***Notes & Summary of “Ephesians: The Power of Exalted Jesus”***

***1) Praying for One Another in the Name of Jesus***

**Ephesians 1:15-23**

### Thanksgiving and Prayer

15For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God’s people, 16I have not stopped giving thanks for you, remembering you in my prayers. 17I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. 18I 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, 19and his incomparably great power for us who believe. That power is the same as the mighty strength 20he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22And God placed all things under his feet and appointed him to be head over everything for the church, 23which is his body, the fullness of him who fills everything in every way.

* *What can we learn from Paul’s example about praying for one another?*

**Ephesians 3:14-21**

### A Prayer for the Ephesians

14For this reason I kneel before the Father, 15from whom every family in heaven and on earth derives its name. 16I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18may 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, 19and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20Now 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, 21to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

* *What are some elements of these two prayers?* 
  + *Paul was very committed to wanting the saints to know the love of God and how it surpasses all of our understanding. Very God-centered, Christ-centered prayers.*
  + *Not only did Paul want them to come to a full knowledge of the immeasurable, unfailing love but he wanted them to be grounded and respond to that love. He wanted them to be saved.*
  + *Paul’s desire was wanting them to grow more into knowing God. So it is a journey.*
  + *This theme of prayer is important in these letters. He has two sections that are prayers.*

**Philippians 1:3-6**

**Thanksgiving and Prayer**

3I thank my God every time I remember you. 4In all my prayers for all of you, I always pray with joy 5because of your partnership in the gospel from the first day until now, 6being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

**1 Thessalonians 5:17**

17pray continually,

* *Paul is speaking to the neighboring community about prayer. Paul demonstrated the importance of prayer and very specific prayers for the believers. Now, he is saying, “Pray without ceasing.”*
* *What does that mean?* 
  + *It means having an open mind to the bidding of God’s direction. We go through twists and turns and meanderings of life, and there is another Scripture that says, “There is a way that seems right unto a man, but the end thereof are the ways of death.” We are walking blind unless we really have our confidence and trust in God’s direction. It is having an open heart and seeking God’s direction as we go through life.*
  + *Prayer is like communication with God, so Paul is also saying is never stop communicating with God. Always leave that communication channel open for you to approach Him with prayer and also for God to be able to say something back and for you to be listening. It is a constant, open channel of communication.*
  + *We can have an attitude of prayer and we do during our study. It is an attitude of openness and prayer.*
  + *It is this idea of having God always before us in thought and action in everything we do, everything we think. It is for the glory of God and is it bringing me closer to God or is it taking me further away? Is it helping people? Is this serving God? What am I doing with my time? It is an intentional attitude.*
  + *Prayer is the breath of the soul. When we think about breathing, well, we don’t think about breathing. It is just something that happens so naturally, and that is the point we want to reach, where it is a continual attitude of prayer, of seeking God’s guidance and presence throughout the day.*

**John 14:13-14**

13And I will do whatever you ask in my name, so that the Father may be glorified in the Son. 14You may ask me for anything in my name, and I will do it.

* *Listen carefully, because some of us grew up in families where we just said “Blah, blah, blah, in Jesus’ name. Amen,” but maybe didn’t understand what that meant..talking about the power of the Exalted Jesus.*
* *If you read only verse 14, you would miss something very important about praying in the name of Jesus. When we pray we are asking that the Son be glorified. Yes, that the Father may be glorified in the Son, which means, for example, at a gate called Beautiful, “in the name of Jesus,” and a miracle happens, they say the power of Jesus’ name. When we pray and a miracle happens, it is not just , “Oh, that was a miracle.” No, it was, “She prayed in the name of Jesus.” We are talking about the authority of Jesus. What did Jesus say, how much authority is given to Him? All, in Heaven and on Earth. This is standing under the authority of Jesus.*

