

Ephesians
Blessings In Christ
9/18/2022

Step 1 - GET REAL

What are you thankful for from the past week?

What struggles did you face?

What can you share from your personal Bible reading? (other than the designated reading)

Where did you see God in your daily life?

Icebreakers

What is the best gift you ever received?

In your field or expertise or work, what is the most difficult thing for you to do?

Step 2: GET FED

Scripture

Blessings

Ephesians 1:3-14 (ESV) 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, ⁴ even as he **chose us in him before the foundation of the world.... In love** ⁵ he **predestined us for adoption as sons through Jesus Christ,** ⁷ **In him we have redemption through his blood, the forgiveness of our trespasses ...** ¹¹ **In him we have obtained an inheritance...** ¹³ **In him** you also, when you heard the word of truth...and believed in him, **were sealed with the promised Holy Spirit.**

Ephesians 1:16-19 (ESV) ¹⁶... remembering you in my prayers, ¹⁷ that...**God... may give you the Spirit of wisdom and of revelation in the knowledge of him, ...that you may know... the hope to which he has called you...the riches of his glorious inheritance** in the saints, ¹⁹ and...**the immeasurable greatness of his power** toward us who believe

Ephesians 2:1-7 (ESV) ¹ And you were dead in the trespasses and sin,... we all once lived in the passions of our flesh,... and were by nature children of wrath,... ⁴ **But God...made us alive together with Christ...** ⁶ and **raised us up with him and seated us with him in the heavenly places in Christ Jesus,** ⁷ so that ...**he might show the immeasurable riches of his grace** in kindness toward us in Christ Jesus.

Ephesians 2:12-13 (ESV) ¹² ...**you were...** separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God... ¹³ **But now in Christ Jesus you... have been brought near by the blood of Christ.**

Ephesians 2:14-22 (ESV) ¹⁴ For **he himself is our peace**, who has made us both one and has broken down in his flesh the dividing wall of hostility... ¹⁶ and might **reconcile us both to God** in one body through the cross,... ¹⁷ And **he came and preached peace to you...** ¹⁸ For **through him we both have access in one Spirit to the Father.** ¹⁹ So then you are no longer strangers and aliens, but **you are fellow citizens with the saints and members of the household of God,**... ²² **In him you also are being built together into a dwelling place for God by the Spirit.**

Ephesians 3:12 (ESV) ¹² **in whom we have boldness and access with confidence through our faith in him.**

Ephesians 3:14-19 (ESV) ¹⁴ ...**I bow my knees before the Father,**...¹⁶ that ...**he may grant you to be strengthened with power through his Spirit ...** ¹⁷ so that **Christ may dwell in your hearts through faith—** that ...¹⁸ **may have strength to comprehend with all the saints what is the breadth and length and height and depth,** ¹⁹ and to **know the love of Christ that surpasses knowledge,** that you may be filled with all the fullness of God.

Practical Actions

Ephesians 4:1-3 (ESV) ¹ I ...urge you to **walk in a manner worthy of the calling...** ² with all humility and gentleness, with patience, **bearing with one another** in love, ³ eager to maintain the unity of the Spirit in the bond of peace.

Ephesians 4:17-32 (ESV) ¹⁷ ...you must no longer walk as the Gentiles do...¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ ...you ...were taught...²² to put off your old self...²³ and to **be renewed in the spirit of your minds,** ²⁴ and to **put on the new self**...²⁵ Therefore,...let each one of you **speak the truth** with his neighbor...²⁶ **Be angry and do not sin**...²⁸ Let the thief no longer steal, but rather **let him labor**...²⁹ Let no corrupting talk come out of your mouths, but **only such as is good for building up**...³⁰ And do not grieve the Holy Spirit of God,...³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² **Be kind to one another, tenderhearted, forgiving one another**

Ephesians 5:1-4 (ESV) ¹ ...**be imitators of God**...² And **walk in love**...³ But sexual immorality and all impurity or covetousness must not even be named among you...⁴ Let there be no filthiness nor foolish talk nor crude joking,...but instead **let there be thanksgiving**.

Ephesians 5:6-11 (ESV) ⁶ Let no one deceive you with empty words,...⁷ Therefore do not become partners with them; ⁸... **Walk as children of light** ...¹⁰ and **try to discern what is pleasing to the Lord**. ¹¹ Take no part in the unfruitful works of darkness, but instead **expose them**.

Ephesians 5:15-20 (ESV) ¹⁵ **Look carefully then how you walk**...¹⁶ **making the best use of the time**...¹⁷ ...do not be foolish, but **understand what the will of the Lord is**. ¹⁸ ...**be filled with the Spirit**, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ **giving thanks always and for everything to God the Father** in the name of our Lord Jesus Christ,

Ephesians 5:22-28 (ESV) ²² **Wives, submit to your own husbands**, as to the Lord...²⁵ **Husbands, love your wives**, as Christ loved the church and gave himself up for her

Ephesians 6:1-4 (ESV) ¹ **Children, obey your parents** in the Lord...² **“Honor your father and mother”**...⁴ Fathers, do not provoke your children to anger, but **bring them up in the discipline and instruction of the Lord**.

Ephesians 6:10-18 (ESV) ¹⁰ Finally, **be strong in the Lord and in the strength of his might**. ¹¹ **Put on the whole armor of God**...⁸ **praying at all times in the Spirit**,...**keep alert** with all perseverance, making supplication for all the saints,

Discussion Questions

- Why would Paul write a letter about the blessings we have in Christ to the Ephesians? Do you think the amount of idolatry in Ephesus would influence the Ephesian Christians about the source of blessings?
- Where are all our blessings found? From whom did they come? How do we get ‘in Christ’?
- How many different blessings are listed above? Which one is the greatest in your mind? For which one are you most thankful?
- In 3:12, Paul says we have boldness and access with confidence through our faith in Him. Do we exhibit that boldness? What does this say about our faith?
- What things did Paul pray for us to learn in 3:14-19? Why would Paul pray for these specific things? Have we learned these?
- Beginning in chapter 4, Paul turns to practical exhortations for us. How many different exhortations were given? Do any of the exhortations surprise you?
- Which of these exhortations are most difficult for you? Which ones do you think you have a good handle on?
- Are we walking in a manner worthy of our calling?
- Paul gives us examples of his prayers and urges us to pray at all times. Do we pray like Paul? How often do we pray?

Step 3: GET ACTIVE

- Meditate on the blessings we have from God in Christ.
- If you are not in Christ, strongly consider doing that this week.
- Select one of Paul’s exhortations which is difficult for you and make a plan to improve in that area.