



Ephesians 1:1-6: This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus. I am writing to God's holy people in Ephesus, who are faithful followers of Christ Jesus. 2 May God our Father and the Lord Jesus Christ give you grace and peace.

3 All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. 4 Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. 5 God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. 6 So we praise God for the glorious grace he has poured out on us who belong to his dear Son.

LESSON POINTS:

1. THREE SPIRITUAL BLESSINGS: FAITH, GRACE, AND STRENGTH

(Romans 12:3, Jude 20, Romans 10:17)

Faith is what brings us into _____ with God. Faith is our key to _____ the full power of God.

Grace is the attitude of God that causes His love to _____ and deliver to us the full measure of His support and work. Grace means that we don't have to _____ through this life to prove ourselves and to make it on our own.

(Romans 5:20, 2 Timothy 1:9, Romans 5:2, 2 Corinthians 12:8-10, Acts 20:28-32, Revelation 2:2-3)

Our **strength** comes from the omnipotent Holy Spirit, who resides within us. The Holy Spirit uses difficult times to strengthen us for future and greater blessings.

(2 Corinthians 4:17, 2 Corinthians 12:9-10)

God infuses us with His divine enablement, the supernatural energy to do superhuman exploits for the kingdom. Faith. Grace. Strength. These three blessings of God are an unbeatable combination: the ability to believe, the confidence to act, and the power to persevere.

2. THE OUTWARD WORKING OF INWARD WEALTH

(Hebrews 1:3, 2 Peter 1:3-4, 1 Corinthians 2:9)

The process of _____ in Christ Jesus is simply learning how to work out what God has already placed in us. Spiritual _____ is living from the spiritual reality resident in us through the Holy Spirit.

YOU ARE CHOSEN: *Ephesians 1:4, Malachi 3:17, John 15:16*

God chose us not simply for an assignment in the kingdom, but we were chosen for God. We are His treasure.

YOU ARE HOLY AND BLAMELESS: *Ephesians 1:4, Hebrews 13:5, 1 Corinthians 13:1-3*

The word “holy” focuses our attention on our relationship to God. We are chosen or “called out” to be holy or “available for the exclusive use of God.” We are dedicated to His purpose.

YOU ARE ACCORDING TO LOVE

“According” is translated from a Greek word that means “*even as, in conformity with the fact.*” Being in Christ places us “*in the same dimension*” as Jesus, conforming us to His image and declaring us holy and without blame before God.

DISCUSSION QUESTIONS

Start It Out

Take a moment to think about and talk about three ways that God has blessed you today.

Talk It Out

1. What three blessings does Paul focus on in the opening of this letter? How do those three blessings impact our lives?
2. Share a time when you were “chosen,” in your life—how did it make you feel? When you hear that God has chosen you, what thoughts or questions come to mind?
3. Describe your view of holiness before this lesson. Does your view (or previous view) line up with what was shared in this lesson? How is it different? How is it the same?
4. To live according to love is to live in harmony with God’s purpose. Where in your life are you playing “out of tune?” What areas of your life could use some adjusting?

Live It Out

Update your “blessing” notebook, jotting down the blessings you receive each day. Praise God for the ways God is blessing you right now.