



PIECE *of* WORK

A STUDY IN EPHESIANS

WEEK ONE

Who You Are in Christ

Ephesians 1:1-14

5-DAY DEVOTIONAL · SMALL GROUP GUIDE

Discovering Your Identity in Christ

DAY 1

Chosen Before Time Began

READING · EPHESIANS 1:3–6

Before the first star ignited, before mountains rose from the earth, before time itself began its march forward, God chose you. This isn't about your résumé or your track record. His choice preceded your first breath, your first mistake, your first victory. The world demands you earn your place at the table, but God reserved your seat before the foundation of the world. Today, let this truth silence the voices telling you to prove your worth. You don't audition for God's love; you've already been cast in His story. When insecurity whispers that you're not enough, remember: His choice of you wasn't impulsive—it was eternal, intentional, and irrevocable.

REFLECTION

Where are you seeking validation that God has already given you? How does knowing you were chosen before creation change how you see yourself today?

DAY 2

Redeemed by the Blood

READING · EPHESIANS 1:7–10; 1 PETER 1:18–19

Redemption means God didn't overlook your sin—He paid for it. The cross wasn't God turning a blind eye; it was God opening His arms. Every failure, every regret, every moment of shame carried a price tag, and Jesus said, “I'll cover it.” You weren't purchased with silver or gold but with the precious blood of Christ. Stop carrying guilt for debts already paid. The enemy wants you imprisoned by your past, but the receipt of Calvary declares: “Paid in full.” You belong to God twice—once by creation, again by redemption. Walk today not in the shadow of what you've done, but in the light of what He's done for you.

REFLECTION

What guilt or shame are you still carrying that Jesus already paid for? How can you live today in the freedom of redemption?

Sealed by the Holy Spirit

READING · EPHESIANS 1:13–14; 2 CORINTHIANS 1:21–22

When you believed, God didn't give you a certificate—He gave you His Spirit. The Holy Spirit is God's seal upon your life, His mark of ownership, His guarantee that you belong to Him. Ancient kings sealed important documents with their signet rings, declaring authenticity and authority. God has stamped you with His Spirit. Your security doesn't depend on how tightly you grip God, but on how firmly He holds you. On days when your faith feels weak, when prayer feels impossible, when you can barely stand—His grip doesn't loosen. You are marked, claimed, and secured not by your strength but by His promise. The Spirit within you is your inheritance guarantee.

REFLECTION

In what areas of life do you struggle to feel secure? How does the seal of the Holy Spirit speak to those insecurities?

Living from Identity, Not for Identity

READING · EPHESIANS 2:8–10; ROMANS 8:1–2

We spend our lives trying to become somebody, when God has already declared who we are. The gospel flips our striving upside down: you don't do to become; you do because you already are. You are chosen, redeemed, and sealed—now live from that reality. Good works aren't the ladder you climb to reach God's approval; they're the overflow of already having it. Stop performing for acceptance you already possess. Your worth isn't found in productivity, perfection, or people's opinions. It's anchored in Christ. Today, let your actions flow from the security of knowing whose you are, not from the anxiety of proving who you are. You are His workmanship, created for good works He prepared beforehand.

REFLECTION

Are you trying to earn something God has already given you? What would change if you lived from your identity in Christ rather than for it?

Opening the Letter — Accessing Your Inheritance

READING · EPHESIANS 1:15–23; 2 PETER 1:3–4

Imagine inheriting millions but never opening the letter. Many believers live spiritually broke while possessing unlimited spiritual resources. God has given you everything pertaining to life and godliness. You have access to His power, His peace, His presence, and His promises. But access requires opening the letter—engaging Scripture, believing what God says about you, and walking in the authority He's given. You don't need more of God; you need to recognize what you already have in Him. Stop living beneath your inheritance. The same power that raised Christ from the dead is available to you. Open the letter. Believe what it says. Walk in the fullness of who you are in Christ.

REFLECTION

What spiritual inheritance have you left unopened? How will you begin accessing God's power and promises today?

Who You Are in Christ

OPENING PRAYER & ICE BREAKER

Ice Breaker: Share a time when you felt chosen for something—a team, a job, a relationship. How did being chosen make you feel? Open your time together in prayer, inviting God to remind each person of who they are in Christ.

