



Living in Relational Wholeness

Coalesce Podcast

Episode 016 - Transformation into Love and Mercy

Note, terms, scripture, practice



[Romans 3:20](#)

[Romans 9:31-32](#)

[Romans 7:7-13](#)

[Romans 2:29; 7:5](#)

[2 Corinthians 3:6](#)

[Acts 9:1](#)

[Philippians 3:4-8](#)

[Luke 2:10](#)

[2 Corinthians 12:10](#)

[Luke 2:10](#)

[Acts 9:1](#)

[1 Corinthians 1:17-31](#)

[Galatians 1:16-21; 2:11](#)

vulnerability (Latin *vulnera*) — woundedness

[2 Corinthians 6:14-18](#)

[1 Corinthians 14:34-35](#)

[1 Corinthians 11:5](#)

[Galatians 3:28](#)

[Acts 9:18](#)

[1 Corinthians 15:12-58](#)

Practice: Prayer for Understanding

Though we aren't certain if Paul personally or fully wrote the letter to the Ephesians that bears his name (it's more likely that one of Paul's students composed the letter), this passage beautifully summarizes Paul's deep longing for his faith community. "The power to comprehend" lies not in knowledge, but in experiencing our own weakness and being filled with the Spirit of Love.

Receive the blessing of this prayer, reading it several times slowly, aloud if possible, perhaps choosing a phrase to memorize and return to throughout your day:

I bow my knees before the Father,
from whom every family in heaven and on earth takes its name.
I pray that, according to the riches of God's glory,
God may grant that you may be strengthened
in your inner being with power through the Spirit,
and that Christ may dwell in your hearts through faith,
as you are being rooted and grounded in love.

I pray that you may have the power to comprehend, with all the saints,
what is the breadth
and length
and height
and depth,
and to know the love of Christ
that surpasses knowledge,
so that you may be filled
with all the fullness of God.

—[Ephesians 3:14-19](#)