

Our Spiritual Health pt 1
A Study through the book of Ephesians
Ephesians 3:14-17a

Did you know that we can hit a homerun every time we pray? How? Basically, by praying in God's will, praying in Jesus' name, by praying in faith and by prayers the prayers recorded in God's Word. Our passage today gives us two of these great prayers to pray for each other.

As we continue on in our study through the book of Ephesians, we come to a place in the third chapter in verses 14-17 where the Holy Spirit moves Paul to pray for the spiritual health of these precious believers in Ephesus.

Here two prayers are recorded in our passage and give us insight into what is needed for our spiritual life to be healthy and function properly. They serve as a template for how God wants us to pray for each other. Let's take a closer look at each of these prayers.

Ephesians 3:14-15, "For this reason I kneel before the Father, from whom His whole family in heaven and earth derives its name."

For what reason is Paul referring to? It is because of what was said in verse 12, "In Him [Christ] and through faith in Him we may approach God with freedom and confidence."

As stated last week, because of our faith-based relationship with Jesus and the faith He expresses through us we can approach our Heavenly Father with freedom from fear of wrath, freedom from condemnation and freedom from obligation of religious rituals and laws.

And we can now approach God with the confidence that we are loved, accepted, welcomed and that God wants to hear our prayers and intercessions.

Ephesians 3:16, "I pray that out of His glorious riches He may strengthen you with power through his Spirit in your inner being,"

Biblically, God's power and the Holy Spirit go hand in hand, for the Holy Spirit is the conduit of God's power for the believer's life.

When it comes to the Holy Spirit and the power God releases through Him we must understand that He is not like the power line that gets knocked down by a storm and lunges randomly hitting the ground with sparks, and noise and danger etc.

When dealing with the power of the Holy Spirit we need to know that:

- His power is always released under His constant control.
- His power is channeled to Christ's purpose for that situation.
- His power is in proportion for what is needed to bring about God's will.

As we see in this verse, this prayer is about a release of God's power specifically in our inner being. What is this inner being? Some translate it as our "inner man" or our "internal person"

I believe this is referring specifically to our spirit that God brought to life when we put our full believing trust in Jesus as our Lord and Savior (see 2:1-2, 4-5).

This prayer gives us some key insights about our spirit-person/inner being:

- Our inner being is a very important living component of who and what we are.
- Our inner being is what we use to connect with and relate with each person of the Trinity.
- Our inner being needs spiritual nurture for it to function and thrive the way it is meant to.

Ephesians 3:16b-17a He may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.

This prayer is about how our inner being is to be strengthened by the Holy Spirit' power so that Christ' abiding presence may be prioritized in our hearts and experienced by faith.

This can be a bit confusing; after all they are saved right? And as such doesn't the Spirit of Christ already live in them? Yes He does! This prayer isn't about getting Jesus in them; rather it is about being able to perceive, relate and respond to His abiding presence.

How many of you know that though we are saved and the Spirit of the Lord is in us, we don't always utilize our inner being to sense or respond to Jesus' indwelling presence, it's a heart thing and it's a faith thing.

We all can get distracted from the functionality of our inner being through the preoccupations of our natural life. Think about the things that compete for our attention that take our focus off of our spirit-person and get us to focus only on the things of the flesh:

Things like emotional and relational issues, wants and priorities of the flesh, worries and cares of this life and human goals and ambitions, just to list a few.

Our inner being needs to be strengthened with power by the Holy Spirit so that we can push through the noise and distractions of life and perceive Jesus in our hearts by faith and actually practice His presence, relating to Him in us.

I don't want to neglect the abiding presence of Jesus in me or miss out on relating to Him by faith. I don't want anything to drown out the Spirit's voice and promptings in me. I don't want to be distracted from the Father heart of love that my God has for me. Are you the same?

We need our inner being, our spirit to be healthy and to prevail in our lives. For this to happen, we need it to be ever strengthened with the power of the Holy Spirit.

Here is the good news, according to our passage all we need to do is ask God for this, He is happy to do it and will renew this aspect of our lives with the power of the Holy Spirit.

We are promised: **"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day" 2 Corinthians 4:16.** We just need to ask day by day.