



## Praying for the Inner Being

**Ephesians 3:14-21**, “For this reason I kneel before the Father, <sup>15</sup>from whom every family in heaven and on earth derives its name. <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>17</sup>so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup>may 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, <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. <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, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

**Ephesians 3:16**, “...in your *inner being*....”

**2 Corinthians 4:8-9, 16**, “We are hard pressed on every side, but not crushed; perplexed, but not in despair; <sup>9</sup>persecuted, but not abandoned; struck down, but not destroyed....<sup>16</sup>We do not lose heart. Though outwardly we are wasting away, yet *inwardly* we are being renewed day by day.”

**First Request: Ask God to give others the power they need to make their lives a proper \_\_\_\_\_ for Jesus.**

**Ephesians 3:16-17**, “I pray 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 hearts through faith.”

**Second Request: Ask God to give others the power they need to experience the \_\_\_\_\_ of Jesus.**

**Ephesians 3:17-19**, “I pray that you, being rooted and established in love, <sup>18</sup>may 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, <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.”

## TAKE FIVE

Take five minutes five days to pray for five others. Before you pray, read over your sermon notes from the previous Sunday and align your prayers with the text we studied.

**Monday.** Read verses 8, 9, and 16 of 2 Corinthians 4. Paul knew the condition of the inner life was more important than the condition of the outer circumstances. Do you tend to pray about someone’s outer circumstances more than their inner life? Ask God to help you remember to pray for both.

**Tuesday.** Paul prayed 2 requests in Ephesians 3:14-21. The first (verses 16-17) was for the power we need for our lives to become a “dwelling” for Jesus. For Jesus to “dwell” in our hearts, there are things we need to “evict” and things we need to “furnish.” Ask God to help others with this.

**Wednesday.** Paul prayed 2 requests in Ephesians 3:14-21. The second (verses 17-19) was for the power we need to really know divine love. Ask God to help others to grow in their knowledge and appreciation of God’s love.

**Thursday.** When Paul began his prayer report in Ephesians 3:14-21, he said, “I kneel.” Put your body in different posture of prayer today than you normally use: Kneel, or raise your hands, or lay prostrate on the floor.

**Friday.** Read Ephesians 3:20-21 and reflect on what God is capable of doing in the lives of those you pray for. Review the boldness of the way you’ve been praying. In what ways have you limited your praying by what you think is “reasonable” to ask God?