

# Why Every Prayer You Pray Is As Good As Done

## Building the Church on the Supremacy of Christ, Part 4

Ephesians 1:20-23

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### The Question That Changes Everything

In our last time together, we talked about the first thing we need to do to expand and grow the church: pray. I gave you four areas to pray for from Ephesians 1:15-19 and asked you to pray those things for someone here at the Bridge. After all, the church is made strong through the prayers of her members.

But here's the question that changes everything: **Why does prayer work?**

Think about it. When you pray, you're speaking words into the air, asking for things we cannot see, trusting in outcomes we cannot control. Why should we entrust our deepest needs, our greatest fears, our most desperate moments to Jesus?

Have you ever stopped to ask yourself that? Because if we can't answer this question, our prayer lives will always feel uncertain—or at best half-hearted, maybe even a little superstitious.

But when we understand who we're actually praying to, everything changes.

Here's what we know: The church doesn't belong to us. It belongs to Jesus. As the owner, provider, and protector of His church, He is responsible to make sure we have all that we need. When we pray, we're praying to the very source from which all our blessings flow.

My aim is to transform your prayer life through what Ephesians 1:20-23 says about Jesus. From this text you will come to know why you can entrust all your prayers to Jesus as good as done. And at the end, I'm going to share how to pray good-as-done prayers.

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### 1. Jesus Reigns Above Every Earthly Power (v. 20-21a)

When you pray, you're not talking to an underling. You're talking to the One seated at the right hand of God—the highest place of authority.

Verse 20 tells us that God the Father raised Jesus from the dead and seated Him at His right side in heaven. That's a position of power. God the Son is co-equal with God the Father. If it were not so, then He wouldn't be seated next to Him. No one but Jesus is worthy of sitting next to the Father, sharing in His divinity.

And this is important to know, because as you see in verse 21, it sets Jesus far above all forms of power and government—which was certainly needed in the first century.

The Ephesians believed in a hierarchy of spiritual powers: rulers, authorities, powers, dominions, demons, and territorial spirits that controlled various aspects of life. They believed these powers controlled their fate, their health, their crops, their cities. Not only that, but the Romans ruled over them.

Paul's point was radical: **Jesus is above all of them.** Every power they feared, every authority they bowed to, every spiritual force they tried to appease—Jesus is supreme over all of it. Jesus reigns above every earthly power.

## Our Modern Powers

Now, you might be thinking: "That's great for them, but what does that have to do with us? We don't bow to Roman emperors or fear territorial spirits."

Be not deceived—we're more like the Ephesians than we think. We may not call them "powers and dominions," but we still live under forces that feel beyond our control:

- **Political powers** that make us anxious about the future of our country
- **Economic forces** that determine whether we can afford a home, pay our bills, or retire with dignity
- **Cultural authorities** that tell us what's acceptable, what's normal, what we should value
- **Social media algorithms** that shape what we see, what we think, and how we feel about ourselves
- **Medical diagnoses** that make us feel powerless
- **Public opinion** that pressures us to conform or stay silent

Have you not felt this in a huge way over the past decade? And if we're honest, we spend a lot of time trying to appease these powers, giving far too much attention to them than we would ever admit.

But when Christians pray, we're not hoping Washington will come through. We're not wishing the economy will turn around. We're not crossing our fingers hoping that culture will shift in our favor. We're talking to the One who sits above it all.

Think about that for a moment. Every president, every Congress person, every Supreme Court justice—they all answer to Jesus. The Federal Reserve, Wall Street, every CEO and economist—they operate under His authority. Every cultural influencer, every media giant, every social movement—they exist because Jesus allows it.

## The Logic of His Power

Let's follow the logic. The One you're praying to raised Jesus from the dead. If He can conquer death itself, do you think the Supreme Court intimidates Him? If He can empty a tomb, do you think a government shutdown limits Him?