**1 John 5:14-15**

14This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

* *Reflect on a time when God impressed you to pray for someone in the name of the exalted Jesus. Because when we do that, the Father will be glorified in the Son. Why is it so important to remember that we are not just praying randomly and saying “in the name of Jesus,” but we have come into alignment with His will when we are praying.*
* *John 15 where we see the vine and the branches. Jesus says that you will ask what you will and it will be done. When our wills are in alignment with God’s will because we are united with Him, what we are asking for aligns with His will, so it naturally happens.*
* *We can pray as Jesus prayed saying “Father, if it is possible…nevertheless, not my will, but Your will.” If I don’t know what the will of God is, it is okay. I can say, “Father, this is what I’m thinking, if it’s possible, but bring My will into alignment with Your will,”*
* *It is important for us to pray in His name, but then if we don’t know what the answer is, and we don’t know if it is His will, “Help us to accept what Your will is.” Because it is not just what I want, but, “Lord, help me, if it is not what I’m looking at, to accept Your will so that my will be I alignment with Yours.”*
* *Someone who would say, “Well, I prayed, and God didn’t answer.” That is actually incorrect. God did answer, but He wants our will to come in alignment with His will. He might say yes, no, or not yet. This idea of praying in alignment with the will of God is so important.*
* *Why do you think that some weep during prayer in the name of Jesus? Because the name of Jesus is powerful and it is awe-inspiring, and so just hearing that name sometimes brings us to our knees and makes us cry and weep..there was something supernatural going on.*

**John 15:1-17**

### The Vine and the Branches

15 “I am the true vine, and my Father is the gardener. 2He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. 3You are already clean because of the word I have spoken to you. 4Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

9“As the Father has loved me, so have I loved you. Now remain in my love. 10If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. 11I have told you this so that my joy may be in you and that your joy may be complete. 12My command is this: Love each other as I have loved you. 13Greater love has no one than this: to lay down one’s life for one’s friends. 14You are my friends if you do what I command. 15I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. 16You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. 17This is my command: Love each other.

***2) Experiencing Revelation and Wisdom by the Holy Spirit***

# Ephesians 1:15-17

# 15For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God’s people, 16I have not stopped giving thanks for you, remembering you in my prayers. 17I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

# *This was a specific prayer for two things: Wisdom and revelation.*

# Ephesians 1:18-19

# 18I 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, 19and his incomparably great power for us who believe. That power is the same as the mighty strength

# *What will that wisdom and revelation do for us? His prayer is that they would receive wisdom and revelation to comprehend the deeper things of God.*

# *Was that just for them or is that for us, too? How do we access that wisdom and revelation? We spend time with God. We study His Word, we pray, we ask for the Holy Spirit to dwell within us so that we may have that wisdom. The more that we feed upon His Word, the more we understand and grow. We have a choice to make every day.*

# Matthew 7:7-11

**Ask, Seek, Knock**

7“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

9“Which of you, if your son asks for bread, will give him a stone? 10Or if he asks for a fish, will give him a snake? 11If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

# Luke 11:13

# 13If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

# *In the power of the exalted Jesus, God wants to give us wisdom and revelation to understand the deeper things of God.*

# *Ask for the Holy Spirit.*

# *Never should the Bible be studied without prayer. The Holy Spirit tailors the revelations to our personal needs.*

# James 1:5

# 5If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

# *It is the Holy Spirit that guides us. The gift is the Holy Spirit.*

***3) Witnessing and Experiencing God’s Mighty Power***

**Ephesians 1:20**

20he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms,

**1 Corinthians 15:20-22**

20But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep. 21For since death came through a man, the resurrection of the dead comes also through a man. 22For as in Adam all die, so in Christ all will be made alive.

