



7-DAY DEVOTIONAL PRAYER GUIDE ABOUT THE WALK:

“Healthy Practices of the Believer”

Gleanings from select scripture passages in the Book of Ephesians

by Dr. Bob Lowman



WRITER'S BIO

Dr. Bob Lowman is the Executive Director/Associational Mission Strategist where he serves to encourage and equip the MBA churches and their pastors and leaders to fulfill the Great Commission in their context. His vision is to see the family of churches be the praying, caring, sharing fellowship of congregations they must be to reach their city and region for Jesus Christ.

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NOTES

Day 2 Second Prayer for the Church: To See the Possibilities
Bob Lowman

Read Ephesians 1:17-18

“I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people...” Ephesians 1:18

The first prayer is that we would develop our relationships with God. To have a relationship with Almighty God opens the door to all of the blessings available to the believer. The possibilities are infinite! So, the second prayer is that we would see what God can do in, thru, and around us when we trust and follow Him.

Have you seen with the eyes of faith the riches of God’s glorious inheritance for you? Peterson paraphrases verse 18 in this way: “to grasp the immensity of this glorious way of life He has for Christians.”

Pause and let your imagination go as you realize this truth: What God can do is available to you! Yes, what God can do is available to you. This is a hope we must know and share. Tell a fellow Christian: What God can do is available to you. Say to your church family: What God can do is available to you.

But hear a warning: there are no possibilities if you do not have a relationship with God in Christ. Without the relationship, there are no possibilities. With the relationship, the possibilities are infinite!

Let this glorious truth build your faith! Trust in the God who has a glorious inheritance ready for you today.

Prayer

Lord, help me to see with eyes of faith what the amazing possibilities are as I trust and obey You day by day. Help my church family to see the possibilities and believe in all You can do for Your glory and our good.

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Horizontal lines for taking notes.

Day 3 Third Prayer for the Church: To Experience God's Power
Bob Lowman

Read Ephesians 1:17-21

"...and his incomparably great power for us who believe. That power is the same as the mighty strength...." Ephesians 1:19

Paul prayed that the church would see the possibilities and experience the power necessary to achieve those possibilities. He prayed the church would "know the immeasurable greatness of His power." The Amplified Bible says "the immeasurable, unlimited, surpassing greatness of His power..."

That, friends, is God-sized power! This power is the same as the power which raised Jesus from dead, according to verse 20, and it is available to us as individuals and as the church.

Put the second prayer and the third prayer together: as we know God's possibilities and experience His power, we take part in God's redemptive plan for the world, starting in our own neighborhood. This is so much bigger than us. It's not just about us and our church – this is part of God's redemption of all who believe.

Paul prayed that we would know this power. Question is, do we? Do you know the power of God at work in your life? He has made it available to those who have relationships with Him.

Here's another warning: this power is available only to those who know and hope toward God's possibilities for us, not our own. It's easy to crave God's power to do what we want to do. It's more of a challenge to desire His power so that He can accomplish His plans through us.

But, think what God can do with believers who have growing relationships with Him, who realize the possibilities of depending on Him, and who rely on His power at work in and through them – the possibilities are God-sized!

Prayer

Father, today, I depend on Your supernatural power to be my strength. In my weakness, show me what You can do as I depend fully on You. Thank You!

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Day 4 Fourth Prayer for the Church: To Follow Jesus as Lord

Bob Lowman

Read Ephesians 1:22-23

And God placed all things under his feet and appointed him to be head over everything for the church...”. Ephesians 1:22

Paul’s prayer changes tone in verse 22. He moves from asking God to help the church to telling the church through prayer the truth about Jesus. In verses 22-23, Paul says that God put everything under Jesus’ feet and appointed Him as head over everything for the church, which is His body. Jesus is our Head. Jesus is in charge.

Pray that we will show we know this truth by following Him as Lord. Jesus is Lord of all. If He is not Lord of all, He is not Lord at all. If He is Lord of us, we see what He sees, we go where He leads, we think what He thinks, we do as He commands.

