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A Guide to Praying Through
The Epistle to the Ephesians

***The Epistle to the Ephesians
sets forth God's eternal
purpose to create through
Jesus Christ a new society...***

***It is a summary
of the Christian
good news and its
implications...***

***It promises community
in a world of disunity,
reconciliation in place
of alienation and peace
instead of war...***

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Praying through the Epistle to the Ephesians

We often come to God in prayer with topics that are important to us and with the situations we are currently in. When we pray following the Bible text, we open ourselves to the topics that God chooses.

God's Word and prayer are closely related. This guide contains instructions and questions that help us, after reading God's Word written in the Epistle to the Ephesians, to accept that Word personally and continue talking with God. In this way, the eternal Word of God enters our everyday life and changes both us and the circumstances in which we live.

How to use this guide?

The text of the epistle is divided into 9 parts. Each section (day) is accompanied by instructions and space for notes [✍️]. At the end of this booklet there are a few more blank pages that you can use.

1. Find a place and time in which you will be able to focus on prayer without interruption.
2. Ask the Holy Spirit to speak to you through God's word.
3. Read the biblical text to get an overview of what it is about.
4. Read the text again following the instructions in this guide. Use space for notes*.
5. Spend time in prayer.
6. Thank God for the time you spent with him.

* Some new questions and topics will come to mind while reading. If you want, write them down for later study, but don't let too many questions take up your prayer time.

1

Ephesians 1:1-14

The Epistle to the Ephesians was written to believers in Christ whom Paul calls “God’s saints”. If you believe in Christ, you are one of God’s saints in the place where you live. God has shown you mercy and wants you to have peace that transcends circumstances (Eph 1:2). You have been chosen for great things.

In this passage, the expressions “in Christ”, “through Christ”, “for Christ” are repeated many times.

- Look for and write [✍] everything you have because you belong to Christ. Thank God for that.
- Thank God that you are his child (Eph 1:5) and ask him to show you how you can bring God’s kingdom into this world today.

Your identity

The epistle talks about the invisible world of spiritual reality. During the day, in different situations, set aside a few minutes to remind yourself of your identity in Christ.

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2

Ephesians 1:15-23

Paul heard about the faith of the Ephesians and their love for other believers. Jesus told his disciples that other people would know that they are his disciples by the love they have for one another. What do other people hear about your faith and love?

- Pray for your faith to be greater and your love for other believers to be more visible.

Paul is praying for the people to whom he is writing this epistle because he knows that they are not fully aware of all that they have in Christ.

- Pray for yourself that God would give you a spirit of wisdom and knowledge, that your spiritual eyes would be opened and that you would get to know him better. Pray that you will be more aware of the glorious inheritance that God has given you (Eph 1:18) and the power of God that is in you (Eph 1:19).

Pray for others

Paul prays and gives thanks (constantly) for the believers in Ephesus (Eph 1:16). Make a list [✍] of several people from your church for whom you will pray. Read 1:17-19 and in this way pray for the people on your list.

3

Ephesians 2:1-10

Remember your encounter with Jesus and how he has changed your life.

➤ Give thanks for God's grace and your salvation.

Be aware that you are God's work of art, and that you were created in Jesus Christ to do the good works that God has prepared in advance (Eph 2:10).

What do you think good works are?

➤ Ask God to reveal them to you and/or to guide you as you achieve them.

Make a list of things [✍] that prevent you from doing the works that God has prepared for you. Ask God to help you get free of them.

Share your testimony

Write a testimony of your conversion. Ask God to bring to mind the people you need to tell it to. If you want, send it to the email address: info@bczagreb.hr

On the website www.bczagreb.hr under "Our stories" you can read the testimonies of people whose life was changed by meeting Jesus.

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4

Ephesians 2:11-22

The Epistle to the Ephesians lays out God's eternal plan for the creation of a new society through Jesus Christ. Paul uses the terms for believers: "new people", "fellow citizens with the saints", "members of the household of God" and building elements who "are being built together into a dwelling place for God by the Spirit."

- Pray that you can recognize other believers as your people, fellow citizens and family members.

The Holy Spirit resides in every believer, but in a special way in the community of believers.

- Pray for the filling of the Holy Spirit and for God to open your eyes to recognize his Holy Temple (Eph 2:21-22).

Pray for "Christians who are a little different"

Pick a few Christians from a church that is a little different from yours [✍]. Pray for them in the same way as you prayed for the believers from your church. If you do not know anyone from another church, ask God for the opportunity to meet some.

