

# Friday Reflections

*I pray that . . . he may strengthen you  
with power through his Spirit in your inner being,  
so that Christ may dwell in your hearts through faith.*

*Ephesians 3:16-17*

Sometimes the words of children can jolt us into a deeper understanding of God's truth. One evening when my son was young, I told him that Jesus lives inside us. As I tucked him into bed, he asked, "But how? There's no room in there!"

His understanding of Jesus being inside us made me stop and think about that great mystery.

The apostle Paul referred to this when he prayed that the Holy Spirit would strengthen the believers in Ephesus so that Christ would "dwell in [their] hearts through faith" (Ephesians 3:17). With Jesus living within, they could grasp how deeply He loved them. Fueled by this love, they would mature in their faith and love others with humility and gentleness while speaking the truth in love (4:2, 25).

Jesus dwelling inside His followers means that His love never leaves those who've welcomed Him into their lives. His love that surpasses knowledge (3:19) roots us to Him, helping us to understand how deeply He loves us.

Words written for children can say it best: "Yes, Jesus loves me!"

*Lord, thank you that you never leave us and chose to live inside of us so we  
can carry you with us wherever we go. Amen*

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