

Footsteps in Prayer

A journey through the Bible

Ephesians



- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position and come to a place of stillness.
 - Notice where God has enlightened the eyes of your heart in the past.
 - Give thanks.
 - You might like to ask for the grace that the eyes of your heart will continue to be enlightened in order that you may know the hope to which he has called you.
- You might like to listen to part of this album by the Poor Clares of Arundel - Light for the World.
- You might like to listen to Joshua Aaron sing Adonai or to Hillsong sing This I Believe.



•✿ You might like to listen to:

•✿ Day 1: Open the eyes of my heart Lord sung by Michael Smith then click [here](#).

•✿ Day 2: Amazing Grace sung by Il Divo then click [here](#).

•✿ Day 3: Cornerstone sung by Hillsong then click [here](#).

•✿ Day 4: How Deep the Father's love for us then click [here](#).

•✿ Day 5: One Faith sung by Michael Card and John Michael Talbot then click [here](#).

•✿ Day 6: Christ be our light sung by Janine Jones then click [here](#).

•✿ Day 7: Head to toe (the armour of God) sung by Cristy Nockels then click [here](#).



Day 1: Ephesians 1

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I 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. 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, and his incomparably great power for us who believe.

- ✧ Read this passage from Ephesians 1.
 - ✧ What words or phrases strike you?
- ✧ Read these words again slowly.
 - ✧ Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- ✧ What thoughts, feelings and images have emerged in this time of prayer?
- ✧ How has the Spirit been at work in your heart as you have prayed?
- ✧ You might like to note these down in your journal.
- ✧ When you have finished click [here](#) to continue.



Day 2: Ephesians 2

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

- Read this passage from Ephesians 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
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Day 3: Ephesians 2

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

- Read these words from Ephesians 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
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Day 4: Ephesians 3

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

- ✧ Read these words from Ephesians 3.
 - ✧ What words or phrases strike you?
- ✧ Read these words again slowly.
 - ✧ Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- ✧ What thoughts, feelings and images have emerged?
- ✧ How has the Spirit been at work as you have prayed?
- ✧ You might like to note these down in your journal.
- ✧ When you have finished click [here](#) to continue.



Day 5: Ephesians 4

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

- Read these words from Ephesians 4.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Day 6: Ephesians 5

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.

- Read these words from Ephesians 5.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Day 7: Ephesians 6

Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. 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. Therefore put on the full armour 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

- ✧ Read these words from Ephesians 6.
 - ✧ What words or phrases strike you?
- ✧ Read these words again slowly.
 - ✧ Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- ✧ What thoughts, feelings and images have emerged?
- ✧ How has the Spirit been at work as you have prayed?
- ✧ You might like to note these down in your journal.
- ✧ When you have finished click [here](#) to continue



• You might like to listen to this music by Lucy Bunce:

• Day 1: Glorious things the Lord has done

• Day 2: Lead me to the rock

• Day 3: God of Majesty

• Day 4: The Lord's my light, my salvation

• Day 5: I arise through the strength of heaven

• Day 6: Goodness of God

• Day 7: Daily I choose



Psalms 145

I will exalt you, my God the King;
I will praise your name for ever and ever.
Every day I will praise you
and extol your name for ever and ever.
Great is the Lord and most worthy of praise;
his greatness no one can fathom.
One generation commends your works to another;
they tell of your mighty acts.
They speak of the glorious splendour of your majesty—
and I will meditate on your wonderful works.
They tell of the power of your awesome works—
and I will proclaim your great deeds.
They celebrate your abundant goodness
and joyfully sing of your righteousness.
The Lord is gracious and compassionate,
slow to anger and rich in love.
The Lord is good to all;
he has compassion on all he has made.
All your works praise you, Lord;
your faithful people extol you.
They tell of the glory of your kingdom
and speak of your might,
so that all people may know of your mighty acts
and the glorious splendour of your kingdom.



Your kingdom is an everlasting kingdom,
and your dominion endures through all
generations.
The Lord is trustworthy in all he promises
and faithful in all he does.
The Lord upholds all who fall
and lifts up all who are bowed down.
The eyes of all look to you,
and you give them their food at the proper
time.
You open your hand
and satisfy the desires of every living thing.
The Lord is righteous in all his ways
and faithful in all he does.
The Lord is near to all who call on him,
to all who call on him in truth.
He fulfils the desires of those who fear him;
he hears their cry and saves them.
The Lord watches over all who love him,
but all the wicked he will destroy.
My mouth will speak in praise of the Lord.
Let every creature praise his holy name
for ever and ever.

Proverbs 16:9

The heart of man plans his way, but
the Lord establishes his steps. (ESV)



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Body Prayer

Read the passage from Ephesians 6 on the armour of God - then find a place in the room to stand with space around you.

Stand firm.

Stand in your room - notice your feet planted securely on the floor. Ask for strength to stand firm on the rock.

Buckle on the belt of truth.

The truth sets free. Ask for the truth to dwell in and speak from your heart.

Touch your chest and be aware of your beating heart.

Be aware of the righteousness of God and ask for his breastplate of righteousness to protect you.

Notice and move your feet.

Ask that they be fitted with ready footwear coming from the gospel of peace, shalom meaning not merely an absence of war but a state where things are the way they should be.

Lift your arm and on it place the shield of faith.

Be aware of this shield that can surround you and cover you and with which you can extinguish the darts of the evil one.

Put on the helmet of salvation.

For it is by grace that you have been saved. Be aware of God's saving love.

Finally pick up your sword, polished and clean.

Ask that the sword of the spirit, God's word, be deeply hidden in your heart, transforming you and your ways.

Finally lift your hands up in praise and thanksgiving and give thanks to the Lord. You might like to listen or speak out Psalm 145 as you do this.



HIDDEN

Not hiding

But hidden

Not crawling

But resting

Not crushed

In a cleft

There are times when

The light within shines

For all to see

And times when

We are hid with God in Christ



Footsteps in Prayer

A journey through the Bible

A graphic introduction to Ephesians can be found [here](#).

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This prayer station and other resources can be found at [The Prayer Room](#)

