1. Pray with humility.

Ephesians 3:14-15 (ESV) 14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth is named,

Psalm 95:6 (ESV) Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!

Bowing in:

- Humble Gratitude. “for this reason…”
- Humble Passion.

Acts 20:18-19 (ESV) 18 And when they came to him, he said to them: “You yourselves know how I lived among you the whole time from the first day that I set foot in Asia, 19 serving the Lord with all humility and with tears and with trials that happened to me through the plots of the Jews;

Acts 20:31 (ESV) Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears.

Acts 20:36 (ESV) And when he had said these things, he knelt down and prayed with them all.

- Humble Confidence.

Ephesians 3:12 (ESV) in whom we have boldness and access with confidence through our faith in him.

2. Pray for the fullness of God’s power and love.

Ephesians 3:16-19 (ESV) 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

a. We need to be strengthened by the Spirit. (Eph. 3:16-17a)

- Where? “inner being”

2 Corinthians 4:16 (ESV) So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. – the outer man is perishing, but the inner man is being renewed.
• Why? “so that Christ may dwell in your heart.”

• How?

**Ephesians 5:18 (ESV)** And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

**Colossians 3:16 (ESV)** Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Paul basically says that when the word of Christ dwells in you, it leads to the filling of the Spirit, which leads to the worship of Christ and obedience to him.

b. We need to know Christ’s love. (Eph. 3:17b-19a)

• Know that you are secured in his love.

**Ephesians 3:17b (ESV)** —that you, being rooted and grounded in love,

**Colossians 2:6-7 (ESV)** Therefore, as you received Christ Jesus the Lord, so walk in him,
7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

• Know the dimensions of his love

**Ephesians 3:18 (ESV)** may have strength to comprehend with all the saints what is the breadth and length and height and depth,

• Know his love by personal experience

**Ephesians 3:19a (ESV)** and to know the love of Christ that surpasses knowledge,

**Ephesians 4:32 (ESV)** Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

c. We need to experience God’s power and presence. (Eph. 3:19b)

**Ephesians 3:19b (ESV)** that you may be filled with all the fullness of God.

3. Pray with great expectations.

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