

Every Spiritual Blessing

Ephesians 1:1-14

Lesson 1

Chosen By God

Memory Verse:

*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, **Ephesians 1:3-4***

What is identity? All of us have some form of ID in our wallet or purse that has information about us, from what our features are like to where we live and how old we are. While that may describe us and allow others to identify us, is that our true identity? In a sense yes, but there is more. Identity is not just what we look like, how old we are, or where we come from. Identity is who we are and what we are made to do. It speaks to our essence and destiny. Therefore, how we see and define our identity is very important. For some identity is grounded in where they come from and the personal attributes they possess; such as, their family and heritage, or the talents and abilities they have. Some look to their roles as a parent, sister, daughter, wife, or to their professions and life's work to define who they are. These things are not necessarily wrong but they are incomplete in understanding one's identity. For the believer, while all these kinds of things are significant and part of whom the person may be, they do not truly get to the heart of defining the believer's identity. For believers our true identity is founded on one thing alone—the Lord Jesus Christ. Our true identity is defined by God who chosen us and applies to us what Jesus has done when we put our trust in Him. All other identifying attributes are a far distant second to the eternal identifying markers of who we are in Christ as His children. Paul, in the letter to the Ephesians, sets about the task of teaching the believers in Ephesus to be secure in the knowledge of who they are in Christ, what God has blessed them with, and the reality of the new life they have in Christ.

When we know our identity in Christ, we have a foundation and strength to not only know where we come from but also confidence in moving forward as we follow Jesus and His new way of living for our lives. As those who have put their faith in God through His Son Jesus, we realize that God has chosen us for spiritual blessings. The first of these blessings is our salvation and adoption into the family of God. Jesus has made us blameless and holy. As we journey through the letter to the Ephesians we will learn, be encouraged and strengthened in knowing our true identity in Christ and all the blessings and responsibilities that come with it. It's exciting, freeing, and most importantly hope inspiring for every aspect of our lives and for the lives around us. When we set our mind on God, knowing where we come from and that what defines us is Jesus, then we know our identity is much more than we ever thought. And girl, it is good, good, good! Hallelujah!

Day 1

1. Read Ephesian 1: 1-14 through in one sitting and underline words and phrases that stand out to you and then record your top three with the verse references below. Think about how these words or phrases apply to you and write that down as well.

a. Word/Phrase: _____(v.)

Applied to me: _____

b. Word/Phrase: _____(v.)

Applied to me: _____

c. Word/Phrase: _____(v.)

Applied to me: _____

2. Ephesians 1:1-2, Paul states that he is an apostle of Christ Jesus. By what means does the text say he is so?

3. Paul addresses the believers as “saints” in the Greek it is (a gi÷oiß), which translates as “holy ones,” meaning those who are set apart for God and His purposes.

a. Look up 1 Corinthians 1:2. We see that being a saint isn’t just for those who Paul was writing to in Corinth or Ephesus, but to all who do what?

b. How does Paul being chosen *by the will of God* encourage you when considering how you too have been chosen by God to be one of His saints, a *holy one*, made separate for God?

4. According to verse 2, Paul addresses the believers and pronounces a blessing over them:

a. What is that blessing?

b. How is God referenced in relation to them?

Paul was purposeful in using *Grace* and *Peace* together in that particular order. “Grace” expresses God’s undeserved and unshakable love towards you but it also describes God’s powerful help for daily life to face all problems and trials. “Peace” is a direct result of grace. Peace with God first happens when a person becomes a believer by faith in Christ and they receive an eternal peace with God (they are no longer enemies but His family and friend). The peace of God for the believer gives rest for the soul and changes their eternal circumstances as well as their life on earth. It is always God’s grace first and then comes His peace. For it is only after God’s grace deals with sin by applying the sacrifice of Jesus to the person’s life that true peace can be known. God’s grace is not only for salvation, but it is a divine strength which God gives every day to the believer so they can experience peace, the perfect peace of Christ, which is so needed for all of life’s changing moods.—Believer’s Bible Commentary

5. Considering God’s grace and peace towards you as a believer, how does this encourage you knowing how God has worked in your life to save you and continues to work to sustain you? Write your thoughts and close in prayer.

Grace, like water, flows to the lowest parts. —Philip Yancey

Day 2

1. Read Ephesians 1:3. Paul again references God as Father, this time who does Paul say God is the Father of?
 - a. In these opening verses of Paul’s greeting he has declared God as Father to those who believe and makes a point to state God is the Father of our Lord Jesus Christ. Why do you think Paul is so closely tying these two truths together?

2. What has God blessed us with according to verse 3?

In Christ we have all the benefits of knowing God—being chosen for salvation, adopted as his children, forgiveness, insight, the gifts of the Spirit, power to do God’s will, the hope of living forever with Christ. Because we have an intimate relationship with Christ, we can enjoy these blessings now. —NLT Life Application Bible

We have all the blessings of the Spirit, referring to the Holy Spirit of God...the Father has given us every blessing of the Spirit, everything we need for a successful, satisfying Christian life...not to know and depend on the Holy Spirit’s provision is to live a life of spiritual poverty.” These spiritual blessings are in the heavenly places in Christ, this means they are not earthly blessings

but they are spiritual from the Holy Spirit because we are united with Christ—they cannot be taken from us! — Warren Wiersbe

- a. List some of the *spiritual blessings* you can think of and how they benefit your life now:
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3. According to Ephesians 1:4-6, when did God choose you and what did He choose you to be?
 - a. Considering that God has blessed us with *every spiritual blessing in Christ* how does that enable you to be *holy and blameless*? Share any scriptures that come to mind to support your response.
 - b. We have been adopted as God’s children through Jesus Christ. According to these verses why did God do this?
 4. Looking at Ephesians 1:6, what is God’s “glorious grace” that He has freely given us and why should we praise Him for it? Who is the Beloved?
 5. God’s grace has poured out his costly love upon us through the blood of Jesus to make us *accepted in the Beloved*. Knowing that it was God’s “good pleasure” to lavish us with such a costly gift, how does this truth speak to you of how much God loves you and how you are eternally accepted by God?

