

God Is Able: More Than You Can Ask or Imagine

Ephesians 3:14-21 (NKJV)

Key Thoughts

1. **For this reason, Paul kneels.** Picking up the thought he paused in verse 1, Paul bows before the Father from whom every family is named, a posture of absolute submission to a sovereign God.
2. **The prayer is for inner strength, not outer ease.** Paul asks that we be strengthened with might (Kratos and Dynamis) through the Spirit in the inner man, with a power that belongs to God alone and overcomes every obstacle.
3. **Christ moves in to stay.** The word for “dwell” (katoikeō) means permanent, settled residence. Christ does not visit the heart; He occupies the command center of the whole person and runs the house.
4. **The love of Christ is immeasurable.** Paul prays that we would grasp a love beyond width, length, depth, and height, a love that surpasses knowledge, so that we are filled with all the fullness of God.
5. **God is able.** He can do exceedingly abundantly above all we ask or think. “Able” does not always mean He grants our will, but it always means He accomplishes His, in His time and for His glory.

Discussion Questions

1. Ephesians 3:14 opens with “For this reason.” Looking back at Ephesians 2:19-22, what reasons is Paul pointing to, and why do they move him to his knees?
2. In Paul’s day prayer was usually offered standing, yet here Paul bows his knees. What does that posture communicate, and where do you see genuine submission to God in your own life?
3. Paul prays that Christ would “dwell” in our hearts, using a word that means to move in permanently and run the house. What is the difference between Christ visiting your heart and Christ ruling it?
4. Paul asks that we comprehend a love that “passes knowledge.” How can we know a love that surpasses knowledge, and what keeps us from being filled with the fullness of God?
5. The Ephesians lived near monuments of human achievement, and we still tend to be impressed by what human hands can build. Where are you most tempted to be awed by human power instead of God’s?
6. Ephesians 3:20 says God is able to do “exceedingly abundantly above all that we ask or think,” yet “able” does not always mean He grants our requests. How does trusting that God accomplishes His will (1 John 5:14-15) change the way you pray about an obstacle you face right now?

Applications

1. **Pray one bold, surrendered prayer.** Name one immovable obstacle this week and bring it to God with confidence, asking according to His will and trusting Him to act in His timing or to redirect you.

2. **Give Christ the command center.** Identify one area you have kept Christ out of, your finances, relationships, schedule, or private decisions, and hand Him the keys to run it.
3. **Trade awe for awe.** When you catch yourself impressed by human power, money, or achievement this week, stop and worship the God whose love and power surpass it all.

Closing Prayer

Father of our Lord Jesus Christ, we bow our knees before You, the One from whom every family in heaven and earth is named. Strengthen us with might by Your Spirit in the inner man, and let Christ make His home in our hearts, settling in to rule the very center of our lives. Root us and ground us in Your love. Help us to comprehend with all the saints the width and length and depth and height of the love of Christ that surpasses knowledge, and fill us with all Your fullness. We confess that You are able to do far more than we ask or imagine, so we lay our obstacles and our anxious questions at Your feet. Move what only You can move, in Your time, and where You redirect us, give us the faith to follow. To You be glory in the church by Christ Jesus, to all generations, forever and ever. In Jesus' name, amen.