

“Every Spiritual Blessing” – A Study in Ephesians

Please pray that the Holy Spirit will give you understanding of God’s Word before you begin.

Lesson 1 - Ephesians 1:1-14

1). Read Ephesians 1:1 - Right away Paul states he’s an apostle of Jesus “by the will of God.” Refresh your memory of Paul’s dramatic conversion experience by reading of his life before Christ (Acts 7:54-8:3). Then read of his encounter with Jesus on the road to Damascus (Acts 9:1-18).

Think of a time that God moved in your life to help you see him or know him better. Something you’ve never forgotten. If you feel comfortable, please consider sharing.

2). Read Ephesians 1:2 - Paul often begins his letters with this greeting. (Read Galatians 1:3; Philippians 1:2; 1 Corinthians 1:3; 2 Corinthians 1:2; Colossians 1:2) What is Paul reminding the believers to reflect on?

While we are incapable of imparting grace and peace as God does, Matthew 10:8 Jesus tells the disciples “freely you have received, freely give.” Is there someone you can extend grace and peace to in a practical way this week?

3). Read Ephesians 1:3-14 - In reading this passage we see unfolding a list of “every spiritual blessing in the heavenly places in Christ” as mentioned in verse 3. List some or all, then write a short prayer thanking God for his abundant provisions for us. Or perhaps sing a song of praise. In taking a few moments to do this, we are meditating on the word of God. Read Psalms 143:5 & Romans 12:2.

4). Read Ephesians 1:4-6 - Please think about these verses as you fill in the blanks. Take a moment to marvel at what God has done for us!

vs 4: “just as He chose _____ in Him _____ the foundation of the world, that we should be _____ and without _____ before Him in _____,

vs 5: having predestined _____ to adoption as _____ by _____ to Himself, according to the good pleasure of His _____,

vs 6: to the _____ of the glory of His grace, by which He made us _____ in the Beloved.”

Take a moment to state in a sentence or two (or even draw a picture) showing what this kind of love from our Heavenly Father means to you.

5). Read Ephesians 1:5 - A few notes on this verse to consider. God's will is that no man should perish. (John 3:16; 2 Peter 3:9). God is omniscient. (Psalm 139:1-6; Romans 11:34). As man, we have free will. (John 3:16). Predestination and free will do work hand and hand. They are not opposing ideas. Some things are difficult for our human minds to understand. That's when Faith steps in. (Hebrews 11:1).

What are your thoughts on this passage and/or any verses which further help you understand? Or does this concept just leave you with questions? Jot those down as well. May we continue to edify one another. (1 Thessalonians 5:11)

6). Read Ephesians 1:6-14 - Read this passage. List the verbs showing God's actions towards us and the adjectives describing God's character. This doesn't need to be a comprehensive list. We're exploring God's plan from his character and actions.

7). Read Ephesians 1:10-11 - Also read Romans 8:17; Romans 8:28. What do you learn from these verses?

8). Read Ephesians 1:12-14 - All that God has done for us leads us "to the praise of his glory". Please read the following verses and offer up your own praise to the Lord. (John 3:16; 2 Corinthians 1:21-22; 1 Thessalonians 5:18; 2 Thessalonians 2:13)

9). Choose a verse from this passage in Ephesians 1:1-14 that spoke to you this week. Consider hiding it in your heart. (Psalm 119:11)