Grace means undeserved kindness. It is the gift of God to man the moment he sees he is unworthy of God’s favor — Dwight L. Moody

Day 3

1. Read Ephesians 1:7-8. Paul writes that In “Him” (Jesus), God has given us what two things?
 - a. In verses 7-8 different translations use various words to describes God’s rich and abundant grace as being “lavished” (NIV), “showered” (NLT), and “made to abound” (NKJV), toward us for our redemption and forgiveness. How do these different words help you to understand the abundance of God’s grace toward you?
 - b. According to v.8, God lavished on us in all _____ and _____.

As believer’s God has graciously shared his plans with us, making known the mystery of His will, which was a sacred secret previously unknown that originated in the perfect sovereign will of God. In perfect wisdom and thoughtful planning God not only developed His plan for salvation but fulfilled it and now has included you in knowing and experiencing it personally as well.

2. Read Ephesians 1:9-12. God made known to us the “mystery” of His will. God had a plan for salvation that would unfold in specific order and time throughout the ages culminating in the sending of His Son, Jesus the Christ. How does Paul describe the “fulfillment” and its purpose? (v.10)
3. According to verse 11, in Whom were you chosen and predestined and as you read this verse, why do you think God chose you for salvation?
4. God works out everything in conformity with **His** purpose and **His** will in Jesus. Read verse 12 in the NLT version: “*God’s purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God.*” Ephesian 1:12 (New Living Translation)
 - a. Why do you think Paul declares that *these who were the first to trust in Christ would bring praise and glory to God?* What was being fulfilled?
5. Having been reminded of the rich and abundant grace of God that lead to the forgiveness of your sin and your salvation, doesn’t it make your heart want to thank Him and *bring praise and glory to God?* Close your study time today in prayers of praise giving glory to your God!

Grace is but Glory begun, and Glory is but Grace perfected. —Jonathan Edwards

Day 4

1. Read Ephesians 1:13-14. Those who first believed in Jesus and hope in Him are the “praise of his glory.” What does verse 13 say about how you were included in this as well? How does your belief and salvation bring praise and glory to God?

2. According to verse 13, by what means were you able to find salvation and what does the work of the Holy Spirit have to do with your salvation? Look up John 16:7-11 and 2 Thessalonians 2:13 to help you with answer.
 - a. The work of the Holy Spirit is coupled with the hearing of the Gospel. How does hearing the Gospel help a person come to the truth and believe? Look up Romans 10:14-15 to help you answer.

 - b. We have been instructed by Jesus to share the “good news” of the Gospel (Mark 16:15.) How does sharing your personal story of salvation help when sharing the gospel with others?

3. Look to Ephesians 1:13-14 again. After they heard and believed the gospel for their salvation, what does Paul say has happened?
 - a. Look up in a concordance, bible dictionary or commentary what it means to be *sealed or marked with a seal* and write it out here:

4. Have you ever put a large deposit on something like a car or a house? Consider a wedding engagement ring and what it promises. What do you think it means that Jesus has paid in full for you and the Holy Spirit is the deposit guaranteeing your inheritance?

5. These verses teach us as believers that we have a guarantee of our inheritance and declare that we are God’s precious possession to the Praise of His glory! He will be united with His bride, the church. Close your time today thinking about that truth. Write out your own declaration of praise to the Glory of God for what this truth means to you personally:

Grace is divine inspiration in the heart and its reflection in the life. — Barry Stagner

Day 5

Review and reflect on this week's study in Ephesians and answer the following questions.

1. Before doing this study, what are some of the ways you would define your identity by?

How does this week's study help you when thinking about who you are in Christ?

2. On day 2, we learned about God's grace and peace. How do you see God's grace being worked out in your life right now in a way that is bringing you His peace? If you feel His peace is missing over a situation, remember God will give us daily of His grace all we need to face our troubles and concerns and with that grace always comes His peace. What do you want to ask God's grace and peace for today?
3. God has given us every spiritual blessing through Jesus to meet our needs for eternal life and for daily living. What has God ministered to you this week through the study about your spiritual blessings?
4. We learned that as believers, God has sealed us with His Holy Spirit. We have been eternally marked by God as His for His glory. How does this truth show you your value and just how dearly you are loved by God? Considering what God has done through Christ and the Holy Spirit, what does this tell you about God's promise to you and His character to keep His promises?
5. By God's work in you, you are the praise and glory of God. How is this true and what part do you play in bringing Him glory?

We must never forget –if we are to grow in grace, and therefore grow like Christ—that the One we trust, love, and serve is a crucified Savior. To follow Him means taking up the cross, as well as denying ourselves. It means a crucified life. — Sinclair B. Ferguson