



SERIES: Ephesians

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Thursday, January 28, 2021

Scripture: Ephesians 3:14-15

TITLE: Prayer, The Best Reaction

When you're overwhelmed, what's the first thing you do? Well, that might depend on the circumstance, right? How you react to receiving a check for \$10,000 might be different than receiving a bill for \$10,000. Both scenarios are overwhelming, but the conditions are different. How you react to a clean bill of health from the oncologist will be different than when the oncologist says, "It's terminal." Both are overwhelming, but the conditions are different.

But would it surprise you if your response should be the same to any overwhelming situation – both good and bad? Here is what Paul says to do when you're considering all that's happening around you and to you:

[“When I think of all this, I fall to my knees and pray to the Father, ¹⁵the Creator of everything in heaven and on earth”](#) (Eph 3:14-15, NLT).

Paul says, “When I think of all this.” When Paul considers the fact that God offers Salvation to everyone, regardless of their past, of their economic status, of their religious persuasion, all the things we think matter, God says, “You can't impress me. I offer Salvation to everyone, freely by grace through faith.” Paul is overwhelmed by this reality. But it's not just the overwhelming goodness of this; in the preceding verse, Paul brings up the reality of his own persecution, suffering, and trial. He could point to both the good and the bad. They were big realities...overwhelming realities.

What are the overwhelming realities you are facing today? Is it a health diagnosis? Is it the virus or the vaccination? Is it your job or your boss? Is it the faithfulness of a spouse? Is it the rebellion of a child? Is it the promotion of a child's job, so now they're moving away? Whatever it is - good or bad - Paul's reaction is, “I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth.”

I don't know about you; I know my reaction should be to pray. I should be inclined to praise God in the blessing, and pray for help in the trial. But my first inclination is to panic, complain, and fix.

Paul was a prayer coach. In 1 Thessalonians 5, he said, [“always rejoice, pray without ceasing, and give thanks in everything.”](#)

In Philippians 4, Paul said that [we are to worry about nothing and pray about everything.](#)

James said in James 4, [we have not because we ask not.](#)

Peter wrote in 1 Peter 5:7, we are to cast all of our cares upon Christ because He cares for us.

Jesus taught us how to pray in Matthew 5.

Our reaction to the situations of our lives – to the overwhelming moments - is not to panic or go numb, but instead to fall on our knees and pray.

So my challenge for you today is to pause what you're doing and pray. If you're driving, when this is over, talk to God. If you're walking, talk to God. If you're at home, cooking, talk to God. If you're at work, pick up the phone and talk to God.

Be honest with Him about your feelings. Praise Him for the blessings. Petition Him for help in the storm. But whatever it is and whatever you are doing, pause and talk to your Savior, Creator, and King.