Yes, this is difficult for people like us who want to do what we want to do. Not only difficult, it’s impossible apart from God’s power at work in us. We want our way. We crave our things. Only God’s redeeming power at work within can cause us to follow Jesus as we ought.

Please pray that we will submit to the Lord Christ and follow Him faithfully. Pray this for yourself, pray this for your church family. So many problems could be averted if we yielded fully to the Lordship of Jesus, following Him as Head of the Church.

You’ve probably caught on by now that these four prayers are interconnected. Without the relationships, we can’t see God’s possibilities. Without the possibilities, there is no need for power. Without God’s power at work, we cannot follow Jesus as Lord.

Prayer

Lord Jesus, thank You for giving Your life so we could know life abundant and eternal. May we bring You glory and our community good, because we have decided to follow Jesus. In Your name and for Your fame we pray. Amen.

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Day 6 Sixth Prayer for the Church: The Spirit-filled Walk
Bob Lowman

Read Ephesians 5:15-21

"Be very careful, then, how you live—not as unwise but as wise..."
Ephesians 5:15

Life is a journey taken one step, one day at a time – For the Christian, the Holy Spirit is in us...helping us in each of those steps we take.

This passage tells us three ways to walk day by day:

- 1. Walk carefully, not foolishly (verse 15). We cannot leave our living to chance, but must make wise decisions and follow Jesus well.
- 2. Make the most of the time, since the days are evil (verse 16). Each day is a valuable gift – we must use those days wisely.
- 3. Understand what the Lord's will is (verse 17). Here Paul is not referring to some difficult decision we must make, but to God's will as revealed in Scripture, understanding the Bible and applying it to our living.

Then, verses 18-21 tell us what happens when we let the Holy Spirit fill and direct us. Notice, what Paul says about how the Holy Spirit impacts our living: **Singing** (verse 19). We're not talking about singing well, just singing, lifting your voice to the Lord in worship. Doesn't matter what you sound like to others, it is beautiful to the Lord when we worship Him with singing hearts. **Giving thanks** (verse 20). The Spirit-filled Christian is a thankful Christian, giving God the gratitude He deserves for His grace at work in and around us. **Submitting** (verse 21). This effect causes us to be ready to humbly submit ourselves to one another in the church. A Spirit-filled Christian is a submissive Christian, one who is ready to show love and yield to others.

If a church demonstrates these effects of the Spirit's work in their fellowship, they show they are ready for God to do whatever He needs to do to glorify Himself in their midst, even if drastic changes need to come their way.

Prayer

Holy Spirit, have Your way in my life and in my church so others will know we are walking with You, following You. May our lost neighbors be amazed of Your work and may You, God, receive glory. Amen

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Day 7 Seventh Prayer for the Church: The Struggle & Victory

Bob Lowman

Read Ephesians 6:10-18

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” Ephesians 6:12

This passage of Scripture presents two rules for Christian living: 1) Be strong in the Lord; and 2) Remember who the struggle is against.

The Lord is the source of our strength, and the devil is the source of our struggles. Yes, we have to deal with the world, our flesh, and the devil in living, but verse 12 makes the second rule clear: We do not struggle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of darkness, against the spiritual forces of evil in the heavenly places. All of these opponents listed in verse 12 are spiritual in nature, and are united with Satan as he makes war against those who follow the Lord.

So, we do all we must do to gain strength from the Lord day-by-day so that we can stand against the devil’s schemes. This passage describes those sources of strength as the armor of God: the belt of truth, the breastplate of righteousness, the shoes of Gospel peace, the shield of faith, the helmet of salvation and the sword of the Spirit, the Word of God.

These pieces of armor are not mechanical but relational – we have their strength through our relationships with God in Christ by the work of the Holy Spirit.

We have these relational sources of strength so that we can stand and so that we can pray. Ephesians 6:18 calls us to prayer four times in one verse – so, we need to be praying, depending on the Lord who is provider of all our needs.

Prayer

Lord, I depend on You for the strength that I need to face my daily struggles. Thank You for the victory over the enemies of my soul that tempt me turn away from You. Lord, strengthen my relationship with You so that I can stand and pray. And, I will watch You provide the needed victory day by day. Amen.