



OVERVIEW

In Ephesians 3:14–21, Paul prays that believers would be strengthened by the Holy Spirit and deeply rooted in Christ’s love, growing in their understanding of how vast and transformative that love truly is. He concludes by praising God, who is able to do far more than we ask or imagine, according to His power at work within us.

OHANA TIME!

 **Icebreaker:** I What’s something simple that always makes your day better? Or What is one value or belief that has shaped who you are the most?

 **Activity:** Watch the new “Pastors Answer Ohana Questions” video (feat. Pastor Kendal) together as a group! (Available on the website and KUC YouTube channel).

PRAYER

Pray: “Lord, strengthen us by Your Spirit, root us deeply in Your love, and help us experience the fullness of life You desire for us through Christ. Amen”

BIBLE: READ EPHESIANS 3:14-21

1. What repeated words or themes stand out in this prayer (e.g., “power,” “love,” “fullness”)?
2. How does Paul describe his posture and attitude in prayer (v.14)?
3. What specific requests does Paul make for believers in verses 16–19?
4. Why does Paul describe God’s love as having “breadth, length, height, and depth” (v.18)? What is he trying to communicate?
5. How is God described in verse 20? What does that reveal about His ability?
6. How does this passage shape our understanding of spiritual growth?
7. How does this prayer challenge a purely intellectual or surface-level faith?
8. In what ways does this passage reflect the work of the Trinity (Father, Spirit, Christ)?

APPLICATION

1. How would your prayer life change if you consistently used a passage like this to guide your prayers? When you pray, do you tend to rely on your own words, or on Scripture? What differences do you notice between your usual prayers and Paul prayer here? How might praying Scripture help you pray more deeply, specifically, or faithfully?
2. How can you seek after the kind of spiritual depth Paul prays for here? Are you helping one another grow deeper in Christ, or mainly staying at the level of information and activity? How can your group become a place where people are filled to the measure of all the fullness of God?

