

Digging Deeper: Ephesians 3:14–19

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Day 1

Read the verses Ephesians 3:14–19 all at once today. This week we will be studying and meditating on these verses that are so full of encouragement of what our Lord is doing on His own through the power of the Spirit. Today, read the verses and make observations of Paul’s prayer for “Spiritual Strength.”

Day 2

Read Ephesians 3:14. Paul begins his prayer by saying “for this reason.” Now go back and read Ephesians 3:1-13. What is Paul referring to? Make sure you understand this before you move on. Today, pray on what brought Paul to his knees.

Day 3

Read Ephesians 3:14. Today, let us focus on prayer posture. The great apostle says that he bows his knee before the Father. Bowing is a humble act of submission. It is recognition of the sovereignty of God and our humble position before His throne. Today, if you can, be encouraged to bow your knee before the father and lead your devotions from this position.

Day 4

Read Ephesians 3:16. The apostle turns his prayer to ask that his beloved disciples in Ephesus would be strengthened in their inner being. Oh what a marvelous prayer! And from what source? Our Heavenly Father’s inexhaustible storehouse of mercy and grace. Today, just ponder and pray about the infinite riches of Christ. Restate and pray the Gospel to yourself and recount what the Lord has done in your life. List the graces and mercies you have received from God already.

Day 5

Read Ephesians 3:16–17. We focus today on the strengthening. Consider these things: increased grace to know and love Christ more; increased resistance to temptation; and increased endurance in suffering for the Glory of God. Now, where does this come from? Read verse 17. Read also Romans 5:5. Do you see the Holy Spirit as living in your heart and it’s from Him strength comes? Pray you may know the Spirit and His direction and counsel today. This is Christ in you, the hope of glory!

Day 6

Read Ephesians 3:18–19. Today as we finish the week, we look into the extent the apostle is asking the Father for the strengthening to extend. Read these words. Is anything left out to how far he wants us to know the riches and fullness of God operating in us to do His will? Consider.