SERMON OVERVIEW

This message walks through Ephesians 1:1-14, reminding us of three foundational truths about our identity in Christ: we have been chosen, redeemed, and sealed. Pastor Jay emphasizes that our worth comes not from our performance but from what Christ has already done for us.

KEY SCRIPTURE · EPHESIANS 1:4-7, 13-14

Even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ... In him we have redemption through his blood, the forgiveness of our trespasses... you were sealed with the promised Holy Spirit.

DISCUSSION QUESTIONS

Part 1 · You Have Been Chosen

- 1 What does it mean to you that God chose you before the foundation of the world? How does this challenge the world's message that you must earn acceptance?
- 2 The message distinguished between “who you are” and “who you are in Christ.” What's the difference? Why is this distinction important?
- 3 Where do you typically seek validation—from work, relationships, social media, or achievements? How might knowing you're already chosen by God change this pattern?

- 4 Read Ephesians 1:5. What does being “adopted” into God's family mean to you personally? How is adoption different from just being created?

Part 2 · You Have Been Redeemed

- 1 Jesus doesn't overlook sin—He pays the price for it. Why is it important to understand that sin is serious, even though we're forgiven?
- 2 Reflect on the story of the boy and his boat. How does it illustrate what Jesus did for us? In what ways are you “His twice”?
- 3 Pastor Jay said, “Quit carrying the guilt and shame of your past.” What guilt or shame are you still carrying that Jesus has already paid for? What would it look like to lay that down today?
- 4 How does understanding redemption change the way you view your past mistakes and failures?

Part 3 · You Have Been Sealed

- 1 What does it mean to be “sealed with the Holy Spirit”? How does this seal function as God's guarantee?
- 2 Pastor Jay said, “Your security is not found in how tight you can hold on to God... your security is found in how tight God holds on to you.” How does this truth comfort you during spiritually weak moments?
- 3 Read Ephesians 1:13-14. The Holy Spirit is described as the “guarantee of our inheritance.” What inheritance do we have access to that we might be living without?
- 4 Living spiritually broke is like having an inheritance letter you never opened. What spiritual riches or promises have you not yet “opened” or claimed in your life?

KEY TAKEAWAYS

- ✓ **You are chosen** — God intentionally selected you before the world began.
- ✓ **You are redeemed** — Jesus paid the full price for your sins through His blood.
- ✓ **You are sealed** — the Holy Spirit marks you as belonging to God permanently.
- ✓ **Your worth is not based on performance** — your identity comes from what Christ has done, not what you do.
- ✓ Your salvation rests on God's promise, not your performance.

THIS WEEK'S CHALLENGE

Choose one of the following to practice this week:

Option 1 Identity Declaration

Each morning this week, speak aloud: "I am chosen. I am redeemed. I am sealed by God's Holy Spirit." Journal about how this daily reminder affects your thoughts and decisions.

Option 2 Open the Letter

Identify one area where you've been living "spiritually broke"—lacking joy, peace, power, or confidence in God's love. Study what Scripture says about what you have access to in that area, and share your findings with the group next week.

Option 3 Release Guilt & Shame

Write down specific guilt or shame you're carrying from your past. Pray over each item, acknowledging that Jesus has already paid the price, then destroy the list as a symbolic act of receiving God's redemption.

Option 4 Encourage Someone Else

Think of someone who needs to be reminded of their identity in Christ. Reach out this week with a specific reminder of how God sees them—chosen, redeemed, and sealed.

PERSONAL JOURNALING

- How have I been trying to earn my worth through performance rather than resting in who Christ says I am?
- What would change in my daily life if I truly believed I was chosen, redeemed, and sealed?
- Where am I seeking validation from the world instead of from God?
- What “inheritance” do I have access to that I haven't been living in?

CLOSING PRAYER POINTS

- Thank God for choosing you before the foundation of the world.
- Thank Jesus for redeeming you through His blood.
- Thank the Holy Spirit for sealing you as God's own.
- Ask God to help you live out of your identity in Christ rather than seeking validation from the world.
- Pray for any group members struggling to believe these truths about themselves.

LOOKING AHEAD

Next week we continue in Ephesians, exploring what we can do now that we know who we are in Christ. Come prepared to discuss how identity shapes action.



Stop seeking validation from people when you've already been accepted by God.

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