



AT THE TABLE

A BIBLE STUDY TEACHING SERIES ON PRAYER

SESSION 1

Revelation and Strength

Ephesians 1:17–18 & 3:16–19 • AMPC

IN HIS PRESENCE

CROWN CODE • REAL MAN CODE • MOM CODE

AT THE TABLE

Session 1: Revelation and Strength

OUR TEXT

Ephesians 1:17–18 & 3:16–19 (AMPC)

"[For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him, by having the eyes of your heart flooded with light, so that you can know and understand the hope to which He has called you... May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality]. May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts! May you be rooted deep in love and founded securely on love... that you may be filled [through all your being] unto all the fullness of God."

1 WHAT THIS PRAYER MEANS

Paul writes two prayers for the Ephesian church, one in chapter 1 and one in chapter 3, and together they form a kind of blueprint for what to ask God for on behalf of the people we love. Neither prayer asks for money, healing, or a change in circumstance. Both ask for something deeper: that the eyes of the heart would be opened, and that Christ Himself would take up permanent residence inside a person. This is prayer aimed not at what God gives, but at who God is and how fully He can fill us.

2 WHAT IT MEANS IN THE BIBLE / CONTEXT

Paul was writing to a real church, in real trouble, from a Roman prison. He had every reason to pray for their circumstances to improve. Instead, in Ephesians 1:17–18, he prays for revelation — that God would give them "a spirit of wisdom and revelation... in the deep and intimate knowledge of Him," and that the eyes of their hearts would be "flooded with light." He wanted them to see clearly, not to have easier lives.

Then in chapter 3, Paul kneels again (3:14) and prays something even bolder: that Christ would not just visit their hearts but "settle down, abide, make His permanent home" there — and that they would be so rooted in love that they could grasp the breadth, length, height, and depth of it, and be "filled through all your being unto all the fullness of God." This is not a prayer for information about God. It is a prayer for saturation — to be so filled with His presence that there is no more room left for anything else.

3 ADDITIONAL SCRIPTURES (ESV)

Colossians 1:9–10

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.

Philippians 1:9–11

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

2 Peter 1:2–3

May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence.

4 TEACHING

Notice what Paul does not pray. He does not pray that the Ephesians' troubles would disappear, that their enemies would be defeated, or that their bank accounts would grow. He prays for perception — eyes that can truly see — and for indwelling — a Christ who moves in and stays. This reorders how we typically pray for the people we love. We are often quick to pray for their outcomes; Paul is quick to pray for their capacity to know and be filled by God Himself.

This is a prayer of relationship, not transaction. "May Christ... dwell... in your hearts" is the language of a permanent home, not a visit. And "filled through all your being unto all the fullness of God" is not a one-time event — it is the ongoing posture of a life that keeps making room. Paul is teaching us that the deepest thing we can ask for, for ourselves or for the people we love, is not a better life, but a fuller God.

This is also a prayer we can pray over our own homes. When you pray Ephesians 1 and 3 over your children, your spouse, your friends, you are asking for the same thing Paul asked for the Ephesians — not that their path would be easy, but that their hearts would be flooded with light and their inner being would be strengthened with power, so that whatever comes, Christ is already at home inside them.

5 PONDER

- When I pray for the people I love, do I default to asking for outcomes, or do I ask for their eyes to be opened and their inner being to be strengthened?
- What would it look like for Christ to "settle down and make His permanent home" in my heart — not just visit, but stay?
- Am I rooted and grounded in love, or am I still trying to earn a sense of being loved?
- What is one relationship where I could start praying Ephesians 1:17–18 and 3:16–19 by name, this week?

6 PUT IT IN ACTION

- Write out Ephesians 1:17–18 and 3:16–19 with a specific name in the blank — yours, or someone you love — and pray it aloud once a day this week.
- Before asking God for anything else this week, begin with: "Lord, flood the eyes of my heart with light." Notice what shifts.
- Identify one area where you have been asking God to change your circumstances more than you have asked Him to fill and strengthen your inner being. Bring both to Him.
- Share this prayer with someone in your family or group — pray it over each other by name.

7 CLOSING PRAYER

Let us pray

Father of glory, we ask You for what Paul asked for the Ephesians: give us a spirit of wisdom and revelation in the deep, intimate knowledge of You. Flood the eyes of our hearts with light. Strengthen us with mighty power in our inner being by Your Spirit, and let Christ settle down and make His permanent home in our hearts. Root us deep in love and ground us securely there, until we are filled through all our being with the fullness of You. We ask this not only for ourselves, but for every person we carry in our hearts. In Jesus' name, Amen.

IN HIS PRESENCE

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