

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2026 Focus: 12 Months of Prayer | **February:** The Spirit's Help in Prayer

Each month, journey through a different biblical model of prayer.

Day 1 [Ephesians 3:16-19](#) | New Identity

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. Ephesians 3:17b-18

Paul spends three chapters reminding believers in Ephesus who they are in Christ. This new identity is to shape their relationships with each other. The gospel doesn't just change individuals, it transforms entire communities. After establishing their gospel identity, Paul provides a list of behaviors to abandon and virtues to embrace, explaining the reason behind each instruction. The gospel is highly relational, not merely a set of moral guidelines. Ephesian believers no longer live in brokenness but build community together. Security in their identity provides wholeness and freedom, empowering new behaviors that build genuine connections with each other and restore what sin has broken.

The same dynamics that shaped relationships in ancient Ephesus still affect us today. We all long for deep, human connection—it's how God created us. Whether in our marriages, families, workplaces or small groups, certain actions shatter our connections while others strengthen them. Lying is one sin that breaks trust and destroys community. Honesty, by contrast, builds and deepens our connections with each other. The more secure we are in Christ, the more freedom we experience to be honest with others. This week, we'll explore practical ways to put off lying and grow in truthfulness, creating the deeper relationships we were designed for.

TODAY: Use Ephesians 3:16-19 as a prayer, asking God to help you live out your new identity in Christ. As you pray these verses, ask the Holy Spirit to strengthen you and root you in Christ's love so you can build authentic community with others.

Day 2 [Ephesians 5:1-2](#) | New Habits

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. Ephesians 5:1-2

Paul isn't simply saying, "Jesus died for you. Now go behave right." The gospel is the *why* behind Ephesian believers' new habits and behaviors. Paul calls them to habits that mirror the way Jesus lived and gave himself for them. The word "therefore" connects their new identity to their new way of living. Because of the gospel—because they are beloved, treasured, adopted and belong—they can live with freedom that prevents hiding. Paul uses the present tense when he tells them to speak truthfully to each other ([Ephesians 4:25](#)). They are to speak truthfully and keep on doing it. This is about building gospel-empowered habits of honesty in community.

Like learning to drive, new habits require intentional work at first but then become second nature. For instance, as teenagers, we develop habits of being truthful to our parents about our whereabouts and companions. In marriage, we can grow new habits of telling the truth to our spouse about how much we spend. We build the habit of honesty with our small group or trusted Christian friends about how life is really going. Not everyone needs to know everything, but someone—another wise believer—needs to know the truth. The gospel frees us from pretending and hiding and empowers us to build new habits of honesty.

TODAY: Have a conversation with a trusted Christian friend about your honesty habits. In what areas do you struggle to be fully honest? Who do you need to tell? If you don't know where to begin, email us at care@adabible.org.

Day 3 [Ephesians 4:20-32](#) | New Clothes

You were taught, with regard to your former way of life, to put off your old self...and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22a, 24

Paul uses clothing imagery to represent the believers' new life. They've outgrown old clothes that don't fit their new identity. He calls the Ephesians to shed sinful patterns of lying, anger, theft and unwholesome talk. In turn, they are to put on positive actions that reflect their new life—truth-telling, forgiveness, generosity and words that build others up. These behaviors reflect Jesus and what he has done for them, yet they don't happen automatically. The believers need to unlearn their old way of living. This requires effort to take off the old and get dressed in the new.

We too need to learn a new way of life. As we follow Jesus, he will help us grow into our new identity and build new habits through the power of the Holy Spirit. But it will require effort on our part and a willingness to learn and ask for help. The people we surround ourselves with matter. Through small groups and Christian friendships, we observe different speech patterns and learn to speak truth. What we put in our minds and who we spend time with affects our actions. We learn to grow in speaking the truth by taking in the truth.

TODAY: Evaluate the content you take in regularly—books, podcasts, social media or friends. Consider whether those sources point you toward your new life or encourage your old life. Commit to taking in God's Word daily, letting it be the loudest voice. Learn more about telling the truth on the *Beyond the Weekend Podcast* wherever you listen to podcasts or on YouTube [HERE](#).

Day 4 [Ephesians 4:15-16](#) | New Community

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. Ephesians 4:15

Paul compares the church to a body. Just as the eye is connected to the hand, all parts matter and are interconnected in Christ. The Christian life is about the whole body, not just about the individual member. When each part works properly, the body grows and builds itself up in love. Paul teaches that believers can either break or build the community by how they act and relate to one another. When lying and hiding are present, something breaks. Dishonesty is like an infection that spreads throughout the body. Jesus desires the church community to be a completely new experience and look different from the world.

Truthfulness sets the tone and makes room for others to be honest and live free. When we rest secure in the gospel, we can stop pretending and hiding. We build the health of the body when we are humble and honest, ask for help, offer a listening ear, respond with love and prayer and tell the truth in love. We deepen trust with each other and reflect Jesus to the world around us. Speaking the truth in love includes offering encouragement grounded in our new identity in Christ. It means reminding each other that we are loved, treasured, adopted and belong, making space to be vulnerable with each other.

TODAY: Write a note or send a text to another believer, encouraging them and reminding them of who they are in Christ. Thank them for something they've done that has built you up in your identity in Christ.



Day 5 [Romans 8:26-28](#) | The Spirit's Help in Prayer

This year in Beyond the Weekend, journey through different biblical models of prayer—one each month. February's focus is The Spirit's Help in Prayer.

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. Romans 8:26

Paul writes these words from prison to believers in Rome facing deep persecution and struggle. They don't always know how to pray about their suffering. Paul's words overflow with comfort and hope. The Spirit of God himself prays for them when they don't know what to say. When pain silences their words, or confusion clouds their thoughts, the Spirit translates their groans into perfect prayers before the Father ([Romans 8:23](#)). The Spirit's relationship with the Father is so close that he knows God's will perfectly. The Spirit is able to intercede for believers according to God's will without needing words.

We all face moments when we simply don't know how to pray. Perhaps we're overwhelmed by grief, paralyzed by fear or confused about what God wants us to do. In our weakness, the Spirit steps in. The Holy Spirit helps us pray by interceding, guiding and empowering us. This truth changes how we approach prayer. We don't have to be eloquent or know exactly what to say. We can approach God in prayer with confidence, knowing the Spirit takes our honest, messy prayers and presents them perfectly to the Father. He aligns our requests with God's will, even when we can't see it clearly. This partnership provides peace knowing our prayers are heard and effective.

TODAY: Spend time in prayer, honestly bringing your struggles to God. Don't worry about perfect words. Ask the Spirit to intercede for you and trust that he is translating your heart's deepest needs and desires into prayers that align with God's will.