5

Ephesians 3:1-21

Through faith in Christ, you can come before God freely and without fear (Eph 3:12). Thank him for that.

Write [✍] what Paul prays in 3:14-21.

- In prayer, ask God for the same things that Paul prays for the Ephesians.

Paul prays for individuals (Eph 3:12) but also for all believers (Eph 3:18).

- Ask the Holy Spirit to show you people [✍] in your church who need your prayer support. Pray that they will be strengthened in their inner being by the Spirit. Use verses 3:14-21 as you pray for them.

Pray for revival

Remember the moments when God's action in your church was visible to you. Imagine that there are many more such moments. Pray for it to happen. Pray for revival.

Thank God that he is able to do far more abundantly than all that we ask or think, according to the power at work within us.

6

Ephesians 4:1-16

Paul asks the believers to whom he writes to live a life worthy of the calling to which they have been called (Eph 4:1). He is aware that some of them were not living like that.

- Think about your life and in prayer open yourself to God that He show you what you need to change. Record what God is already telling you through 4:2-3 [✍].

Paul calls the readers of this epistle the Body of Christ and asks them to strive to preserve unity in the Spirit. Notice how many times the word “one” is mentioned in this passage.

- Ask God to show you how you can build the Body of Christ, and unity with other believers.

Yearn for spiritual gifts

Look at all the spiritual gifts Paul lists in 4:11-12 (other lists are found in Rom 12:6-8; 1 Cor 12:4-11 and 12:28) and notice what their purpose is [✍].

Give thanks for the gifts you recognize in yourself and in your church.

The Spirit distributes gifts as he wishes, but at the same time prompts us to yearn for them, which highlights our role in receiving them (1 Cor 14:1). Tell God what spiritual gifts you long for (or would like to long for) and talk to him about how you can serve in building his church - the Body of Christ.

7

Ephesians 4:17 - 5:14

- Thank God for everything he has freed you from since you met Christ.

You were created to be like God - truly righteous and holy (Eph 4:23). What else do you need to free yourself of? What is God telling you through these verses?

- Write [✍] the things from this passage that believers should “put away” and “reject”. Add the things you know you should discard.
- Write [✍] things from this passage that you should do.

Pray for God’s help in this.

Forgive

God has forgiven your sins through Christ. Thank him for that. If there is someone you haven’t forgiven, do it now. Remember situations when others have hurt you. Ask the Lord to help you to forgive them, and then forgive them (Eph 4:32).

8

Ephesians 5:15 - 6:9

Write down the specific things that God tells you in verses 5:15-20 [✍️].

- Talk to God about how he wants you to use the time available to you. Seek His will for your life.

Be ready to submit to one another out of reverence for Christ (Eph 5:21)

Make a list of important roles you have [✍️] in your life. Read what specific instructions God gives you in verses 5:21 - 6:9 for each of the roles you are in (parent, children, husband, wife, colleagues at work...).

- Stop at those parts that seem difficult for you and ask God for help and guidance.

Praise God

Find a few songs that express gratitude to God and fill your day with praise (Eph 5:19-20). At the next church service, listen to the people around you praising God (5:19) and enjoy worshipping with them.

9

Ephesians 6:10-24

Take some time and think about the armor [✍] that Paul mentions. How can you use it better?

- Give thanks for the possibility of communion with the Lord, his strength that he makes available to you and the armor that he has given you. Ask the Spirit to open your eyes so that you can recognize the spiritual reality in concrete life situations that are in front of you. And ask that he show you how you should fight against evil spiritual forces.

In this epistle, Paul prays for the believers in Ephesus. Now, at the end, he encourages them to constantly pray for themselves, for other believers and for the spread of the Good News.

- Pray for revival in your city!

Pray for the warriors

Paul asks other believers to pray for him. Make a list of people who are active warriors [✍] for God's kingdom and put them on your prayer list. Pray for them regularly.

Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. Grace be with all who love our Lord Jesus Christ with love incorruptible. (Eph 6:23-24)

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At The End

Read the whole epistle again. Look at your notes or recall your thoughts and prayers. Ask the Holy Spirit to show you how the experience of praying through the Epistle to the Ephesians can affect your relationship with God and other believers.

Write down the things you want to change or introduce in your prayer life and keep praying.

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***Prayer doesn't
change God.
It changes me.***

C. S. Lewis

***I pray that the God
of our Lord Jesus Christ,
the Father of glory,
may give you the Spirit of
wisdom and of revelation in
the knowledge of him.***

Eph 1:17

