

Devotional: Ephesians 3:14–21 — Strength in God’s Love

Scripture Focus: Ephesians 3:14–21

When life feels overwhelming, and your heart carries the weight of anxiety, loss, or uncertainty, Ephesians 3 reminds you of a beautiful truth: God strengthens you from the inside out. Paul bows before the Father in prayer—not asking for easier circumstances, but for a stronger heart.

God wants Christ to make His home in your heart—to settle into every room, even the ones filled with fear, sadness, or memories you avoid. You are **rooted and grounded in love**, not in the opinions of others, not in past mistakes, not in fear.

God’s love is wider than your worries, longer than your struggle, higher than your hopes, and deeper than your deepest pain. His love cannot be measured, only experienced.

As you let His love fill every space inside you, healing happens. Not all at once, but daily—empowered by the One who does “exceedingly, abundantly beyond all we ask or imagine.”

Reflection:

- Where is your heart feeling weak today? Invite God’s strength there.
- What is one room in your heart where Jesus needs to “make His home”?
- How has God already shown His love in ways you didn’t expect?

Prayer:

Father, strengthen me in my inner being. Let the love of Christ take deeper root in my heart. Fill every part of me with Your presence, Your peace, and Your healing power. Help me believe that You are able to do more than I can imagine. In Jesus’ name, Amen.

Affirmation:

“I am rooted in God’s love. I am strengthened by His Spirit. I am not alone.”