



FOR THIS REASON I PRAY

A Devotional Through Ephesians 3:14–19

KNOW — Ephesians Growth Journey

Read: Ephesians 3:14–19

1. PRAY DEEPER

Paul has spent much of Ephesians explaining what God has done for us in Christ.

Then, in Ephesians 3:14, Paul does something important:

He prays.

“For this reason I bow my knees before the Father...”

What Paul knows about God moves Paul toward God.

And when we listen carefully to his prayer, something stands out.

Paul does not begin by asking God to make their lives easier or remove every difficulty.

He prays for something deeper.

He prays for what God will do **within them**.

2. STRENGTH WITHIN

Paul prays that they would be:

“...strengthened with power through His Spirit in your inner being...” — Ephesians 3:16

There are circumstances we want God to change around us.

But sometimes God's work begins by strengthening something **within us**.

- Courage.
- Faith.
- Endurance.
- Peace.
- Discernment.
- Spiritual stability.

Think About It

Where do I need strength that a change in circumstances alone cannot provide?

3. ROOTED IN LOVE

Paul continues:

“...that you, being rooted and grounded in love...” — Ephesians 3:17

Paul uses the language of both agriculture and construction.

- **Rooted.**
- **Grounded.**

Christ's love becomes both the soil from which we grow and the foundation upon which we stand.

When circumstances shift, feelings fluctuate, or life becomes uncertain, our confidence does not have to move with them.

Remember

What happens around me does not determine how deeply Christ loves me.

4. KNOWING WHAT CANNOT BE EXHAUSTED

Then Paul prays that believers would comprehend:

“...the breadth and length and height and depth...”

and:

“...know the love of Christ that surpasses knowledge.” — Ephesians 3:18–19

It sounds almost contradictory.

Know something that surpasses knowledge.

But that's part of Paul's point.

We can genuinely know the love of Christ without ever reaching the end of it.

- There is always more to discover.
- More to understand.
- More to receive.
- More to live from.

Remember

Spiritual growth doesn't mean reaching the end of what there is to know about God. Growth increases our capacity to receive and live from what He reveals.

5. PRAY DIFFERENTLY

We should continue praying about:

- Our families.
- Our health.
- Our decisions.
- Our needs.
- Our relationships.

- Our work.
- Our circumstances.

But Paul's prayer invites us to add something deeper.

What if we also prayed:

- **Father, strengthen me within.**
- **Let Christ be increasingly at home in my heart.**
- **Root me deeply in Your love.**
- **Increase my capacity to understand Christ's love.**
- **Help me know You beyond information alone.**
- **Fill my life increasingly with Your fullness.**

Those are prayers for **formation**.

PERSONAL REFLECTION

1. Where do I most need God's strength within me right now?
2. What has been competing with Christ's love as the foundation of my identity?
3. Do my prayers focus primarily on changing my circumstances, or am I also asking God to change me?
4. What would becoming more rooted in Christ's love look like in my everyday life?

THIS WEEK

Don't make this complicated.

Each day, pray one simple sentence:

“Father, strengthen me within and deepen my knowledge of Christ's love.”

Then pay attention.

Notice where God is strengthening you.

Notice where your thinking is changing.

Notice where His love is becoming more real.

Notice where your response begins to look more like Christ.

PRAYER

Father, strengthen me through Your Spirit in my inner being.

Let Christ be increasingly at home in my heart. Root me deeply in love and give me greater capacity to understand the vastness of Christ's love for me.

Help me know Your love beyond information alone. Let what I know about You shape the way I think, respond, serve, love, and live.

Fill my life increasingly with Your character, Your presence, and Your fullness.

In Jesus' name, Amen.

HOLD ON TO THIS

Spiritual growth includes an increasing capacity to know and live from the love of Christ.

Ephesians 3:19

“...to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.”