Every ruler who thinks they're in charge? **Jesus is above them.**

Every authority that makes the laws? **Jesus is above them.**

Every power that shapes our culture? **Jesus is above them.**

Every force that makes you anxious? **Jesus is above them.**

Now, here's why this is good news. When you bring your concerns to Jesus, you're not asking someone who's hoping things work out. You're asking the One who has the final say over every authority that exists. He doesn't need permission. He doesn't need a majority vote. He doesn't need help—your help or anyone else's. He reigns. Period. Flat out.

That's the God you're praying to, so pray to Him with certainty.

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## 2. Jesus' Rule Has No Expiration Date (v. 21b)

His power doesn't fade with time. He's not limited by terms. He's not yesterday's king—He's today's and tomorrow's too. From this age to the next, Jesus reigns without interruption.

That means your prayers don't have an expiration date either. What you entrusted to His hands six years ago is still in His hands today.

That's what the latter part of verse 21 is getting at. Jesus has dominion both now and forever.

## The Ephesian Context

This was important for the Ephesians to know because they were used to rulers who came and went. Emperors died. Dynasties fell. Governments collapsed. The "supreme power" of one generation became ancient history in the next. Rome itself had seen multiple emperors assassinated, overthrown, or simply fade into irrelevance.

Even their spiritual powers—the gods and territorial spirits they feared—were thought to have limited jurisdictions and seasons of influence.

So when the Ephesian believers prayed, they had to overcome a nagging question: "Will this God be in power long enough to bless me? Will He still have authority tomorrow? Next year? Will He be temporary in life, or can I depend on Him always?"

## Our Uncertainty

We have to contend with the same uncertainty, do we not? Every four to eight years, the White House changes hands. Policies flip. Priorities shift. What was protected yesterday is threatened today. What was promised last term is forgotten this term.

All of which trickles down into everyday life. The economy swings from boom to bust. Companies that seemed invincible go bankrupt. Retirement accounts rise and fall. What was celebrated last year is canceled this year.

Even in our personal lives—relationships change, health declines, plans fall apart.

And if we're honest, when we pray about things that won't be resolved quickly, there's this nagging question: "God, can I trust You to come through—even if it takes a long time?"

As time passes, we wonder if Jesus is still working on our prayer, or has He moved on to more urgent matters? Ever been there? Ever felt like that? Like Jesus took too long or is too busy for you?

I sure have. And as our unanswered prayers pile up, we're less likely to pray again because we feel forgotten and our trust in Jesus has diminished. And now, you've stopped bringing your real needs to Jesus because doubt and time have hijacked your trust in Him.

## The Truth About Time

If that's you, then please hear me: **Jesus' authority doesn't expire, and neither do your prayers.**

The Jesus who received your prayer four months ago—years ago—is the same Jesus reigning today. He hasn't shifted priorities. He hasn't forgotten you. What you entrusted to His hands back then is still in His hands right now, and it will still be in His hands until He decides when and how to respond.

So here's what I want you to do: Go back to those prayers you stopped praying. The ones you gave up on. The ones you tried to resolve yourself. Pray them again. Re-entrust them to Jesus. Leave them with Him.

As sure as His reign is forever, Jesus will come through. It may not be when or how you expected, but He will come through. I believe that because His Word says it in Numbers 23:19, and I've experienced it personally. What God has determined to do, He will do.

"God is not like us, that He would lie or change His mind."

And if He's determined to answer your prayer, count it as good as done. Trust your prayers to Jesus. He will come through for you. He has not forgotten you. His rule has no expiration date—and neither do His promises.

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### 3. Everything and Everyone Answers to Jesus (v. 22a)

Notice that phrase: "under His feet." That takes us back to Psalm 8:6, where David inquires:

"What is man that You are mindful of him... You made him ruler over the works of Your hands; You put everything under his feet."

In the beginning, God gave Adam authority over creation. Adam was responsible to manage it, to keep all things under his feet in order. But when Adam rebelled, he abdicated that authority. He surrendered his God-given role, and the world fell into chaos—sin, death, and disorder.

