

Be Still
AND KNOW THAT
I Am GOD
Psalm 40:10

Meditating on Scripture:

To meditate on a passage of scripture first pick a time when you are not rushed. Pray that God will guide your thoughts. Then read the passage through carefully at least twice. Next, go back and look for affirmations of God's love and grace. Then think of how they apply to your life. Make notes on any key thoughts. Conclude by thanking God for his word.

Ephesians 1:15-23

New International Version

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, ¹⁶ I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit^{la} of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.