

Looking at today's passage, Paul is praying for the Ephesian church and its members. The phrase "for this reason" in verses 14-15 signifies the reason behind it. He prays with earnestness before God.

In verse 16, what is Paul prioritizing in his prayer? He prays for the inner strength of the members of the Ephesian church. Here, the inner person refers to the innermost being, the heart, and soul (see verses 16 and 17).

So how can our inner selves be healthy? Let's examine today's passage together to see how we can strengthen our inner selves and experience the strength within. In the name of the Lord, I pray that everyone may experience inner strength.

First, we must experience the presence of Jesus.

For our inner selves to truly be strong, the intercession of Christ must be within us. Look at verse 16. "Through his Spirit" the Spirit strengthens our hearts. How does He strengthen? Verse 17 tells us that when Jesus Christ dwells in our hearts, our inner selves are strengthened. This means desiring Christ to dwell in our hearts for the strength of our inner selves. This goes beyond what God gives us; it means living with Christ in our hearts, thinking, walking, and living with Him, experiencing His intercession within us. It is living a life in communion with Jesus, making Him truly dwell within us. Through worship, through the Word, through prayer, through our daily lives, may you experience Christ in your heart. And I bless your inner selves to be strengthened.

Second, we must be filled with love (verses 17-19).

Look from the latter part of verse 17. "So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love," using the metaphor of farming and construction. There is a secret to healthy and sturdy buildings and trees. What is it? It's having strong roots and foundations. Where should we lay the roots of our hearts and lives? They must be rooted in love. Our lives, souls, and hearts can become strong within love. However, living in love is not easy. We have sinful tendencies, selfishness, and desires. Therefore, the first thing necessary is to know the love of Christ. Look at verse 18. "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." Here, to know means to experience. How can the Lord's holy people experience the love of Christ together? It is through sharing Christ's love in the church.

Third, we must pray before God.

What must we do for the strength of our inner selves? The answer is in verse 20. God is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us. Prayer is essential for us to stand rightly before God. God can make us experience the fullness of Christ's intercession in our hearts. God can make us realize His great love. Therefore, we must pray to God. When we go to God in prayer, He fills us. He transforms us. He restores and strengthens us.

**Bible
Memorization**

A VERSE FOR THIS WEEK

"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." (Ephesians 3:18-19)

**Bible
Reading**

2/26(Mon)	2/27(Tue)	2/28(Wed)	2/29(Thur)	3/1(Fri)	3/2(Sat)	3/3(Sun)
Numbers 27-29	Numbers 30-31	Numbers 32-33	Numbers 34-36 Deut. 1	Deut. 2-3	Deut. 4	Deut. 5-7

QT

Quiet Time Passage

2/26(Mon)	2/27(Tue)	2/28(Wed)	2/29(Thur)	3/1(Fri)	3/2(Sat)	3/3(Sun)
Mark 15:16-23	Mark 15:24-32	Mark 15:33-47	Mark 16:1-8	Mark 16:9-20	Joel 1:1-12	Joel 1:13-20

**Sharing
Questions**

1. Please share what you've newly realized or received grace through today's passage.
2. Reflect on the health of your inner self and share.
3. Share what grace is needed to strengthen the inner self as you reflect on today's passage and pray together.