

Ephesians Study: Session 3 – Empowered in Prayer

(Lori Wilhite – Ephesians: Head Held High)

Big Idea

God reveals the mystery that Gentiles are fellow heirs with Jews in Christ. Paul prays for believers to be strengthened by the Spirit, rooted in love, and to grasp the boundless dimensions of Christ's love so they may be filled with all the fullness of God.

- Ephesians 3:1-13 – The mystery of Christ revealed (Jews and Gentiles together as one body)
- Ephesians 3:14-21 – Paul's powerful prayer for spiritual strength and God's glory

Discussion Questions

1. Paul calls himself "a prisoner for Christ Jesus on behalf of you Gentiles" (v. 1). What does this reveal about his attitude toward his suffering and his calling? How might this encourage us when we face hardships in our own lives or ministries?
2. In verses 2-6, Paul explains the "mystery" of the gospel. How does knowing that Gentiles are "fellow heirs, members of the same body, and partakers of the promise in Christ Jesus" (v. 6) change the way we view the church and our relationships with other believers?
3. Paul describes his ministry as a gift of God's grace (vv. 7-8). What does it mean to you that even the "least" of us (v. 8) can be used by God to proclaim the unsearchable riches of Christ? Share a time when you felt God's grace at work in your weakness.
4. Look at Paul's prayer in verses 14-19. What four specific things does he ask God to do for the Ephesians? Which of these do you most need in your life right now, and why?

5. Paul prays that Christ would "dwell in your hearts through faith" so that you would be "rooted and grounded in love" (v. 17). What does it look like practically for a Christian woman today to live as one who is rooted and grounded in Christ's love while handling busy schedules, relationships, or hardships/trials?

6. Verses 18-19 speak of comprehending "with all the saints" the breadth, length, height, and depth of Christ's love. Why is it important that we grasp this love together as a community rather than alone? How can our group help one another experience this more deeply?

7. The chapter ends with a beautiful doxology (vv. 20-21). How does Paul's description of God ("who is able to do far more abundantly than all that we ask or think") strengthen your faith and prayer life?

Memory Verse

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, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. (Eph. 3:20-21 ESV)

This Week:

- **Daily Prayer Practice:** Pray Ephesians 3:14-19 out loud each morning for yourself, your family, and the women in your Bible study group. Ask the Holy Spirit to strengthen you with power in your inner being.
- **Rooted and Grounded Challenge:** Each evening, reflect on one way you can "dwell" with Christ more intentionally through Scripture, worship, or quiet time and thank Him for the immeasurable power at work in you.
- **Read Ephesians 4**