

Infusions have become a popular way to replenish fluids or nutrients in your body. You are connected to an IV that delivers vitamins, minerals, and fluids directly into your bloodstream.

Are 'infusions' available for us spiritually? If so, where can we find an infusion of strength for our souls and spirits? For that we turn to God's Word. In Ephesians 3:16, we learn a vital prayer to offer for ourselves: *"Lord, I ask You to grant me, according to the riches of Your glory, to be strengthened with might through Your Holy Spirit in my inner being."*

The Holy Spirit was sent to us as a Helper. He comes to strengthen us, so when you feel weak, ask the Lord to impart His strength.

If you would like another prayer along these lines, use these words from hymnist Edwin Hatch: "Breathe on me, breath of God, fill me with life anew, that I may love what Thou dost love, and do what Thou wouldst do."

Ephesians 3:16 "I pray that out of His glorious riches He may strengthen you with power through His Holy Spirit in your inner being."