

Ephesians 3:14-21

Let Us Pray

Scripture: Ephesians 3:14-21

Memory Verse: Psalm 62:8 "Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us."

Lesson Focus: This is the perfect passage to begin a New Year with! We pray the kids will catch a vision for prayer in this lesson and desire to pray more this new year!

Activities and Crafts: Coloring Picture, Word Search of different terms from lesson, Bring it Home Discussion for 3rd - 5th.
Craft for 1st/2nd Grade: Five Finger Prayer Hand

Starter Activity: New Year's "Ball Drop" Challenge

With this being our first lesson of 2025, consider starting it off with a fun New Year's themed challenge. We will provide you with several cups and a ball. * Divide the class into two teams (3rd-5th grade will compete by class) and have them line up behind each other in a line. Then create a pyramid of cups (6, 10, or 15, depending upon how many kids you have in class!) and put the ball on the top cup. Each kid in the class will then take turns using the cup to "ball-drop" it to the next cup in the pyramid. After one successful "drop", that kid will put the cup off to the side and go to the back of the line bringing up the next kid in line. If the ball falls off, then either have that kid restart from the beginning with a fresh pyramid or put one cup back onto the pyramid for each flub (what I recommend). The first team to successfully "ball-drop" onto the last cup wins! * See a demonstration of it [here](#). Afterwards, transition into the lesson with some discussion.

Not only does this game remind me of the "ball drop" that they do in New York City to mark the beginning of a New Year, it also reminds me a little bit of the "avalanche" of grace that we read about right before the Christmas holiday. *

Q: Who remembers which book of the Bible we were reading? A: Ephesians! The passages that we studied taught us about the **avalanche** of grace and blessing that God "dropped" on the world when Jesus first came. (**Teachers:** See [Ephesians 2](#) lesson where we used this illustration) Let's open our Bibles and not only review that **avalanche** but learn one way that it should propel us into the New Year!

Bible Study:

Ephesians 3:14: For what reason does Paul fall on his knees before God? Because of the amazing **avalanche** of grace and blessing that transformed him and the world! In chapter 1 we were taught how believers in Jesus are forgiven, chosen, adopted, and accepted into God's royal family despite our monstrous sin! In chapter 2 we were taught that we receive these blessings not through our works, but through faith and trust in Jesus. This is why it is called GRACE * (getting something good you don't deserve). Finally, we learned that this **avalanche** of grace opened the way for ALL people (Jew and Gentile) to come together to be among His royal family, the church! BTW: This is only true for those who trust in Jesus! *

Paul is so overwhelmed by God's goodness that he falls on his knees in worship and begins to say a marvelous prayer for these believers in Ephesus.

Q: What is prayer? A: Prayer is simply talking honestly to God! * **Psalm 62:8** describes prayer as "pouring out your heart to God". This means sharing all that is on the inside honestly with God (joys, fears, hopes, disappointments, etc.).

(**Teachers:** Consider bringing in a pitcher of water and pour it out to illustrate the pouring out of all of our feelings unto God).

Q: Why do you think Paul was on his knees? A: It shows reverence and respect. Not only is prayer talking honestly with God, but also respectfully. Remember He is the King of Kings! * (**Teachers:** Consider kneeling yourself and having the kids kneel with you. However, point out that the posture of kneeling is nothing if it doesn't match a truly humble posture in our hearts!)

Ephesians 3:15: Doesn't it seem a little crazy to think that God, as big and powerful and awesome as He is, would care at all about us tiny little humans? (Paul doesn't think so!) But God does care! He is not far off, but near (see **Psalm 145:18**). And through faith in Jesus, we are given bold and confident access to Him! (see **Ephesians 3:12**)

Ephesians 3:16-19: * We are going to go back and talk through the particulars of this prayer, but I first want to point out something that you might have missed. Notice this prayer is not about what we usually pray for. Most often we pray for good health, food, safety, good grades, etc. (and those are all good things to pray about). But that's not the focus of this prayer. Let's reread to better understand.

Ephesians 3:16: Paul asks that God would strengthen these believers with **might**.

Q: Is he asking for God to give them huge biceps? A: NO! He's asking that God would strengthen their inner person. The inner person is our soul *, our invisible self, that it would have a strong and unassailable confidence in the Lord! *

What better way to start off a New Year than with a fresh reminder that believers belong to God who will strengthen us with His Spirit to walk in His ways! *

Ephesians 3:17a: The stronger our confidence is in the Lord, the more Jesus Himself will dwell within our hearts! Wow!

Q: What does it mean to "dwell" somewhere? A: It is the place you call "home". * In the same way, Jesus calls our hearts His home when we believe and trust in Him. You are still you, but when Jesus is "at home" in your heart, He is not only deeply central to your life, but is at work making you a better you! *

Ephesians 3:17b-19a: Nothing warms our hearts better than knowing how great God's love is for us. * (**Teachers:** Consider bringing in a container of some sort and measure the width, height, and length. Then ask the kids if God's love is greater!) *

Ephesians 3:19b: Earlier we talked about how prayer is pouring out our hearts to God. Notice also that as we do this, God pours Himself into us! I think Paul prays this because this is as good as it gets this side of heaven! When we are totally overcome by God's love and strength we are completely happy and satisfied. * This is God's **avalanche** of grace at work in our lives!

Ephesians 3:20: When believers are filled and empowered as described in this prayer, ANYTHING is possible! God is able to do far more than we ask or think.

Q: So shouldn't we ask for more? YES! Shouldn't we pray more? YES!

Ephesians 3:21: All for His glory. AMEN!

Q: What does "AMEN" mean? A: It means "I agree" or "So be it". When we say AMEN we are stating our agreement with what has been prayed or said. *

Key Point: * What if I told you there was a vitamin you could take once a day to make you happier and lessen your worry. Would you take it? Suppose this vitamin also made your inner self stronger and more confident? Would you take it? This vitamin exists. It's called PRAYER! Let's pray more in 2025. Let's pour out our hearts more to God in 2025. And we're not just praying to any God, but the one true and living God who is able to do so much more than we ask or think!

Teachers: After the lesson, please spend some focused time in prayer with the kids. Some ideas:

- 1) Get on your knees and encourage kids to share prayer requests out loud.
- 2) Pray for our president, governor, mayor, military, and local police
- 3) Pray for your room's Compassion kid. Pray for other churches.
- 4) Pray for the homeless of our city and shelters like Springs Rescue Mission.
- 5) Take your kids through one or more of these [prayer ideas](#).

Bring It Home

Paul, an apostle of Jesus Christ by the will of God,

To the saints who are faithful in Christ Jesus:

*Greetings! Grace to you and peace from God our Father
and the Lord Jesus Christ.*

First

What is prayer? (see Psalm 62:8) Are you considering praying more in 2025? Why or why not?

Second

Read Ephesians 3:16-19. Is Jesus Christ "at home" in your heart? If not, why not?

Parent Challenge

Read Ephesians 3:21. What does "Amen" mean? When should we say it and when shouldn't we say it?

By His Grace,

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