* *The raising of Christ for the dead as a demonstration of His mighty power, is not just a wonderful revelation about Jesus. It is a wonderful revelation to us, because that mighty power is available also for us.*
* *What does the resurrection of Jesus, which is a demonstration of God’s power, have to do with us? Everything. The center of Ephesians is about redemption through faith in Christ. The life, death, and resurrection of Jesus is the basis. He is in Heaven now, after the life, death, and resurrection,and He wants us to be with Him.*

**1 Peter 1:3**

**Praise to God for a Living Hope**

3Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

**Philippians 2:9-11**

9Therefore God exalted him to the highest place  
    and gave him the name that is above every name,  
10that at the name of Jesus every knee should bow,  
    in heaven and on earth and under the earth,  
11and every tongue acknowledge that Jesus Christ is Lord,  
    to the glory of God the Father.

* *A revelation is given to Paul.*

**Ephesians 1:21-23**

21far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22And God placed all things under his feet and appointed him to be head over everything for the church, 23which is his body, the fullness of him who fills everything in every way.

* *Paul wants us to know that not only Christ is risen from the dead, but He has received all authority. He has been exalted. Jesus is exalted to a position that is above every name.*
* *Why is that important? There is a battle between good and evil, so if the enemy comes upon you, you say “I’m going to call upon the name of Jesus. I’m going to stand upon the name of Jesus.”*
* *In the light of what Paul has just told the Ephesian believers, why is that such a safe and powerful place to stand? This is a depiction of what is to come for all of us. Jesus does things by telling us, showing us, and He tells us again. If we place our trust in Jesus, then we will have the same opportunity to be resurrected and also, to live with Him forever. That is why it is important to us; it is a depiction, it is like looking in the mirror to see what is going to happen in your future. We have the assurance of resurrection.*
* *What other assurance do we have if Jesus has the name above every name and all authority is given to Him? We all have been, in times past, dead in our sin and He wants to resurrect us to live with Him. So a person who has a besetting sin (a sin that happens so easily and so frequently), is Jesus, the risen and exalted Christ, able to deliver us? Yes. If He isn’t, what are we doing? It is about taking the power that He gives us through calling His name to overcome anything the devil may put in our path.*
* *We talked about overcoming death, in other words, He rose as a guarantee of our resurrection. We talked about overcoming that slavery to sin. What about in the Great Cosmic Battle? Why is the exalted name of Jesus so important?* 
  + *Previously, we spoke about “heavenly places,” that we see that the power of evil contesting Jesus as God and that He should not have the authority that He has in Heaven. In the Old Testament, we read that the name of the Lord is a strong tower, the righteous run to it and are saved. All those that call on the name of the Lord shall be saved. That name is Jesus that is exalted above all.*
  + *If someone is being harassed by demons, by evil spirits, what can we learn from Ephesians? In Ephesians 6:10-18, it is very clear we are not wrestling against flesh and blood but against powers and principalities. There are powers out against us, but in James 4:7-8, it says if you resist the devil, the devil will flee. Put on the armor of God, and then God doesn’t ask you to fight. He asks you to stand, and God does the fighting for you. We have one offensive weapon. It is called the sword of the Spirit, which is the rhema or the Word of God. That Word which we have hidden in our hearts that the Holy Spirit will bring to our remembrance. This is a spiritual battle but we are not fighting with the weapons of this world.* 
    - *What would you say to the person who is feeling attacked by evil forces? Put on the Armor of God.*
    - *What would you tell them before putting on the Armor of God? We should pray in the name of Jesus according to His will under His authority, and those demonic powers are subject to the authority of Jesus. Only Jesus has the authority to consign a place for the demonic powers to go.*
    - *What lesson learned? We do not have the authority when we are fighting principalities and powers. Maybe Satan can fool us into thinking we have the authority, just to bring us into greater bondage. But only when we stand under the authority of the exalted Jesus and we come into alignment with His will. Principalities and powers cannot stand in the presence of the risen and exalted Jesus. So we call out to Jesus and deliverance comes.*
    - *Say to the person being harassed, “Run to Jesus, cry out to Jesus, and run into His presence,” because forces of darkness cannot stand in the presence of the exalted Jesus.*
    - *We do not have the authority but that keeps us humble and focused.*

**Ephesians 6:10-18**

**The Armor of God**

10Finally, be strong in the Lord and in his mighty power. 11Put on the full armor of God, so that you can take your stand against the devil’s schemes. 12For 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. 13Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15and with your feet fitted with the readiness that comes from the gospel of peace. 16In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17Take the helmet of salvation and the sword of the Spirit, which is the word of God.

