

Dwelling in the Word
Yellowstone Presbytery
Friday, March 7, 2025

“Rooted and Grounded”

Ephesians 3:14-21: A Prayer for the Ephesians

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. 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 Lord’s holy people, 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.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Personal Time of Reflection: (15 minutes)

1. What are some specific things Paul is praying for within the church in Ephesus? Why do you think he is praying for these things?
2. In this passage, Paul is talking about working on the “inner being” (verse 16). We tend to spend most of our time taking care of the outside of our bodies (appearance, fashion, weight control, cosmetics, hair style, etc.). What are some things that you need to work on when it comes to your “inner being” (a deeper spirituality, trusting in the Lord, anger issues, unforgiveness, bitterness, jealousy, or an addiction)?
3. If Paul was writing to your church, what kinds of things do you think he would pray for?

Small Group Time: (15 Minutes)

Gather with 3-4 people and share your response to question #3 and then pray for your churches and each other.