

## ***“Blessed”***

Week 1—Chosen. Holy. Adopted.

Ephesians 1:1-6

### **You are BLESSED (1:1-3)**

*Paul, an apostle of Christ Jesus by the will of God. To God’s holy people in Ephesus, the faithful in Christ Jesus: <sup>2</sup> Grace and peace to you from God our Father and the Lord Jesus Christ.*

*<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.*

“In heavenly realms” (1:3, 20; 2:6; 3:10; 6:12). By observation, we tend to think of the “heavenly realms” as “up there, and someday”. But the consistent usage of this term in Ephesians is speaking to a reality/realm in which you live “right here, right now”.

### **You are CHOSEN (vs. 4a)**

*<sup>4</sup> For he chose us in him before the creation of the world...*

He chose you, because He wants you. In Christ, you are CHOSEN.

Related passage: 2 Thessalonians 2:13-14

### **You are HOLY (vs. 4b)**

*... to be holy and blameless in his sight.*

- “holy”—Set apart. Different.
- “blameless”—without blame, without blemish, without shame/disgrace

*What would it be like to live without blame, without blemish, without shame, without disgrace?*

There is therefore now NO CONDEMNATION for those who are in Christ Jesus. If God the Judge has declared you “not guilty”, then you are NOT GUILTY. Therefore, you can silence every voice of fear, shame, and condemnation.

**Related passages:** 2 Timothy 1:9; Titus 2:11-14; Romans 8:31-34a

## **You are ADOPTED (vs. 4c-5, 11-13)**

*In love <sup>5</sup> he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— <sup>11</sup> In him we were also chosen,<sup>[a]</sup> having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, <sup>12</sup> in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. <sup>13</sup> And you also were included in Christ when you heard the message of truth, the gospel of your salvation.*

Related passage: Romans 8:28-30, 14-17

## **CONCLUSION (vs. 6)**

*... <sup>6</sup> to the praise of his glorious grace, which he has freely given us in the One he loves.*

Related passage: Ephesians 3:10-11

## **Questions for Personal Reflection/Group Discussion**

1. How does it impact you to know you are wanted and CHOSEN by God in Christ?
2. How does it impact you to know that you are HOLY before God with no fear of condemnation or blame?
3. How does impact you to know that you are ADOPTED by God and thus given the full rights of the children of God to inherit the Kingdom of God for the glory of God?
4. How might you live differently if you fully embraced these truths?