

Get a Life!

*Ephesians*

# Praying For Life

Lesson Fifteen

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## *Ephesians*

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 4:1

### Praying For Life

**Lesson Goal:** To help students to understand how the love of God gives us new life.

**Scripture:** Ephesians 3:14-19;

Our Scripture reading today is a record of Paul's continued prayer for the church at Ephesus. In this prayer he asked God for several things. All of them add up to what Paul saw as elements in the Christian life. We can discover, today, several things about what God is willing to give us when we truly "get a life."

First, Paul helps us see the source of this life. He prays to God the Father, Jesus and God's Holy Spirit. He asks all three to bless the Ephesians.\* He asks the Father to give them strength from God's "glorious riches." Paul understood that God has unlimited power. He asks that God send some of His power, or strength, to the Christians through the work of His Spirit in their "inner being."

The people, to whom Paul was writing, understood that the "inner being" was made up of the reason, conscience and will. When God strengthens the inner man, He helps us be more logical about what we do and say. He clarifies our thinking so that we can be wise. Also, God, in strengthening the inner man, makes us more sensitive to what our conscience is telling us. He knows that the more we ignore what our better judgment tells us, the more insensitive we are to how God wants us to behave. Finally, Paul prayed that God's Holy Spirit would strengthen the will of the Ephesians. Sometimes we know what we should do, and our conscience is urging us to do it, but we don't have the will to do it. Paul prays for some "backbone," some inner strength, for the Ephesians to do the right thing. Paul knows that God can give that to the person of faith.

Paul continues his prayer, asking that as God's Holy Spirit is working in their inner being, they will be conscious of Jesus Christ being with them. He dwells in them. He uses the word "dwell." It refers to a permanent residence, not a temporary visit. Jesus comes to live permanently in the inner being of every Christian. He brings with Him new life. That's how we "get a life." That "dwelling" takes place just as soon as we commit ourselves to faith in Jesus. Some guidance as to how to do that is on the "Student Worksheet."

Then Paul says that the Ephesians, by God's power, now experience love. And that love gives them, and all other Christians, power to understand how great the love of Jesus really is. He says that it is wide, long, high and deep. It is wide enough to include every person who ever lived. God's love is high enough to cover every sin ever committed. It is deep enough to reach the worst person who ever lived. It is long enough to care for all His children for all of eternity...for ever and ever.

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We can't ever fully understand how great God's love is. Paul had prayed for knowledge in the first chapter. He wanted the Ephesians to know as much about God as they could. In this prayer, he is praying for power to carry out what they know. His prayer is that they will be rooted and established in love. Two good pictures here: To be rooted is to sink down into something that gives nourishment, like the giant oak tree sinks its roots into the earth to anchor it and to feed it. To be established is to be firmly placed on a strong foundation.

Lance wanted to be a good batter. He had the strength to swing the bat. He was quick and could read the ball thrown by the pitcher. His coach told him that he only lacked one thing. He needed to practice his stance. He needed to plant both feet on the ground in a way that would anchor him and give his upper body the freedom to use his power and intelligence to the best advantage. Lance needed to be established, stabilized, in the batter's box. He didn't have a strong position from which to focus the physical and mental power. After some time of practicing his stance, Lance became a very good batter and could hit the ball over the fence.

Ephesians is telling us that we need a strong position from which to live our life. That position is in God's love. Our roots are to sink down into God's love; our life is to be built on the strong foundation of God's love. Not being only recipients of God's love, but showing God's love in all that we do.

We should think often of all that God has done for us: He made us and provided our world where we can live full and healthy lives. He cares for us and provides for us. He sent Jesus to the world to live and die for us so that we can have eternal life. All that and much more proves His love. We let God's Holy Spirit have control of our lives. When you think about that love, and when you become aware of the presence of God's Holy Spirit in your life, you will be sinking your roots in God's love and building your life on it.

And, ultimately you will begin to live your life in the loving way that God lives. You will begin to help others, provide for others, even sacrifice for others if that becomes necessary. This is what Paul was talking about when he prayed that the Ephesians would be "filled to the measure of all the fullness of God." That's life!

**Memory Verse:** "I pray that He will strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith." Ephesians 3:16, 17

\*Underlined sentences in the Teacher's Guide appear in the Student Worksheet with blanks to be filled in by the student during the lesson. Words in the Student Worksheet may not appear exactly as printed in the Teacher's Guide.

# Student Worksheet

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**Memory Verse:** “I pray that He will strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith.” Ephesians 3:16, 17

- >Paul prays to God the \_\_\_\_\_, Jesus and God’s \_\_\_\_\_ . He asks all three to bless the Ephesians.
- >He asks that God send some of His \_\_\_\_\_, or strength, to the Christians through the \_\_\_\_\_ of His Spirit in their “\_\_\_\_\_.”
- >Paul prays for some “\_\_\_\_\_,” some inner strength, for the Ephesians to do the \_\_\_\_\_ . Paul knows that God can give that to the person of \_\_\_\_\_ .
- >Jesus comes to live permanently in the inner being of \_\_\_\_\_ Christian. He brings with Him new \_\_\_\_\_ .
- >He says that God’s love is \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. It is wide enough to include \_\_\_\_\_ person who ever lived.
- >To be rooted is to \_\_\_\_\_ down into something that gives nourishment, like the giant oak tree sinks its roots into the earth to anchor and to \_\_\_\_\_ it. To be established is to be firmly placed on a strong \_\_\_\_\_ .
- >When you think about God’s \_\_\_\_\_, and when you become aware of the \_\_\_\_\_ of God’s Holy Spirit in your life, you will be sinking your \_\_\_\_\_ in God’s love and \_\_\_\_\_ your life on it.

### How to begin a Personal Relationship with God:

First, believe that there is a God.

Second, believe that Jesus, God’s Son, was sent to earth to die so that you can have a relationship with God.

Third, ask God to forgive your sins in Jesus’ name. Jesus’ death on the cross paid the price of every sin you commit.

Fourth, ask Jesus to be your Savior and the Lord of your life.

Fifth, believe that He has answered your prayer and be ready to live for him all the rest of your life.