

Ephesians 2—Prayer for inner transformation

The Big Idea

In the midst of difficult external circumstances, Paul prays for an inner awareness and transformation to happen in the Ephesians. That same prayer is a good one for us as well.



What are the influences on your inner world? The way you think, process and react to the world around you? What influences you to change your mind or take a new approach to things?

Let's read Paul's prayer from Ephesians 2 again: ¹⁴ *For this reason I bow my knees before the Father,* ¹⁵ *from whom every family in heaven and on earth takes its name.* ¹⁶ *I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit,* ¹⁷ *and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.* ¹⁸ *I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth,* ¹⁹ *and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.*

²⁰ *Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine,* ²¹ *to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.*

What is the role of love in this transformation (v. 17)? How does love "root and ground" us? How do you keep focus on your inner world in times of tumult and change? What practices or resources do you find helpful?

What has God done in your world that is beyond your ability to ask or imagine?