

## Week 2: Pray like Paul

### Review:

- 1) How did it go praying the “Hand Prayer” this week?
- 2) Anybody do the “Ephesians 1:3-14: If God is my Father, I am ...” worksheet? What did you learn about “Our Father”

### Discussion:

Read Eph 3:14-21, aloud. Ask 2-3 people to read it aloud in different translations.

**Discuss** the following questions:

What do we learn about God from this passage?

What do we learn about people from this passage?

What is Paul asking God to do in the lives of the Ephesians?

What is Paul not asking God to do (that we often focus on)?

In Paul’s prayer, do you see any of the basic elements of the Lord’s Prayer:

- Relationship?
- Worship?
- Surrender?
- Petition?
- Forgive/Forgiveness?
- Protection?

How does Paul's prayer compare with what you usually pray for?

What do we learn about prayer from this passage?

**Exercise:**

Break up into pairs. Pray the "hand prayer" together. For "Petition" pray the words of Ephesians 3:14-21 over your prayer partner.

**Watch Video #2** (which summarizes today's lesson and explains the homework)

**Homework:**

- 1) Pray the "hand prayer" every day. In "Petition," pray the requests of Eph 3:14-21, (or one of the other prayers of Paul listed in "Extra Credit") for yourself or someone you love.
- 2) Extra Credit: Each day read another of these prayers of Paul, and pray that prayer in the "Petition" section of the hand prayer (for yourself; or for someone you care about):
  - a. Ephesians 1:16-23
  - b. Philippians 1:9-11
  - c. Colossians 1:9-14
  - d. 2 Thessalonians 1:11-12

### **Ephesians 3:14-21** ESV

**14** For this reason I bow my knees before the Father, **15** from whom every family in heaven and on earth is named, **16** that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, **18** may have strength to comprehend with all the saints what is the breadth and length and height and depth, **19** and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

**20** Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, **21** to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.