



## A Prayer to Not Lose Heart Ephesians 3:13-22

### We are vulnerable to losing heart as Paul and Jesus said. Ephesians 3:13

- Galatians 6:9; II Thessalonians 3:13; Hebrews 12:3; Luke 18:1
- Ephesians 3:13: *“Therefore I ask you not to lose heart at my tribulations on your behalf, for they are your glory.”*
- *Pray Paul’s Prayer:* Ephesians 3:14-21  
*“For this reason...”*

### How to Approach God. Ephesians 3:14

- **Pray with a spirit of humility and surrender.** *“For this reason I bow my knees...”*
- **Pray with a spirit of expectation and faith.** *“...before the Father”*

### What to request from our Father. Ephesians 3:15-19

- **Ask Him that we would be strengthened with power, according to His riches.**  
*“that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man” (v.16)*
- **Ask Him that we would know and experience the fullness of Christ’s love.**  
*“so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.”*
  - Breadth =
  - Length =
  - Height =
  - Depth =

### Trust Him to do more than we could ever ask or think. Ephesians 3:20-21

*“Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.”*

***What one prayer would you like our Father to respond to beyond all that you ask or think?***

## Digging Deeper:

After Paul converted to be a follower of Christ, his life became more difficult in human terms. Throughout his life he was persecuted, tortured, left for dead, rejected by Christians and imprisoned by Roman rulers. Imagine telling Paul before he committed to Christ that these would be the circumstances of his life simply because he lives for Jesus Christ. It's not too inviting. But Christ knew the strength and depth of Paul's faith and that he would persevere and even thrive spiritually as he set an example for all of us.

In today's passage, Paul does not want the believers at Ephesus to lose heart because he is in prison. For that reason he offers this rich and mature prayer. It is not a prayer to be freed from his imprisonment, but rather one of embracing the love of Christ and the power of His Father in heaven to help the church at Ephesus. We can find great comfort in knowing the power of God and the love of Christ when we endure difficult times that may cause us to lose heart.

## LifeGroup Discussion:

Paul's attitude is reflected as he bows his knee to the Father.

What do you learn from Christ's position and attitude as He prayed just before His crucifixion in Luke 22:41-44? How should you approach our Father in prayer?

God is our Father. What kind of care does He provide for us as a Father according to Psalm 103:13, 14? How does that help you in praying to Him?

In Ephesians 3:18, Christ's love is wider, longer, higher and deeper than we can ever comprehend. Such love should call us to bring every need and offer words of praise to Christ.

How wide is God's love according to John 3:16? Whom do you know that needs that love? Pray for them to receive it now.

The length of Christ's love means He went all out in His death on the cross. What did He accomplish for you in Colossians 1:19-22?

The height of His love reaches to heaven. On what are you to focus according to Colossians 3:1-4?

The depth of Christ's love reaches deep into our lives. How much change can Christ create in any person's life according to Colossians 3:5-10?

Pray for those that you know that need this love of Christ.

## Next Steps:

1. **Join a LifeGroup to experience friendship and connections with others on your spiritual journey.** LifeGroups are ongoing small group communities that gather together throughout the week to **CONNECT** in a smaller setting, **GROW** together in our faith, and **REACH** out together to our community. [calvarylife.org/lifegroups](http://calvarylife.org/lifegroups)
2. Reach out this holiday season and invite someone to your house who needs the grace of Christ. Invite them to some of our special services so they can hear about Christ. Learn more about Christmas at Calvary at [calvarylife.org/christmas](http://calvarylife.org/christmas)