

groups.

— Notes | January 18th, 2026

Reset How I See Prayer

Prayer is sometimes naturally treated as a solution for a quick fix, asking God to change the things around us and hoping for immediate results. Using the image of a breaker box and home renovation, we see that significant renovation always requires a reset. In our spiritual lives, that reset is prayer. But prayer isn't about flipping a switch and expecting instant results. Instead, Paul's prayer in Ephesians 3 shows us that God's primary work through prayer is internal, strengthening us in our inner being so that Christ may dwell in our hearts.

When Jesus dwells with us, He doesn't just visit, He moves in. And when He makes our hearts His home, He begins the slow, sometimes messy, but always loving work of renovation. Prayer becomes an invitation for God to work within us day by day. As we dwell with Christ, we discover that God never gets tired of the process. He deeply desires our time with Him. Through prayer, God renovates us from the inside out, one faithful reset at a time.

Key Scripture | Ephesians 3:14-21

"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."

Related Scriptures

— Psalm 139:23-24

Icebreakers:

— Q: Describe a time you tried to do something yourself, like a DIY, home project, fixing something, etc., and it went comically wrong. What did you learn from it?

Key Thoughts and Reflections: _____

I. Reset the Breaker

Q: Why do you think we're tempted to treat prayer like a quick fix, asking God to change our circumstances instead of inviting Him to change us?

Q: In scripture, Paul shows us that prayer often begins by stepping away from the noise of the world. What are some distractions or habits that make it difficult for you to truly step away and reset in prayer?

Q: In what ways might your prayer life become less about getting God to do something for you and more about creating space to be with Him?

II. Renovation Inside Our Hearts

Q: Paul says that Christ wants to dwell in our hearts, not just pay a visitation. How is dwelling different from a quick or occasional encounter with God? What might that look like?

Q: "You only renovate homes that you own." What does that statement reveal about how Jesus views your life and heart?

Q: What are some areas of your heart that might be outdated, out of place, or in need of renovation – but you've been hesitant to invite Jesus into? Why?

III. God in the mess

Q: Home renovations are messier and sometimes take longer than expected. How have you seen this to be true in your spiritual life or personal growth?

Q: When life or spiritual growth gets messy, how do you usually respond? Do you typically lean in, pull away, or try to clean it up yourself?

Q: Paul reminds us that God's love is wide, long, high, and deep (Ephesians 3:17-19). How does knowing that God never gets tired of working on you change the way you approach prayer?

Get Practical _____

God goes where He is invited, and renovation happens when we dwell with Christ daily. This week, choose a specific time like mornings or evenings, and intentionally sit with God in prayer. Turn off distractions, maybe read a few verses (Ephesians 3 is a great place to start) or a chapter from the Bible, and ask the Holy Spirit what He wants to renovate in you. Remember, prayer isn't about quick results, it is about daily dwelling and allowing God to work within you.