

Walk in the Spirit

Ephesians 1:3-14

Lesson 10

FIRST DAY: Review and Overview

1. How have you been blessed by God's grace and peace this week?
2. Grace has often been defined as *God's Riches At Christ's Expense*. Through the work of Jesus believers have access to God's riches! God not only desires to bless us, but He also has a divine purpose for each blessing He bestows. Many Christians do not live in the blessings and purposes of God because they do not realize the wealth that is theirs through faith in Jesus.

In Ephesians Chapter 1, Paul enumerates some of the grand blessings that belong to us. He also includes the divine purposes God intends for these blessings. As you scan the passages below, note and record the blessings you discover:

- a. Ephesians 1:3-4
 - b. Ephesians 1:5-6
 - c. Ephesians 1:7-10
 - d. Ephesians 1:11-14
3. Ask God to open your heart and mind to understand and receive all the blessings He has for you.

*Blessed be the God and Father of our Lord Jesus Christ,
Who has blessed us with every spiritual blessing in the heavenly places in Christ.*
Ephesians 1:3

SECOND DAY: Read Ephesians 1:3–4

1. As Paul began his letter to the Ephesians, Who did he declare *blessed*? Ephesians 1:3a
 - a. What has God the Father done for us? Ephesians 1:3b
 - (1) What do you learn from this concerning your heavenly Father? See also Matthew 7:11 and James 1:17.
 - b. Where are these blessings located? Ephesians 1:3c
 - (1) What does this denote about these blessings?
 - c. What excites you about being blessed *with every spiritual blessing*?
2. According to Ephesians 1:4a, what did God do?
 - a. Why is this remarkable to you?
 - (1) How does this minister to you? See also Psalm 139:15–16.
 - (2) How could you use this truth to minister to another believer?
3. What did God choose you to *be*? Ephesians 1:4b
 - a. Link this with 1 Peter 2:9–10. What do you see?
 - (1) What is your response to knowing that God *chose* you? See also John 15:16.

THIRD DAY: Read Ephesians 1:5-6

1. In the Bible predestination always refers to God's purposes in our lives after we are saved. According to Ephesians 1:5a, to what were we *predestined*?
 - a. Recall from our study in Galatians that in the Roman world being adopted into a family meant obtaining full privileges and status as a legitimate child. What does it mean to you to know you were *predestined* to such privileges?

2. How is God's *will* described in Ephesians 1:5b?
 - a. What does this convey to you about God's plans? See also Jeremiah 29:11.

3. Use Ephesians 1:6a to cite the purpose of all these blessings.
 - a. Share a way God's grace is showcased by His blessings.

4. What has God *made us* by *His grace*? Ephesians 1:6b
 - a. How would this truth minister to someone who has suffered rejection?

 - b. *In Whom* have we been *accepted*?
 - (1) Link this truth with Matthew 3:17. Share your thoughts.

 - c. How does this *grace* bring *praise* and *glory* to God?

5. Reread Ephesians 1:3-6. What stands out most to you concerning all that God the Father has done?
 - a. Take a moment to write a word of *praise to the glory of His grace*.

FOURTH DAY: Read Ephesians 1:7-10

1. In Ephesians 1:7a Paul spoke of what Jesus Christ has done for us. Use this verse to comment on:
 - a. *redemption*

 - b. *forgiveness*

2. According to what resource did Jesus provide these blessings? Ephesians 1:7b
 - a. What word did Paul use to describe the supply of this resource?
 - (1) What does this word convey to you?

 - b. Use 2 Corinthians 8:9 to explain the way in which we receive this blessing.

3. From Ephesians 1:8 share a way God has made His grace *abound toward us in*:
 - a. *all wisdom*

 - b. *prudence* (good judgment)

4. What has God *made known to us*? Ephesians 1:9a
 - a. Link this with John 15:15. What do you see?

 - b. Use Ephesians 1:9b to fill in the blanks: God has done this *according to* _____ _____
_____ *which He purposed in Himself.*
 - (1) Compare this with Ephesians 1:5b and share your thoughts.

5. Observe Ephesians 1:9-10 NLT, *God has now revealed to us His mysterious plan regarding Christ, a plan to fulfill His own good pleasure. And this is the plan: At the right time He will bring everything together under the authority of Christ – everything in heaven and on earth.* For what purpose has God made known *His will*? Ephesians 1:10
 - a. What does this blessing mean to you?

FIFTH DAY: Read Ephesians 1:11-14

1. What else have we *obtained* in Christ? Ephesians 1:11a
 - a. Read 1 Peter 1:4 and remark on this gift.

2. From Ephesians 1:11b comment on the One Who has *predestined* us.
 - a. What does this convey concerning God's *will*? See also Revelation 4:11.
 - (1) How does this speak to you in your current circumstances?

3. What does Ephesians 1:12 declare about those *who first trusted in Christ*?

4. Use Ephesians 1:13 to summarize what has taken place in the lives of those who *also trusted*.
 - a. The seal of the *Holy Spirit* on our lives represents God's ownership. How does this speak to you? See also 1 Corinthians 6:19-20.

5. How is the *Holy Spirit* described in Ephesians 1:14a?
 - a. How are you described in Ephesians 1:14b?
 - (1) Share what this means to you.

 - b. Ephesians 1:14 NLT reads, *The Spirit is God's guarantee that He will give us the inheritance He promised and that He has purchased us to be His own people. He did this so we would praise and glorify Him.* Express your praise to God for the blessing of His *Holy Spirit*.

