



Lesson 8: Keys To Spiritual Growth

Text: Ephesians 3:12-21

Key Thought: Growth occurs when we tap into 3 things God makes available to every believer. We'll address 2 of the 3 in this lesson.

1. In our text, Paul records the second prayer he prayed for those to whom he wrote. In it, he asks God to help them tap into 3 things(keys) that are available to them. The first key he wants them to tap into is their **access to God's throne**. (*Read Ephesians 3:11-13*) What hinders you from praying more consistently and/or confidentially than you do?

A.

2. Paul was concerned that the faith of some of them might be shaken because the God they served had allowed him to be arrested (Ephesians 3:13). Have you ever been tempted to lose heart or confidence in God because of your "unjust" circumstances or someone else's? If yes, explain.

A.

3. Are you more apt to turn "to" or "from" God when you are frustrated by your circumstances?

A.

Why is turning to God in prayer during such times so important and helpful? (*Hebrews 4:14-16*)

A.

4. The second key he wants them to tap into is their **access to God's strength**. (*Read Ephesians 3:14-16 and 20-21*) In verse 16 Paul asks God that they "be strengthened with might through His Spirit in the inner man". This is referring to their/our heart, mind and soul, not physical bodies. Our physical bodies get stronger when we get the proper amount of rest, exercise and nutrients. What activities do Christians engage in that requires supernatural power? Why is it useless to try and do these things without the Holy Spirit's presence and power?

• John 16:12-13

A.

- Luke 24:46-49; Acts 1:8; 1 Thessalonians 1:5

A.

- Romans 8:26-27

A.

- Romans 8:2 & 13

A.

- John 15:4-5; Philippians 4:13

A.

5. Read Ephesians 3:20-21. Before Paul closes his prayer, he praises God for something we all need to know or be reminded of. What is it?

A.

6. Think about the scripture and your answer to question 5. If you are willing, offer the following prayer to God daily for the next week. *"Lord, I want to better serve you and be used by you going forward. Please help me to spend more time in prayer and have more faith to believe that you can and will do great things in me and through me as I yield my life to you. In Jesus' name and for His sake I pray. Amen."* After the week is up and before coming to group answer the following questions.

- What did God reveal to you about His will/plans for you?

A.

- What changed/happened as a result of praying and believing?

A.

- Whether things changed or not, why is continuing to pray this way both good and right?

A.