



Growth Group Questions
October 11, 2026
“Kneeling Before God”

CONTEXT

Paul’s prayer brings the first half of Ephesians to a close. The prayer begins with “for this reason” which looks back to themes Paul has already covered. God’s work of reconciliation, the creation of one new humanity, and the church becoming a dwelling place for God. Paul wants the Ephesians to understand that God is not simply saving individuals, but rather forming a people who show forth God’s purposes for creation.

Paul begins by kneeling before the Father. His posture is one of humility and a recognition of his place before God. His prayer is trinitarian as he asks *God* to strengthen believers through the *Spirit* so that *Christ* might dwell in their hearts through faith.

Paul asks that believers be strengthened in their inner being through the power of the Holy Spirit. This connects back to Ephesians 1:19–20, where Paul describes the power of God that raised Jesus from the dead. The same power that raised Jesus is now at work in believers giving us the strength to become more like Christ.

Paul uses the images of being rooted and grounded to describe the importance of love in the Christian life. He prays that believers, together with all the saints, might begin to grasp just how wide and long and high and deep the love of Christ really is. Paul wants them to not just know “about” God’s love, but to “experience” this love which is more than they can fully understand.

As Paul is praying, he is filled with joy at the work God has done and so he ends with a doxology which praises God. He reminds the church that the God whose power is already at work within them can accomplish far more than they could possibly ask or imagine.

SCRIPTURE

Ephesians 3:14-21

¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family^[a] in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 1:18-21

¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

Psalms 1:1-3

¹ Blessed is the one
 who does not walk in step with the wicked
or stand in the way that sinners take
 or sit in the company of mockers,
² but whose delight is in the law of the Lord,
 and who meditates on his law day and night.
³ That person is like a tree planted by streams of water,
 which yields its fruit in season
and whose leaf does not wither—
 whatever they do prospers.

1 Kings 8:10-11

¹⁰ When the priests withdrew from the Holy Place, the cloud filled the temple of the Lord. ¹¹ And the priests could not perform their service because of the cloud, for the glory of the Lord filled his temple.

Romans 15:13 New International Version

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

QUESTIONS

1. In Ephesians 3:14, we are told that the Apostle Paul knelt before God as he prayed. How can we practice the same submission and humility in our prayer lives?

2. Pastor Paul reminded us again that God's power is at work in our lives. What does that mean to you? How have you seen His power work in your life?
3. What Bible verse(s) help to remind you of how God's power is at work in the lives of believers?
4. In Ephesians 3:17, the Apostle Paul prays that we may be "rooted and grounded" in Christ's love. What does that mean to you? What does that look like in a person's daily life?
5. In Ephesians 3:18, the Apostle Paul uses four distinct dimensions to describe Christ's love: breadth, length, depth and height. What do each of these dimensions of Christ's love mean to you?
6. Carefully read Ephesians 3:20-21 and then paraphrase it in your own words as a personal declaration of your faith of how God can strengthen you in times of difficulty.
7. In Ephesians 3:20, we are told that God can do immeasurably more than we can ask or imagine. If you really believe this to be true, how might your prayer life change?
8. What lessons about prayer can we learn from Paul's Prayer in Ephesians 3:14-21?

PASTOR PAUL'S SERMON QUESTIONS

1. Where have you stopped believing in the power of Jesus to bring change to your life and what can you do about it this week?
2. Prayer Practice – Healing. Each day this week pray by name for one person you know who needs God's healing and provision.