

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

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