

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, may have power, together with all the saints, 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: 16-19

Monday: Praise God for his glorious riches that he so generously offers us-- his grace, his love, his mercy, his Spirit. Ask God to help you open your heart to receive what he has for you.

Tuesday: Ask God to strengthen you with power through his Spirit. Quiet yourself today and each day to receive the strength he offers in your inner being.

Wednesday: Meditate on the statement that Christ dwells in your heart through your faith. Ponder this often today and thank him for his presence with and in you.

Thursday: Ponder today what it means to be rooted and established in love. How deep do your roots go? Ask God to strengthen your roots in his love, that his love would be foundational to all you do and to how you think.

Friday: Ask God to help you grasp the width and length and height and depth of Christ's love for you. Praise him for his incomparably great love!

Saturday: Pray that you would so know Christ's love that you would be filled with the fullness of God-- the Holy Spirit and Christ dwelling in your heart.