



## Episode 15 — *Redeemed According to His Grace*

### Lord's Supper Meditation

**Text:** Ephesians 1:7–10 (CSB)

#### Episode Summary:

This Lord's Supper meditation centers our hearts on the redemptive work of Jesus Christ and the richness of God's grace. Drawing from Ephesians 1:7–10, this episode reminds us that forgiveness and redemption are found "in Him" through the blood of Christ and are part of God's eternal, gracious plan. As we come to the table, we are invited to remember not only the cost of our redemption, but the hope and unity God is bringing to all things through Christ.

#### Key Themes:

- Redemption through Christ's blood
- Forgiveness grounded in grace
- God's eternal plan revealed in Christ
- Hope found in God's unifying purpose

#### Key Scripture:

*"In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace."* — Ephesians 1:7 (CSB)

#### Takeaway Truth:

The Lord's Supper reminds us that redemption and forgiveness are gifts of God's abundant grace, accomplished fully in Christ.

#### For Application:

As you prepare to partake of the Lord's Supper, set aside self-focus and give thanks for the redemption and forgiveness God has provided through Jesus Christ. Let your heart rest in His grace and His unfolding purpose.

#### Series Focus:

This episode serves as a Christ-centered pause within the series, drawing believers to the Lord's table by fixing attention on God's redeeming grace and His plan to unite all things in Christ.