

Spiritual Blessings in Christ – Ephesians 1



MEMORY VERSE: “In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace, which He lavished upon us...”
Ephesians 1:7,8a

DAY 1 EPHESIANS 1:1-6 — Chosen by God

1. Who are “saints?” v. 1 See also Romans 1:6-7
2. Paul wanted God to give the believers “grace and peace.” vv. 1-2 Why do you think these are especially needed or desired?
3. For what does Paul bless or praise God? v. 3
4. Describe God’s plan before He even made the world. vv. 4-6
5. How is it possible to be “holy and blameless” in His sight when we are sinners? Colossians 1:21-22
6. Which of the concepts in verses 4-6 especially resonate with you, and why?

LEARN THE TRUTH

Some attributes of God seem mysterious to us because His greatness, power and goodness are bigger than our comprehension. But He wants us to understand His plan for our salvation through Jesus Christ. As you study Ephesians, open your eyes and heart to His marvelous plan for you.

DAY 2 EPHESIANS 1:7-10 — Redeemed by Christ

7. Define the word, “redemption.” How is it possible to be redeemed?

8. What important details does Paul give regarding our redemption in Christ? vv. 7-9

9. What do the words, “riches” and “lavished” tell you about God’s desire to redeem mankind?

John 3:16-17

2 Peter 3:9

10. How do verses 9-10 help explain God’s plan and purpose?

DAY 3 EPHESIANS 1:11-14 — Inheritance in Christ

11. What does God give those who hope in Christ and what do they give Him in return? vv.11-14

12. If we are “predestined” and “chosen” by God, where do you think free will and personal responsibility enter in?

Romans 6:12-19

Philippians 2:12-13

13. Why is it so important that we are “sealed by the Holy Spirit,” both for today and for the future?

Romans 8:15-17, 26

Romans 15:13

14. Are you experiencing the power of the Holy Spirit in your life? How might you experience more?

15. What differences can you think of between an earthly and a spiritual inheritance?

DAY 4 EPHESIANS 1:15-19 — Paul's Prayer

16. What had Paul heard about the Ephesians, and how did he respond to this news? vv.15-16
17. How did Paul specifically pray for the Ephesian believers?
v.17

v. 18

v. 19
18. Who are you thankful for that would benefit from your prayers?
19. Which of these prayers do you yourself especially need right now?

DAY 5 EPHESIANS 1:20-23 – God's Great Power

20. Describe the immeasurable greatness of God's power. vv. 19-20
21. Describe Christ's position right now. vv. 20-23
22. What do these verses tell you about "the church?"
23. How do you think God intended for individuals and the church to benefit from Christ's position?
24. How has God spoken to you personally about your position in Him through this Scripture?

LOVE THE TRUTH

Are you aware of the incredible spiritual blessings you have if you are in Christ? Are there areas of your life where you are perhaps unaware? If you lack wisdom or understanding or God's power, just ask. He is ready to give you what you need. But first, you must believe in Jesus Christ as your Savior.

Ephesians 1

Spiritual Blessings In Christ

Do you ever wonder why God does what He does, or why He does not do something you would expect Him to do? We know that He is infinitely good, loving and sovereign, but because he is so much bigger than we can imagine, parts of Him will be a mystery to us until we meet Him face to face one day in eternity. While we don't fully understand Him, we can still believe and trust Him in faith. This is what the Ephesians did.

People in Paul's time knew that the Jews were God's chosen people, but they were only beginning to grasp the bigger picture of God's plan of redemption. While many of Paul's letters were written to correct false teaching or solve a problem among the followers of Christ, his letter to the Ephesians was not. He wrote to encourage them because they had been faithful in spite of their limited understanding. Paul wanted to explain what had been a mystery- God's plan to unite all things in Jesus Christ. Paul spoke of the incredible blessings the Gentiles now, as well as the Jews, have in Christ.

The terms "Christian" and "church" began at Pentecost in Jerusalem (Acts 2) after Christ had ascended to heaven. This is when the promised Holy Spirit was given to the followers of Christ who then began to minister in the power given to them. At that time, Saul (later named Paul) was zealously persecuting Christians, as he did not understand that Jesus was the Messiah. He had a miraculous conversion experience when Jesus Christ appeared to him (Acts 9) and told him he was chosen to be His apostle and carry His Name before the Gentiles, kings and the children of Israel.

Paul was especially fond of the Ephesians, having spent 3 years with them after they received the truth of Jesus Christ. This letter was encouraging to them all those years ago and also to us today as we begin to understand the mysteries of God. Paul wanted the church to know that God had blessed them with every

spiritual blessing imaginable. They were chosen by God to be His before time began. He loved them, adopted them and purchased their freedom. Christ paid the price of redemption with His own blood. This is true for us too when we trust in Christ, believing that we are His own children. Our sins are forgiven! We are not only free from the power and penalty of sin, but our sins are washed away and we are clean and holy, set apart for God. Our Father showered us with kindness, wisdom and understanding. He gives us His Holy Spirit to live in us when we believe, as a guarantee that we are indeed saved. This is the most encouraging news ever if we embrace it!

WALK IN TRUTH



Paul prayed for the Ephesian believers, and because we too are part of the church, his prayer is also for us. Do you realize that you can have spiritual wisdom and understanding? Do you want to grow in knowledge of God? Do you desire that your heart be flooded with light so that you can understand the promises of God? Do you grasp how rich and glorious your inheritance is because of Christ? God is immeasurably great! In truth, the same great power, which raised Jesus from the dead, is available to us. Jesus Christ is far above any ruler, authority, power or leader, and yet He is for us and loves us. Do you recognize that all things are under His authority, including those that hate you and threaten your life? If you do not know whether you are part of the church, the body of people who believe in and follow Christ, you can ask Him right now to forgive your sin and move into your heart as your Lord and Savior. If you do this, you will be filled with the Spirit of God and you will have new life.

Notes