Here in Ephesians, Paul says Jesus now has that role. God has "subjected everything under His feet." In other words, what Adam abdicated, Jesus reclaimed. He rules over creation not just as a man, but as God in flesh.

We still have responsibility in this world, but Jesus is the Boss. The One we answer to. The One we get our marching orders from.

#### An Aha Moment

This truth changed everything for the Ephesians. It was an aha moment for them. You see, their world felt unpredictable. Storms. Earthquakes. Disease. They believed false gods controlled it all, never sure which one was angry next.

But Paul says: **Jesus has it all under control.**

The wind and the waves? Under His feet.

The sickness? Under His feet.

The chaos? Under His feet.

That truth gave them courage. It gave them peace. Because if Jesus rules creation, then nothing is random—He's managing His world.

#### Under His Feet Today

And church, the same is true for us.

- Some of you got a call from the doctor this week that changed everything.
- Some of you lie awake at 3 a.m. wondering how the bills will get paid.
- Some of you are watching your child walk a path that breaks your heart.
- Some of you look at the news—the violence, the division, the fear—and wonder if this country will even survive.

If that's you, this next part is for you: **Jesus has it all under control.**

That diagnosis? **Under His feet.**

That financial struggle? **Under His feet.**

That prodigal child? **Under His feet.**

That unfair boss? **Under His feet.**

The political chaos that keeps you up at night? **Under His feet.**

The school shooting you're afraid might happen? **Under His feet.**

That AI that might take your job? **Under His feet.**

So when you pray—when you lay your head down at night—when the doctor calls—when family drama pops off—when our government frustrates you—when your child disrespects you again—when your boss gives you a hard time—rest in this truth: **Jesus is in full control.**

All creation is subject to Him. Walk in that assurance. Pray in that assurance. And your life will become a whole lot more livable.

Think about it like this: If Jesus can hold the universe together, He can hold you together too.

Everything and everyone answers to Jesus—but there's one group that takes priority in His life. One part of creation He's most connected to. I'm talking about the church.

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## 4. Jesus Is the Head of His Church (v. 22b-23)

We just saw that everything and everyone answers to Him—but now Paul brings it closer to home. Jesus isn't just Lord over creation—He's Lord over us.

The church isn't a building, brand, or an ethnic group. It's a family of believers—past, present, and future—the living body of Christ. And just like your body has a head, the church has one too. His name is Jesus.

He's the Head. We're the body. The church answers to Him. We take our orders from Him. We live in submission to Him.

### More Than Following

Now this picture of "head and body" means more than just saying we follow Jesus. It means we're actually connected to Him—His life flows through us, like sap from the vine into the branches. We move, breathe, and function by His direction.

I once heard a husband tell his wife, "Honey, the Bible says I'm the head of you." She smiled and said, "You may be the head, but I'm the neck, and wherever the neck goes, the head is sure to follow."

Now that may be funny in marriage, but it doesn't work with Christ and His church. Where the Head goes, the body follows. Period.

### Why This Increases Your Trust

And here's why that should increase your trust: A body doesn't worry about where the head will take it. Your feet don't wake up in the morning saying, "I hope my head knows what it's doing today." The hand doesn't say to the head, "I don't want to take notes in church today." They just follow. Because the head and the body are one, and the body is directed by the head.

The same is true for us. When you're worried about the direction of your life, remember—you're not figuring this out alone. You're connected to the Head. His wisdom is guiding you. His life is flowing through you. You can trust Him because you're not separate from Him—you're part of Him.

## What This Looks Like

So what does this look like in real life?

- It means when you're facing a decision and you don't know what to do—you ask the Head.
- When you're tempted to handle something your own way—you check with the Head.
- When you want to go left but His Word says go right—you follow the Head, not your feelings.

Because bodies that ignore their head end up paralyzed or dead. Don't be a rogue limb trying to function on your own. You can't function, neither will you survive without Christ as your head.

