

I Fall
to
My Knees

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My Knees

DEVOTIONAL PRAYERS INSPIRED
BY EPHESIANS 3

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BARBOUR BOOKS

An Imprint of Barbour Publishing, Inc.

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ISBN 978-1-68322-755-7

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Published by Barbour Books, an imprint of Barbour Publishing, Inc., 1810 Barbour Drive, Uhrichsville, Ohio 44683, www.barbourbooks.com

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Printed in the United States of America.

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Introduction



At the height of its power, Ephesus was second only to Rome. The city had a population of 500,000, sophisticated public baths and aqueducts, and a 25,000-seat theater for plays and gladiatorial contests. It boasted a bustling harbor and the great Temple of Artemis, one of the seven wonders of the ancient world.

But only a few centuries later, all had changed. The city had been sacked by the Goths and the temple destroyed. Most significantly, the harbor, lifeblood of travel and trade in the ancient world, slowly filled with silt. Today, the ruins of Ephesus sit miles from the sea.

Just as the buildup of silt spelled death to an ancient city, our hearts can become silted without a constant flow of Living Water. In this book, you will find prayers and devotions based on Paul's prayer in Ephesians 3:14–21, which will inspire you to drink deeply the living water that only Jesus Christ can offer.



*I Fall to My
Knees and Pray*





*She had the apron flung over her head, while an endless
flow of children eddied and swirled around her knees
and in and out of the room. They knew not to bother her,
because when her apron was over her head,
Susanna Wesley was praying.*

*Most of us won't have nineteen children, or raise them
without electricity, running water, refrigerators, or indoor
toilets. But the distractions that keep us from prayer are
just as real. Have you ever kneeled to pray, then started
to itch? Remembered you had to do something. . . else?
The devil doesn't want us to pray, and he'll use whatever
it takes to stop us. It doesn't have to be nineteen children
if an itch on the elbow will do. Susanna's perseverance
produced the great Christian soldiers John and
Charles Wesley, a preacher and a hymn writer.
The battle begins on our knees.*



Come Closer, Beloved



Dear Lord, You are the God of the universe, and yet You ask me to come closer. I can't stand in Your presence, yet You ask me to approach with freedom and confidence. It's all because of Jesus, Lord, that I can do this! I praise You for the great gift of Your Son, who allows me this access to You, my creator. I am so small, but I long to know You better. I am so weak, but I know You have power to spare. Help me to come to You again and again. In Jesus' precious name, amen.

*In him and through faith in him we may approach
God with freedom and confidence.*

EPHESIANS 3:12 NIV



In Your Presence This Day



Dear Father, I thank You that Your ear is always listening for the cries of Your people. You are always listening for my voice, and You know it out of billions of others. My words are not just spoken to the empty air, but You give them Your attention. Forgive me for my sins today, Lord, for they are many. I rest under Your mercy.

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven.”

2 CHRONICLES 7:14 NIV



Do It Anyway



Oh Lord, I am so tired right now. My eyes ache, my head feels tight, and all I want to do is crawl back into bed. Already the demands of the day are pressing at me, calling me to leave You before I've even really started talking with You. Upstairs the baby is calling from his crib, "Dada! Mama!" And that's what I feel like. Father! Lord! I want You. I need You. Please come to me right here, in these short minutes, and magnify them into peace and grace for the rest of this day. Amen.

*But to You I cry, O Lord; and in the morning
shall my prayer come to meet You.*

PSALM 88:13 AMPC



Arise and Go



So many times, Lord, I feel the urge to drop to my knees and pray. Yet I don't. Embarrassment, busyness, a dirty floor—they can all stop me from heeding Your call. Yet I praise You that You keep calling my name again and again. Please help me to trust You enough to stop what I am doing when I hear Your call. I am on my knees now, my King. I am listening to Your voice.

The word which came to Jeremiah from the LORD, saying: "Arise and go down to the potter's house, and there I will cause you to hear My words."

JEREMIAH 18:1–2 NKJV



In the Inner Room



Dear God, You know how often I pray and how I often *don't*. You know that sometimes I use it as a weapon. “Lord, give me patience!” I say in the presence of those who are vexing me. Please forgive me. That is not prayer. And Lord, forgive me for *not* praying. Forgive me for wasting the quiet moments that You give me with things that will be forgotten in eternity. I want to know You now, *here*, even before I am with You forever. Amen.

“But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you.”

MATTHEW 6:6 NASB



I Will Hear



Dear Lord, I praise You that You are the God who hears. I praise You that You know my heart even before *I* do. I rest in the fact that You are answering my prayer, even before I pray. Help me to be more like You, Lord. So often I don't take the time to listen with love to the people around me. And while they are still speaking, I say no. I need Your ears and Your heart, Lord. Speak to me and through me. Amen.

