

## Ephesians: Practices to Become What We Believe

### Praying for Spiritual Understanding

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#### Why pray for Spiritual Understanding?

Paul's prayer for the Ephesians is a prayer for greater spiritual understanding. This kind of insight requires help from the Holy Spirit. In other words, Paul knows there are some realities about God that are simply deeper than our minds and emotions can grasp without some further insights from God's own Spirit.

#### Paul's Prayer Personalized

Take some time to read through Ephesians 1:17 - 23. Then read through the passage broken up into prayer prompts below. After each section, sit quietly for a moment and listen for God's thoughts within your own thoughts. As best you can, write down your thoughts along the way.

*You are the God of our Lord Jesus Christ, and I'm asking for your supernatural work in my heart, mind and actions. I'm asking Father, that you will give me the Spirit of wisdom and revelation, SO THAT I MAY KNOW YOU BETTER.*

*I pray that the eyes of my heart may be enlightened in order that I may know...*

*... the HOPE to which you have called me*

*... the RICHES of your glorious inheritance in your holy people*

*... your incomparably great POWER for me; one who believes in your Son, Jesus.*

*Help me comprehend and experience Your power which...*

*... raised Christ from the dead and seated Him at your right hand in the heavenly realms.*

*... placed Jesus far above all rule and authority, power and dominion. And placed him above every name that is declared as supreme; and not only for right now, but for all eternity to come.*

*... placed every created thing -- spiritual and material -- under Jesus' authority*

*Help me comprehend and experience the reality that...*

*... You appointed Jesus to be head over everything for the church, which is his body.*

*... You made us the expression of Jesus' physical body, living in the world in real time.*

*... Jesus is bringing his healing and wholeness into every bit of brokenness of your people throughout the world.*

#### Praying for Life Application

Now go back to each point of the prayer and write out ten ways you would act differently if you more fully understood and believed each point. Ask yourself questions such as...

*How would my internal conversations change?*

*How would my external conversations change?*

*How would I deal differently with my friends/spouse/kids/parents?*

*How would I act differently at work, school and home?*

*How would my screen viewing change?*

*How would my character change?*

*How would my confidence change?*