



EPHESIANS 3:14-21 WEEK 1

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

Paul prayed this rich prayer over believers as an overflow of the Gospel found in Eph. 1-3. All month we'll work out our souls in this prayer, praying it over ourselves and those we love. Our focus for Week 1 will be verses 14-15... our IDENTITY.

1. Warm up... READ and WATCH

READ Ephesians 3:14-21

WATCH the "Ephesians 3:14-21 Intro Video" on our YouTube Channel (Search "Established Footsteps Ministry" on YouTube)

2. Praying the Prayer Every Day...

- Every day read Ephesians 3:14-21 out loud as a prayer over your life, inserting "I" "me" "my" etc. where appropriate.
- Every day read Ephesians 3:14-21 out loud as a prayer over someone else. Insert their name where appropriate.

*Pray for a new person each day, or the same person each day. As a blessing, let him/her know you are praying.

3. Prayer Foundations Part 1...

Throughout the month we will reach into different segments of Paul's prayer, making it our own. And yet all the while we want to keep in mind Ephesians 1-3:13. See, because of what Christ has done for us as described in Ephesians 1-3:13 we can pray the rich things in Ephesians 3:14-21. So...

- With a prayerful heart, take a moment and read through Ephesians 1-3:13, stopping along the way to give thanks for all the benefits bestowed on you in Christ.
- Make a commitment to remember these things as you land on the first words of Paul's prayer in verse 14 each day, **"For this reason..."**

4. IDENTITY

If we truly knew who we were in Christ, most things in our lives would be made right in that Truth. But many people struggle to know WHO they are and WHOSE they are. Just as Adam and Eve lost sight of their identity, we do as well. Various struggles and circumstances steal our knowing of being created in God's image and belonging to Him. However, verses 14-15 position us in the Truth of our identity saying we, **"derive our name from the Father."** Having a knowledge of that Truth and living from that Truth are two different things altogether. So... let's work out our souls in this Truth. Journal your thoughts...

- By what "name" do you tend to identify yourself... your family name, your background, struggles, hurts, career, sickness, successes, poverty, wealth or other? In light of verse 15, how might these things be an incorrect and substandard position of your true identity?
- How often do you identify yourself as belonging to your Father... in your thoughts, your emotions, your will?
- How might identifying yourself as being created in Him and belonging to Him make a difference in your soul?

5. Prayer Foundations Part 2

As we reach into different segments of Paul's prayer this month, not only do we want to keep the first few chapters of Ephesians in mind, but we also want to set the tone of Ephesians 3:20-21 over our praying of this prayer as well. We have to remember that Paul prayed all that he prayed in verses 14-19 in a deep belief of verses 20-21. So let's seek to do the same...

- Access and print the Ephesians 3:20 Color Sheet from the Soul Pilates August page on our website www.establishedfootsteps.com. *A link for this was also sent in your workout email on August 5.
- Color in the word "Able" as you ponder the God's ABILITY to change the way you view yourself. Also consider that He can change your identity in exceedingly, abundant ways, beyond what you could even imagine or think.
- In the Identity section of this sheet, write down some words that describe your identity as a child of God.
- As you pray through this prayer all month, seek His ABILITY to reshape your identity in amazing ways!

*Make sure to save this sheet, we will be using it all month.

6. Use the Scripture Prayer Image to pray into verses 14-15, thanking God for your identity in Him!