# Introduction

This passage is the second of two prayers recorded in Ephesians, the first one being Ephesians 1:15–23. In the first prayer, the emphasis is on *enlightenment;* but in this prayer, the emphasis is on *enablement*. It is not so much a matter of *knowing* as *being*—laying our hands on what God has for us and by faith making it a vital part of our lives.

# I. <u>The Supplication (3:14-15)</u>

- a. "I bow my knees"
  - i. The emphasis on spiritual posture in Ephesians is vivid. The lost sinner was buried in the grave (2:1). But when we trusted Jesus and obeyed the gospel He is raised from the dead and seated us in the heavenlies (2:4-6). When we sit with Christ we can also walk with Him (4:1,17; 5:2,8,15) and then we can stand against the devil (6:10-13).

# II. <u>The Petition (3:16-19)</u>

- *a.* Strength (v16)
  - i. The presence of the Holy Spirit in the life is evidence of salvation (Rom. 8:9); but the power of the Spirit is enablement for Christian living, and it is this power that Paul desires for his readers (Acts 1:8; Luke 4:1,14; Acts 10:38).
  - **ii.** This power is available for "the inner man." This means the spiritual part of man where God dwells and works. It means that our spiritual faculties are controlled by God, and we are exercising them and growing in the Word (Hebrews 5:12–14).
- **b.** Depth (v17)
  - i. Paul uses three pictures here to convey this idea of spiritual depth, and the three pictures are hidden in the three verbs: "dwell," "rooted," and "grounded." What Paul is praying for is a deeper experience between Christ and His people.
    - 1. "Dwell" He yearns for Christ to settle down and feel at home in their hearts.
    - 2. "Rooted" We must have our spiritual lives rooted in the love of God and in His word (Psalm 1:1-3; Jeremiah 17:5-8).
    - **3.** "Grounded" If you don't go deep with the foundation you can't go very high (Matthew 7:24-29).

### III. Apprehension (v18-19)

- a. Comprehension & Apprehension
  - i. Our word comprehend carries the idea of mentally grasping something; while apprehend suggests laying hold of it for yourself. This means we need to make the wealth of God our own and take hold of the vastness of the love of God (Ephesians 3:8).
- b. Fullness (v19b)
  - i. The means of our fullness is the Holy Spirit (Eph. 5:18), and the measure of our fullness is God Himself (Eph. 4:11–16).

# IV. <u>The Benediction (3:20-21)</u>

a. Above All

He is able to do all—*above* all—*abundantly* above all—*exceeding* abundantly above all! Get your hands on your spiritual wealth by opening your heart to the Holy Spirit, and praying with Paul for strength for the inner man ... for a new depth of love ... for spiritual apprehension ... and for spiritual fullness.