



## ***Ephesians 3:14-16***

### **Paul's Prayer to the Father**

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## **Knees Bowed to God**

### **Ephesians 3:14 (NASB)**

For this reason I bow my knees before the Father.

- The bowing of knees implies a posture of submission and humility in prayer
- "For this reason" refers to the "if...then" of vs 2-13 and also Eph. 2:19-22
- Bowing the knees was a common physical posture in prayer but not the only or necessary one--there were others

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## **The Father Over All Fatherhood**

### **Ephesians 3:14b, 15 (NASB)**

...before the Father, from whom every family in heaven and on earth derives its name

- Play on words: *pater* (father)...*patria* (fatherhood)
- There is a patriarch analogy here
- Naming denotes source and authority
- Heaven and earth in Ephesians includes all human and spiritual beings

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## **Strengthened With Glorious Power**

### **Ephesians 3:16a (NASB)**

that He would grant you, according to the riches of His glory, to be strengthened with power...

- Paul uses a purpose clause "in order that" to show the point of his prayer
- Paul uses two words for power *dunamis* and *krataioo* (also used in 1 Cor. 16:13)
- Ezra 7:28 uses "strengthened" similarly

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## The Heart Strengthened by the Holy Spirit

### **Ephesians 3:16b (NASB)**

...strengthened with power through  
His Spirit in the inner man

- The Holy Spirit enables believers to faithfully serve God
- God changes us from the inside out (Ephesians 4:23, 24)
- This is not merely inner strength but the Holy Spirit's power to overcome darkness

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## Implications and Applications

- Prayer is relational and not based on technique
- God's sovereignty inspires prayer and does not make it pointless
- God changes believers from the inside out

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## Prayer Is Relational

### **Matthew 6:7, 8 (NASB)**

And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. So do not be like them; for **your Father knows what you need** before you ask Him.

- Those who know Christ have a relationship with God as "Father"
- Don't be like the pagans!

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## God's Sovereignty and Prayer

### **Daniel 9:2b, 3a (NASB)**

I, Daniel, observed in the books **the number of the years which was revealed as the word of the LORD to Jeremiah the prophet for the completion of the desolations of Jerusalem, namely, seventy years.** So I gave my attention to the Lord God to seek Him by prayer and supplications,

- Inerrant and infallible prophecy motivated Daniel's prayer

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## A New Heart

### Ezekiel 36:26, 27 (NASB)

I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances.

- God does a spiritual heart transplant
- The old man had a "heart of stone"

## Strengthened by God's Power

### Colossians 1:11 (NASB)

strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously

- God's power is at work in us to keep us in a world filled with hostile, spiritual beings
- God's power in believers changes us so that we can live lives characterized by endurance, joy and patience in trials