## The Fullness of Christ

Paul continues in the latter part of verse 23, reminding us that the church is meant to be "the fullness of Him who fills all in all." That means God's design is for the church to be the visible expression of Jesus in the world.

When people encounter a healthy church—loving, serving, forgiving, speaking truth—they're catching a glimpse of Christ Himself.

And if Jesus is powerful enough to fill His entire church—millions of believers across centuries and continents—with His presence, His power, and His purpose, don't you think He can handle your situation?

The same Jesus who holds the whole church together is the same Jesus who's listening to your prayers right now. If He can manage the body, He can manage you.

So trust Him. Not because you have all the answers. But because He's the Head—and the Head always takes care of His body.

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## Conclusion: Why Prayer Works

Coming full circle, we can trust Jesus with our prayers because:

- **Jesus reigns above every earthly power.**
- **Jesus' rule has no expiration date.**
- **Everything and everyone answers to Jesus.**
- **Jesus is the head of His church.**

That's why prayer works.

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## How to Pray Good-As-Done Prayers

Now, I promised to share with you how to pray good-as-done prayers—getting everything from God. Jesus gave us a model in Matthew 6 that shows us exactly how to pray in a way that gets results.

There are five steps, and if you follow them, your prayer life will never be the same. Guaranteed.

## **Step 1: Honor His Name First**

"Our Father in heaven, Your name be honored as holy."

Before you ask for anything, acknowledge who He is. His holiness. His greatness. His majesty. Don't rush into your requests—start by worshiping the One you're talking to.

## **Step 2: Submit to His Will**

"Your kingdom come. Your will be done on earth as it is in heaven."

This is where most of us miss it. We come to God with our agenda already set: "God, I need this. I want that."

But effective prayer says, "God, Your will, not mine. Your kingdom, not my comfort. Your plan, not my preferences."

When you pray like that, you're aligning yourself with the One who already knows what's best.

## **Step 3: Come Clean to Your Sin**

"Forgive us our debts (our sins), as we also have forgiven our debtors."

Before you ask God for anything, you've got to come clean. Confess. Repent. Acknowledge where you've fallen short.

And here's the hard part—you've got to forgive others too. Because prayer without confession is like trying to have a conversation with someone who has bad breath. Before they can even get a word out, you're repulsed by the stench coming from their mouth.

You can't approach a holy God with unconfessed sin and unforgiveness in your heart and expect Him to move on your behalf. Deal with your sin first. Release those who've wronged you. Then pray.

## **Step 4: Ask According to His Word**

"Give us today our daily bread."

Now—and only now—do we make our requests. But notice what Jesus teaches us to ask for: our daily needs.

News flash: Everything God says is yours to have in His Word can and should be prayed for. Because that's His revealed will for everyone who belongs to Him.

So don't waste your time praying vain, unbiblical prayers. They lead to frustration, and they expose selfishness. Prayers like:

- "God, make me famous."
- "God, let them get what's coming to them."
- "God, give me what they have."

No. Pray what's in His Word. Pray His promises back to Him. Pray for what aligns with His character and His purposes.

## **Step 5: Desire God Above All Else**

Here's the secret that ties it all together: **You'll have all you want from God when all you want is God.**

No hidden agenda. No quid pro quo. No bargaining. Just a surrendered heart that says, "God, You are enough. I only want what You want me to have."

When that's your posture—when your heart is motivated by your love for God and your desire to bless Him more and more—you'll start seeing the windows of heaven open and blessing upon blessing being given to you. To the point where they are too numerous to count and all you can say is, "God did it again... Thank You, God..."

Ever been there? It's a joyous experience, one that I pray for all of you to receive.

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## **Pray Like You Know**

So church, pray like you know who He is. Pray like you know who you are. And pray like you already know the answer's on the way.

Because when you pray like this—humble, dependent, honest, in line with God's Word—all that you ask for is as good as yours.