

A large, mature tree with a thick trunk and a full canopy of green leaves stands in the center of a landscape. The sun is low on the horizon, creating a bright glow behind the tree and casting long shadows. The ground is rocky and uneven, with the tree's roots exposed and spreading out across the foreground. In the background, there are rolling hills and mountains under a sky with scattered clouds.

SPIRITUAL DISCIPLINES



SUN

EARTH

TEXAS



TEXAS
Health and Human
Services

Texas Department of State
Health Services

A large, leafy tree stands in the center of a landscape, with its roots spreading out across the ground. The background shows a valley with mountains under a cloudy sky. The entire scene is overlaid with a semi-transparent white rounded rectangle.

PAUL'S POSTURE AND PRAYER

Ephesians 3:14 - 21

PAUL'S POSTURE

¹⁴ For this reason I **kneel** before the Father, ¹⁵ from **whom every family 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 3:14-21



PAUL'S PRAYER

¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family 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 3:14-21



Our Posture

Humility & Awareness

Our Prayer

**Rooted in LOVE
Grasping LOVE
Knowing LOVE**

**Filled with all the
fullness of God**

WORKING OUT THE WORD

What keeps you from praying (barriers)?

How would adopting Paul's posture and prayer change the way you pray?

Who do you know that model's being "filled with the fullness of God"? What is their life like?

What can you do to approach God with more humility and awareness?