

Paul's Trinitarian Prayer for the Body of Christ

Ephesians 3:14-21: Lectio Divina Guide

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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: About twenty years after Christ's resurrection Paul planted the Ephesian church. He visited them a few times, once staying over three years. Seven years later, while suffering for Christ in a prison in Rome, he wrote this letter to encourage their unity in Christ. As he's writing he spontaneously falls to his knees and breaks into this passionate prayer. He praises the Father, Son, and Spirit. He intercedes for them and us to welcome Christ to dwell in our hearts, rooting ourselves in his love and grasping for nothing else. He prays that we would be a Trinitarian family, filled with God's riches, love, and power -- all for God's glory.

Opening Prayer: "May we share in the riches of the Father, the love of Christ, and the power of the Spirit... May God be glorified in and through us and all the body of Christ" (Inspired by Ephesians 3:14-21).

Read Scripture: Ephesians 3 (NIV84)

14 For this reason I kneel before the Father, 15 from whom his whole 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 saints, 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.

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.