

“Spiritual Blessings”

Immeasurably More #1 • Ephesians 1

INTRODUCTION

In his epistle to the Ephesians, Paul shares wisdom that benefits all believers, not only helping us to understand how God has blessed us, but also how we ought to live. In this, our first study in the series, we gain insight into the enormity of the blessings God has given to us.

Ice Breaker (Optional):

What is one way in which God has blessed you today?

Study Questions (45 MIN)

Chosen by God (Planned)

Q1. Read Ephesians 1:3-6; Deuteronomy 7:7-8; Ephesians 1:11-14

The first chapter of Ephesians addresses one of the most challenging concepts of the Christian faith, does God choose us and predestine us to be saved, or do we choose God by our free will? When did God choose us according to Eph 1:4? Do you think God knew at that time what your choice would be when you would be offered the gift of salvation?

What was the relationship that God intended for us, a relationship that brings him pleasure according to Eph 1:5? In Deuteronomy 7 we see why God chose the Israelites. What was the first reason given in verse 8? This demonstrates that God’s affection for His chosen people is not based on anything we do, but rather on God’s loving nature and His faithfulness. How does Eph 1:12 explain the purpose God had for adopting us into His family?

Redeemed by Christ (Executed)

Q2. Read Ephesians 1:7-10; Ephesians 3:6

Not only have we received the blessings of being chosen by God, and adopted into His family, we have also been redeemed. The word used for redemption¹ means “to release by the payment of a ransom.” What was the ransom required to release us from our bondage to sin and death? (v.7) This very costly price was not merely “provided” for us, but in fact God “lavished the riches of His grace upon us.” What do you think of when you see the word “lavished?” Can you envision the incredible riches of God’s grace (undeserved favor) being lavished on you? Verse 5 tells us that the purpose of God’s will included our adoption. Paul was eager to share the mystery of God’s will with the

Ephesians, many of whom were Gentile converts. What did Paul reveal as “the mystery” in Ephesians 3:6?

¹*apolytrōsis*

Marked with the Holy Spirit (Secured)

Q3. Read Ephesians 1:13-23; Romans 8:15-17

In addition to our adoption, what immeasurable blessing were we given as the guarantee of our glorious future inheritance? (Eph 1:13) At the end of this chapter, Paul prays for the believers to know the hope to which they are called, the riches of their inheritance, and the power we have through God. How does Paul describe this power? In Romans 8:16 Paul says the Spirit bears witness that we are children of God. What are some of the ways you have experienced the benefits of relating to God as your father and seeing His power at work for you?

Wrap-Up

In the book of Ephesians Paul encourages the believers by reminding them of the incredible blessings they have received from God. These are blessings that we share if we too have received Christ. Because of His great love and faithfulness, God chose us before creation to be adopted into His family as His children. Knowing our need for redemption from the bondage of sin and death, He willingly lavished upon us His grace and offered Christ’s blood in atonement. And as a guarantee of our future inheritance, He placed His Spirit in us, and made His unlimited power available to us. We have indeed received immeasurable blessings in Christ.

Memory Verse

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

Prayer (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: (see back for more notes) _____

Challenge:

As a reminder of all the blessings that God continues to lavish upon you, make a list of the blessings you have received during this week.

