

# Before the Foundation of the World

Ephesians is built around the concept of the church as the body of Christ. 1:22-23 says Jesus is the head of the body, manifesting His will through the function of the body. The church is not an organization—it is people. In Ephesians 1, Paul goes back into eternity past to show that God master-planned the church before the world began.

## I. Why This Is So Important

### II. Ephesians 1:3 - The Spiritual Blessings in the Heavens

- A. 1:3a - Who is the blessing for? *Blessed be the **God** and Father of our Lord Jesus Christ*
- B. 1:3b - Who gives the blessings? *...who has blessed... God who loves to give.*
  - 1. James 1:17 - *Every good gift and every perfect gift is from above,...*
  - 2. Romans 8:28 - *all things work together for good for those who are called according to his purpose.*
- C. 1:3c - Who is blessed? Us. (Believers)
- D. 1:3e - With what have believers been blessed? *with **every** spiritual blessing.*
  - 1. Prayer - The Spirit **intercedes**, Romans 8:27.
  - 2. Love - *God's love has been **poured out** into our hearts, Romans 5:5.*
  - 3. Peace - *My peace I give to you...let not your heart be **troubled**, John 14:27.*
  - 4. Joy - *Jesus left his joy in you, so that your joy may be complete, John 15:11.*
  - 5. Strength - *I can do all things through Jesus who strengthens me, Philippians 4:13.*
  - 6. **God has already dispensed with every spiritual blessing.** 2 Peter 1:3 - *His divine power **has given us** all things that pertain to life and godliness.*
- E. 1:3f - Where are our blessings? *in the heavens.* These are realized by *walking by the Spirit, Galatians 5:16-24.*
- F. 1:3c - How do we receive these blessings? **in Christ**. All that is His is yours.

### III. How This Impacts Your Life

- A. 1:4a - You are part of something planned before the foundation of the world.
  - 1. This does not mean God chose some to go to heaven, while selecting everyone else to go to hell.
  - 2. John 3:16-18 - esp. 3:18 - *whoever **believes** is not condemned...*
  - 3. Matthew 22:1-4 - Jesus said people must accept the invitation.
- B. So then, *who did God chose?* See 1:3 - Those who are *in Christ*.
  - 1. John 1:12 - God chose those who have chosen to **receive** Jesus.

### IV. As We Close...

- A. The resources that are available to you are unlimited. See Ephesians 3:20
- B. What we've talked about today is available only to those who are *in Christ*.
- C. Have you found him?