

Prayer for Strength & Understanding

Read Ephesians 3: 14-15

- Paul is picking back up the prayer he started in verse 1. He started with “for this reason” and he begins again here “For this reason”. At the beginning of Ephesians, he stopped because he was interrupted by a thought of the stewardship of God’s grace that was given to him to reveal the mystery of God to the Gentiles. Now in verse 14 he begins his prayer.
 - Paul is praying for knowledge to be given to the readers of his letter. They did have the scriptures as we have today so Paul needed to ask for help from the Holy Spirit that they would know who Christ truly was then realize the love that is in Christ. To be personal with Christ is to understand and participate in the love. Love is an action not a feeling.
- Bow my knee before the Father from whom every family in heaven and earth is named.
 - Typical Jews at the time of Paul stood and prayed, they did not kneel and pray. For the Jews to kneel and pray it meant something significant. Here are few passages that where Biblical figures knelt and prayed.

- Ezra 9:5, Daniel 6:10, Jesus in the garden Luke 22:41, Peter to raise Dorcas from the dead Acts 20:36
- There is also a textual discrepancy here. Some translations have unto the Father of our Lord Jesus Christ. Why?
 - “It is because some manuscripts have this and some don't, and they see the manuscript evidence as in favor of ending with, "Father." Also, internally, this is the only time in the New Testament where this form is used. It really doesn't matter which reading you accept, because Paul has already taught us that God is the Father of the Lord Yeshua the Christ” [Commentary of Ephesians by David B. Curtis](#)
- The family of God here is what Paul is talking about. The Saints are part of God’s family. The divine beings as well as the saints of earth. The whole family here is also how 2 Timothy 3:16 uses it with The whole scripture... This does not mean all families, but only those of the elect of God. There is no longer Jew and Gentile, but one people in the Family of God through Christ.
 - We as well as all believers in Christ in Heaven and on Earth are of God’s Family. We bear His name and Paul is stating that fact

with this verse. We are no longer of ourselves, but in the Family of God and bear His name as ours. We should not take this lightly.

Read Ephesians 3:16-19

- Paul's prayer here is to strength each person in the Church with the power of the Spirit. The vehicle by which we gain understanding of Christ and God. The "inner being" is the new creation inwardly created by Christ's death and God's gift of the Spirit within.
 - "It is in tune with the mind of God and delights in the His law (Rom. 7:22); it is renewed from day to day even when the 'outer' moral nature wastes away (2 Cor. 4:16)." – [Epistles to the Colossians, to Philemon, and to the Ephesians \(The New International Commentary on the New Testament\)](#) pg. 325
- Vs. 17 – This is an exact parallel verse to what he said in vs. 16. Vs.16 - "To be strengthened with power through His Spirit in the inner being" Vs.17 - "So that Christ may dwell in your hearts through faith".
 - This is one in the same action. Given by God's rich glory.
- Vs. 18 – May have strength meaning may have understanding given by the Holy Spirit to understand the love of God (breadth, and length and height and depth).

- Breadth – God’s love is broad enough to take the Gentiles in Chapter 2:11 says bringing the uncircumcised who were far off into God’s family – [David B. Curtis Commentary on Ephesians](#)
- Length – Is the length of time. From eternity past.
 - "just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love."
Ephesians 1:4
 - "so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus."
Ephesians 2:7
- Height – High enough to bless us in all of the Heavenly places.
 - “Blessed be the God and Father of our Lord Yeshua the Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ”, Ephesians 1:3
 - “and raised us up with Him, and seated us with Him in the heavenly places in Christ Yeshua”, Ephesians 2:6
- Depth – Deep enough that He left Heaven and the glory of the Father to humble Himself for our sake as a human.

- “and to know the love of Christ which surpasses knowledge,
that you may be filled up to all the fullness of God”. Ephesians
3:19

- Vs. 19 – To know what He did and the love that no one could have
comprehended, not even the Heavenly host. That we may have the fullness
of God. The full understanding of what He has done.

Read Ephesians 3: 20-21

- Here Paul is ending his prayer for the Saints in the Churches in and around
Ephesus.
 - He who is able to do more than we could possibly hope for or
possibly ask for. The same power that raised Christ from the dead
and also raised us. Now exists in us and can do more and accomplish
more if we let it than anything else on earth. The power working
within us guiding us, teaching us, and pushing us to be more than we
could ever imagine if we just listen.
- All the glory be given to Him. Throughout all generations forever and ever.
From the previous age and now in this age to eternity. AMEN!