

ROOTED & ESTABLISHED IN LOVE

*"I pray that out of his glorious riches
he may strengthen you with power
through his Spirit in your inner being,
so that Christ may dwell in your hearts through faith.
And I pray that you, being rooted and established in love ..."
(Ephesians 3:16-17)*

REFLECTION

The Apostle Paul prayed for the church in Ephesus to grow in their understanding of the depth and magnitude of God's love that would strengthen them from within. Out of His glorious riches, God has given them His enabling strength through His Spirit. They had on hand the riches of God's grace lavished upon them with every spiritual blessing and all wisdom and understanding (Eph.1:3,7&9). This was made possible by their adoption as children of God through Jesus Christ whose redeeming work on the Cross made possible the forgiveness of sin and reconciliation with God. This rich grace applies to us too.

God has created each one of us with an inner being that longs for a deep and dependent relationship with Him. It is through God's Holy Spirit that our inner beings commune and connect with God. It is God's will and design that we be nourished and renewed in our innermost beings by God Himself who has established and rooted us in His love. Because Christ dwells in our innermost beings through His Spirit, our eyes will be enlightened to know the Hope that we have comes from God.

May we take Paul's prayer to heart this week.
May we pray it daily for ourselves that we may know the enabling strength of God that dwells in our inner beings. God's strength is available to us. We only need to ask and He will give it to us liberally from the depths of His glorious riches.

PRAYER

Heavenly Father, please nourish us in our innermost being with Your established and rooted love. Enable us, strengthen us through Your Holy Spirit to desire after You. Let the love of Christ heal us and reconcile us to You, such that we may love our companions and community. Amen.

SUPPLICATION

- Give thanks to God for creating each of us with an inner being that He wants to strengthen. Praise God that His Spirit communes with our spirit as we open ourselves up to Him. Pray for believers to spend time nurturing their spirit as they seek God through silence and solitude.
- Pray that believers will purposefully carve out times to seek the solace and support of God in different times of the day or the week, and even to take quiet retreats to get away from the hustle and bustle of daily living, so as to allow God to speak into their lives.
- Praise God for being rich in spiritual blessings and who desires to shower them upon His children generously. Pray that faith-filled believers would desire to empty themselves of the things of this world and be filled with the Holy Spirit and the love of Jesus Christ. Pray for a deeper knowing of the depth of Jesus' love through His sacrifice on the cross for us when we are so underserving. Pray for the transforming work of the love of God in the hearts of believers
- Give thanks for believers who are rooted and established in God's love, that God will never leave nor forsake them, but His love will secure and protect each of them. May the appreciation of His grace so freely given us lead us towards deeper devotion and greater service unto Him.
- Lift up to God the general well-being of people who have to cope with different level of restrictions in order to curtail the spread of COVID-19. Many have felt emotionally drained and economically strained, having to adjust to constant disruptions. May God keep all of us mentally and physically strong during this time of pandemic. Pray that the Lord will bring the pandemic to an end soonest.

*"May the Lord direct your hearts into God's love
and Christ's perseverance"
2 Thess. 3:5*

**If you need any prayer or pastoral care support, kindly
contact the pastoral care team via:
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