

Memory Verse – Ephesians 1:3

*Blessed be the God and Father of our Lord Jesus Christ,
who has blessed us in Christ
with every spiritual blessing in the heavenly places.*

Spiritual Blessings from Ephesians 1:3-14

God has chosen us in Christ.

God has destined us for adoption as sons and daughters.

God has redeemed us through his blood.

God has forgiven us our trespasses.

God has lavished his grace on us.

God has given us an inheritance.

God has sealed us with the Holy Spirit.

God has guaranteed our inheritance.

1. Which of these are the most meaningful to you? Why?
2. Which do you want to be more aware of?
3. How do they motivate you to praise God?

Prayer Requests



Ephesians

***This Week: Blessings in Christ
Ephesians 1:3-14***

This Week: Most New Testament letters begin with a thanksgiving, following the salutation. A few—2 Corinthians, Ephesians, and 1 Peter—begin with a blessing (Jewish *barakah*). Paul opens his letter to the churches in Ephesus by calling his readers to bless God because God has blessed them with spiritual blessings. This week we will look at a number of blessings from God to those who are in Christ. These blessings motivate us to bless God.

Open

1. What are some blessings in your life?

Read Ephesians 1:3-14

A Blessing

3

1. What reason for blessing God does Paul give the Ephesians?

Read 2 Corinthians 1:3-4

2. What reason for blessing God does Paul give the Corinthians?

Read 1 Peter 1:3-5

3. What reasons for blessing God does Peter give?

Read Luke 1:67-79

4. What reasons does Zechariah give for blessing God?

Reflect

5. Which of these reasons motivate you the most to bless God? **1**

Chosen By God

4-6

1. When did God choose “us”?
2. What does that tell you about God’s character?
3. For what purposes did he choose “us”?

Verse 4

Verse 5

Verse 6

4. What does it mean to be “holy and blameless”? 4
5. How is that accomplished?
6. What does “adoption to himself as sons” mean to you? 5
7. What is the relationship between being holy and blameless and being adopted as God’s sons and daughters?
8. How does all this bring God praise? 6

Redeemed by the Son

7-10

1. How do you redeem something?
2. What did it cost Jesus to redeem sinners?
3. What is the mystery/purpose/plan that God has revealed in Christ?

Read Romans 8:18-25

4. Why is Paul able to minimize the suffering he underwent?
5. What do you think Paul means when he says that creation “will be set free from its bondage to corruption”? (vs. 21)
6. How does Paul describe adoption in verse 23?
7. How can this hope influence the way you live today? 2

Assured by the Spirit

11-14

1. This section begins and ends with a reference to an inheritance. What do you know about this inheritance?

What more would you like to know about it?

Read 1 John 3:1-3

2. What will we know when Jesus appears, according to John?
3. What do you do when you have this hope? (vs. 3)
4. What is the key to our inheritance? 12-13
5. What does the Holy Spirit provide to believers? 13-14

Our Response

1. What is our response, according to verse 4?
2. Verses 6, 12, and 14 all contain the phrase “to the praise of his glorious grace/glory.” What does that tell you about how you should respond to what God has done?
3. Complete this sentence: My purpose in life is _____.
4. What is one specific way you can reflect that purpose this week?

Take-Away

What is your take away from our time together?

Next Steps:

- I am so thankful for the blessings that God has lavished on us, and I realize they are available only in Christ.
- Knowing that God has sealed us with the Holy Spirit, I will attempt (with his help) to bear the fruit of the Holy Spirit in my life (Gal 5:22).
- I will commit to praising God for who he is, and for what he has done. (Eph 1:3, 6, 12, 14).