

“I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong.” Ephesians 3:16-17 NLT

lectio // Ephesians 3:14-21

I want to pray like Paul! I mean really, his powerfully encouraging words just seem to lift you as you read them. You feel the words as the letters on the page file into your soul. What can one do with “inner strength through his Spirit” today? What does it do to one’s confidence when you KNOW you are loved? That confidence in God’s love may be the key to most of our daily fears, doubts and stresses. I know it’s not super fun to be yelled at while work, or passed over for promotion time after time, or have someone come straight at you with words like “incompetent” or “you’re not enough.” However, it remains, God is right there with strength and his love to comfort and even settle our insecurities. Feel his love for you! When your heart is his home, there is a sense of safety and strength. At least there is in me as I read Paul’s prayer. I pray that for you as you read this, “from his unlimited resources he will empower you with inner strength.” Grab it, hold on to it, rehearse it in your mind until it’s like breathing.

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pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I spend far too much time thinking about what others think of me and not nearly as much time thinking about what YOU think about me. I want to be secure, confident and effective IN YOUR LOVE. May the words of my mouth and the meditations of my heart be pleasing in your sight, Oh Lord!

contemplatio

rest in the presence of God, allowing the words revealed to take root