18And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

**James 4:7-8**

7Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

* *Two key words: the importance of submitting to God and resisting the devil. Often we do the opposite of what is prescribed. We submit to the dark thoughts, and we resist the promises of God, and that is our natural tendency. We need to retrain ourselves, and God helps us. Teach me how to submit to You and resist the devil.” Also, after submitting to God, it says to draw near to God.*

**Philippians 3:8-11**

8What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. 10I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11and so, somehow, attaining to the resurrection from the dead.

***4) Called Together with Jesus Christ as our Head*** *(Calling us to be part of His church: He is the head)*

**Ephesians 1:22-23**

22And God placed all things under his feet and appointed him to be head over everything for the church, 23which is his body, the fullness of him who fills everything in every way.

* *Why is it important to remember that Jesus is the head of His church?*
  + *In the head is the mind, the will. Our Jesus is omnipresent, omniscient, all-powerful, all-knowing. So, when we don’t understand what is going on, He is in control. When we are scared or frightened, He knows the end from the beginning; He is the head; He is the One directing His church; He is the One directing us, and we all serve a purpose within His will. There is some security that comes knowing that He is the head of the church.*
  + *Since the head is the one that is doing all the thinking, Jesus is leading His church into His own agenda, not our own agenda. Back to the alignment, if I pray, “Lord, you are the head of the your church, show us what You want us to do,” one of the things He has shown us is that we always need to be focusing on the immeasurable, unfailing love of God.*
  + *It is comforting to know that Someone, Jesus, is running things and not one of us or someone else, and so it is comforting for us to know that some who would die for us is willing to also lead me to Him.*
* *So, we are the body of the church, He is the head, how do we find our place?* 
  + *We all have different gifts or talents, and that is what it speaks about in several places in Scripture that Paul writes. So, one of the ways, we can find out, is to determine what talents God has given us. We may have to try out different things and see how God blesses us including gifts of preaching, teaching, prophecy, healing, hospitality, service, generosity, etc. Also, as we serve, we discover. But we all have a place.*

**Ephesians 4:11-16**

11So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, 12to equip his people for works of service, so that the body of Christ may be built up 13until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

14Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 15Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

**Colossians 2:9-10**

9For in Christ all the fullness of the Deity lives in bodily form, 10and in Christ you have been brought to fullness. He is the head over every power and authority.

**Acts 2:37-42**

37When the people heard this, they were cut to the heart and said to Peter and the other apostles, “Brothers, what shall we do?”

38Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. 39The promise is for you and your children and for all who are far off—for all whom the Lord our God will call.”

40With many other words he warned them; and he pleaded with them, “Save yourselves from this corrupt generation.” 41Those who accepted his message were baptized, and about three thousand were added to their number that day.

**The Fellowship of the Believers**

42They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.

**Acts 2:46-47**

46Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

**1 Corinthians 12:12-27**

### Unity and Diversity in the Body

12Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. 13For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. 14Even so the body is not made up of one part but of many.

15Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. 16And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. 17If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. 19If they were all one part, where would the body be? 20As it is, there are many parts, but one body.

21The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” 22On the contrary, those parts of the body that seem to be weaker are indispensable, 23and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, 24while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, 25so that there should be no division in the body, but that its parts should have equal concern for each other. 26If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

27Now you are the body of Christ, and each one of you is a part of it.

**Romans 12:4-8**

4For just as each of us has one body with many members, and these members do not all have the same function, 5so in Christ we, though many, form one body, and each member belongs to all the others. 6We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; 7if it is serving, then serve; if it is teaching, then teach; 8if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.