*"Before they call I will answer;
while they are still speaking I will hear."*

ISAIAH 65:24 NIV



His Will



Dear Lord, there are so many things I want. Sometimes I feel like my prayers are just a long list of wishes, as though You're some sort of celestial genie. But I'm so thankful You are not. You don't give me what I want, just because I want it. I thank You that You give me only what is in line with Your will for me. So, Lord, show me what that is. Reveal Your will, and show me how and for what You want me to pray.

*Now this is the confidence that we have in Him,
that if we ask anything according to His will, He hears us.*

1 JOHN 5:14 NKJV



Good Gifts



Lord, You are good. You are good! You are a loving, generous God, slow to anger and rich in love. I pray that the riches You offer through Christ Jesus would be visible in my life, so that others would be drawn to You. I have nothing to offer them except You, Jesus. But You have so much, and You long to open the storehouses of heaven to us, blessings pressed down and running over. Amen.

“If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!”

MATTHEW 7:11 NASB



Alchemy for a Rainy Day



Dear Lord, it's so dark this morning. I know You've already pushed the sun up over the horizon: it is day, though it doesn't feel like it. I don't want to have to pray this morning, Lord. I just want to be where You are. I don't want to be here, in this gray light, with a longer grayness stretching before me, then darkness again. I want to be with You, walking on streets of gold, with the light of Your glory shining on my face. I long for that endless golden day, Lord. But I am here, and You are not far off. Please come to me, Lord, and shine Your love and light on my heart this morning. Amen.

*My voice shalt thou hear in the morning, O LORD;
in the morning will I direct my prayer
unto thee, and will look up.*

PSALM 5:3 KJV



Falling



Dear Father, we started falling in Eden, and we haven't hit bottom yet. Today I said some things I regret. And the things I didn't say (the things only *You* heard) were even worse. I hurt people I care about, and worse, I hurt You, Lord. I am so sorry. Please forgive me. Please redeem my angry, selfish words. I am so glad that You tell us in Your Word to forgive seventy times seven times because I know that is how many times You will forgive me. Thanks be to Jesus, when I fall, I am falling into Your arms. Amen.

*Cast your cares on the LORD and he will sustain you;
he will never let the righteous be shaken.*

PSALM 55:22 NIV



The Missing P



Dear Father, today I just want to praise You! I spend so much time repenting (read *sinning*), asking (complaining), and yielding (pretending not to be so stubborn), and so little telling You how much I love You. You are merciful, You are awesome, You are holy! You are beyond compare. You are my maker and sustainer. You saved me! You are light and love and all that is good. Lord, You made *mountains*. And trees that spear the clouds, and birds as bright as rainbows, and flowers as small and perfect as a baby's fingernail. Who is like You? Amen and amen and amen.

*“For then you will delight in the Almighty
and lift up your face to God.”*

JOB 22:26 NASB



Expecting Miracles



Dear God, I come before You today, knowing You are a God who works miracles. You heal the blind, the lame, the scarred and leprous, the demon-possessed. You crack open prison cells, turn night into day, and roll the ocean up like a scroll. You send down fire from heaven. You bring the dead back to life. I am no Elijah, Lord, but I know You love me. Please answer my prayer today. Work my small miracle. Amen.

Then the fire of the LORD fell and consumed the burnt sacrifice, and the wood and the stones and the dust, and it licked up the water that was in the trench.

1 KINGS 18:38 NKJV



The Watcher



Lord, I'm scared. I'm scared of someone I love getting sick. I'm scared of not having enough money. I'm scared of our country falling apart. I'm scared of being abandoned. I'm scared of hurting the ones I love. I'm scared of stepping on snakes. I'm scared of being laughed at. I'm scared that I'll grow old and die before You return. But mostly I'm scared of never knowing You better than I know You right now. Thank You for that fear, Lord, and how it drives me to my knees again and again. Amen.

The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

PSALM 121:7–8 NIV



Praying Like Breath



Lord, You gave me life, and I praise You. You filled my lungs with air from my very first breath, and I praise You. I praise You because I am fearfully and wonderfully made. Forgive me for not always loving this body You have given me like the amazing creation and great gift that it is. Today, Lord, I want to pray to You like I breathe: in and out, all day long. Fill my mouth with Your praise. Let my lips always be whispering Your name. Let my heart beat to the rhythm of Your perfect will. Amen.

Rejoice always; pray without ceasing.

I THESSALONIANS 5:16–17 NASB