

## DAY 22 – STRENGTHENED BY THE HOLY SPIRIT

*"That He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man."* — **Ephesians 3:16**

This verse encapsulates one of Paul's deepest prayers, where he expresses his desire for believers to be strengthened *"in the inner man."*

This term, *"inner man,"* refers to the spiritual essence of each person—the deepest and most authentic part of who we are.

The phrase *"according to the riches of His glory"* indicates that this strengthening comes from the abundance of God's grace and power. Paul is not speaking of physical or material power, but of a strength that is revealed in the spirit and in the daily life of the believer. The phrase *"through His Spirit"* emphasizes the active role of the Holy Spirit in this process.

It is the Spirit who empowers and fills us with the strength we need to face life's trials, helping us grow in faith and live in a way that reflects the glory of God. This spiritual power is essential to develop strong Christian character and to remain firm in times of adversity.

As we meditate on Ephesians 3:16, it's crucial to recognize our need for spiritual strength in a world that often feels discouraging. This verse invites us to seek the help of the Holy Spirit, who is our Comforter and Guide. In moments of doubt, anxiety, or hardship, we can remember that God is willing to strengthen our *"inner man."*

Paul's words encourage us to understand that true strength does not come from our own abilities but from the glorious riches of God. This leads us to a life of dependence and humility, where we acknowledge our need for God in every step we take. Furthermore, as we are strengthened inwardly, we are able to live a life that not only reflects our love for God but also impacts those around us—carrying a message of hope and transformation.

This verse also challenges us to pray for others, desiring that our brothers and sisters in the faith would also be strengthened in their spiritual lives. The community of believers thus becomes a space of mutual support, where together we seek the strength that only God can give.

### REFLECTION QUESTIONS:

In what areas of your life do you need to be strengthened by the power of the Holy Spirit?

What does it produce in you to know that you do not depend on your own strength or wisdom, but on the power of the Holy Spirit to live a life that truly pleases God?