ul style="list-style-type: none"> • What kind of power? To work miracles like Jesus or to acquire wealth & wisdom? • Remember – the power comes from the Holy Spirit who resides “in the inner man” <ul style="list-style-type: none"> ♦ 2Cor 4:16 the inner man is renewed everyday

Passage	Comments
	<ul style="list-style-type: none"> ♦ Eph 4:23 be renewed in the spirit of your mind ♦ Col 3:10 put on the new man who is renewed in knowledge according to Christ ♦ 2Cor 5:17 He is a new creation in Christ, old things are passed away, behold all things become new – THIS IS THE REAL POWER OF GOD TO CHANGE LIVES FOREVER
3:19-21	<p>The love of Christ surpasses knowledge</p> <ul style="list-style-type: none"> • It is Unfathomable – It is Incomprehensible – It is above our IQ – to know what cannot be known • The peace of God which keeps us also surpasses our understandingPhil 4:7 <p>Be filled up with ALL the fullness of God</p> <ul style="list-style-type: none"> • How can God’s fullness reside in unholy, sinful, unloving, imperfect creatures like us? • I guess we first must be made into new creatures! <p>God is able to do ABUNDANTLY beyond all that we can ask or think – according to the power that works in us – through the Holy Spirit who resides in us along with Christ (v17) through faith – WOW !</p>

CONCLUSION/APPLICATIONS:

- The real power of God comes to us through the indwelling Holy Spirit – and it wants to first change our lives, our hearts, our attitudes, our desires – to make us new creations
- Then He wants to work through us to change others the same way – from the inside out

NEXT WEEK: Ephesians 4:1-16. Should we strive for unity at all costs? How do we walk in the manner we are called in? And what happens if we speak the truth but not in love?



Blind obedience rarely shares company with common sense.