



EPHESIANS 3:14-21 WEEK 2

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 2 will be verse 16... Strength.

1. Warm up... READ and COPY

READ Ephesians 3:14-21 in three different translations. (I encourage you to make The Passion Translation, *TPT*, one of them) COPY Ephesians 3:14-21 from your favorite of the translations you read.

*visit www.biblegateway.com to access many different translations of the Bible

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

3. "Grant"

Did you know that some people make a career out of grant writing? Their job is to find donors and write persuasive documents inspiring the benefactor to choose their organization to bless. Grant writers can often spend months and even longer writing just one grant request, and then spend even more time hoping and praying that the donor will choose them. Although a worthy job in the right circumstances, we don't want to assume this position spiritually. And yet we often do! When we need strength from the Lord, we often make effort to persuade Him that we are worthy to bless. And then we spend even more time wondering if He will. Ephesians 3:16 prays that God would "**grant**" us strength through His Spirit. But we have to remember that in the earlier chapters of Ephesians, we have already been notified of His decision. Read through Ephesians 1-3:13 and make note of the places where Paul indicates that God is for us, has chosen us and wants to bless us. Let these Truths cancel any notion that you should be a spiritual grant writer!

**If this exercise seems repetitive to you from other workouts, essentially it is! Some of the best exercises are worth repeating. That is true physically and even more so spiritually. We need our minds renewed with God's Word, so don't skip this one!*

4. Dream

We all have places of weakness in our souls. Maybe you struggle with anxious thoughts, or a lack of self-control or feelings of low self-worth. Our struggles are many and varied... which is why we are working our souls out in Soul Pilates... that we might get stronger! This week we are leaning into verse 16 that says, "**that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man.**" Take some time to DREAM of the strength you would like God to give you "**according to the riches of His glory.**" If you struggle with anxious thoughts, dream about His glory of living free of worry. If you struggle with self-control, dream of His glory of discipline in your life. If your struggle is low self-worth, dream of the glory of God's identity upon you. I think you get the idea. The exercise is to DREAM! Do so by:

- Making list of the places in your life where you struggle and need strength
- Dreaming of strength in those areas as described above
- Journal your thoughts and also list your strength dreams in the Strength box on your Color Sheet for this month. And as you do, color in the word "**Exceeding**" to help you remember that God's dreams for you exceed your own!

5. Inner Man

In our culture these days, the focus easily can become our outer man. While also important, this prayer instead is focused on His Spirit strengthening our inner man. So, let's focus there. Take some time to ponder the following. Journal your thoughts.

- How much time do you give to caring for your outer man? How much time for your inner man? Are changes needed?
- How have you tried on your own to strengthen your inner man? What was the result?
- How could His Spirit provide the power you need? Are you willing to pray for this and allow Him to provide?

6. Use the Scripture Prayer Image to pray into verse 16, asking Him for strength!