

## INTRODUCTION

1. Cultivating a meaningful prayer life
  - a. The Lord Jesus as our greatest Example
  - b. Unfortunately, the Disciples did not come close to having a strong personal prayer life
  - c. Yet the potential to cultivate a meaningful prayer life is for us all
2. The Apostle Paul
  - a. He succeeded in cultivating a meaningful prayer life
  - b. He also found success in life and ministry
3. Reading his prayer in Ephesians 3:14-21
  - a. To catch glimpse of how he prayed
  - b. To learn lessons of prayer that we can apply in our own lives

## PAUL’S FAITH-FAIR APPROACH IN PRAYER

1. How Paul approached God in prayer
  - a. In faith
  - b. In fear and reverence
2. Appreciating his faith-fear approach in prayer
  - a. Faith expressed

*“We have boldness and access with confidence through faith in Him”  
Ephesians 3:12*

- b. Fear and reverence expressed

*“I bow my knees to the Father” Ephesians 3:14-15*

*“That He would grant you” Ephesians 3:16a  
(God’s Sovereign will borne in mind)*

- c. Faith expressed yet again

*“According to the riches of His glory.” Ephesians 3:16a*

- i. That God does not merely give out of the riches of His glory
- ii. But according to the riches of His glory

- 3. Both faith in God and fear of God intertwined in prayer

- a. Rightly so
- b. Beautifully so

### **PAUL’S INWARD FOCUS IN PRAYER**

- 1. Paul’s first prayer for the Ephesians

- a. Focused on wisdom and knowledge (Ephesians 1:15-23)
- b. Not on external well-being or success

- 2. Paul’s second prayer for the Ephesians (Ephesians 3:14-21)  
(Also focused on the inward man)

- a. *“To be strengthened with might (power) through His Spirit in the inner man”*
  - i. Strength to face the challenges of life
  - ii. Strength to overcome sin

- b. *“That Christ may dwell in your hearts through faith”*
  - i. Not a reference to salvation
  - ii. But For Christ to dwell (a deeper residence and abiding) in the heart  
Eph 3:17
  - iii. For one to abide in the Lord, His love, His Word (John 15)
  - iv. For the heart to be continually cleansed and enlightened
- c. *“Being rooted and grounded in love”*
  - i. Always drawing from (root imagery) and depending on (ground / foundation imagery) the love of Christ
  - ii. This enables one to further comprehend the measure and know the love of Christ which passes knowledge
- d. *“That you may be filled with all the fullness of God”*
  - i. The image of the fullness of God is Christ, the brightness of His glory  
(Hebrews 1:3)
  - ii. This is a petition to be transformed into one more and more like Christ

#### **THE FRUITS OF PRAYER THAT PAUL LOOKED FOR**

- 1. The power of God in one’s life (Ephesians 3:20)
  - a. God is able to do in response to Paul’s petitions
    - i. Exceedingly
    - ii. Abundantly
    - iii. Above all that we ask or think
  - b. According to
    - i. His power that works within us
    - ii. His Will

2. The glorifying of God (Ephesians 3:21)
  - a. This was Paul's hope and desire at the end of his prayer
  - b. That ultimately God will be glorified
    - i. In and through the Church (believers)
    - ii. To all generations, forever and ever

### **ENCOURAGEMENT TO US ALL**

1. Learning from the Apostle Paul
  - a. His faith-fear approach in prayer
  - b. His inward focus in prayer
  - c. The fruits of prayer that he looked for
  
2. Our challenge
  - a. To learn from the Lord Jesus
  - b. To learn from successful servants of God like the Apostle Paul
  - c. To personally cultivate a meaningful prayer life and ministry