

**Theme:** *The Spiritual Blessings in Christ*

**Key Passage:** Ephesians 1:1-14

**Overview:** Ephesians 1 opens with a profound declaration of spiritual blessings that believers have in Christ. Paul reminds the church of the riches of God's grace, the hope of their calling, and the eternal purpose of God in salvation. This chapter emphasizes the Trinitarian nature of God's work in salvation, highlighting the Father's election, the Son's redemption, and the Spirit's sealing.

**Key Theological Points:**

**1. Spiritual Blessings in Christ (Ephesians 1:3)**

- Paul begins by blessing God for the spiritual blessings believers have in Christ. These blessings are not material but spiritual and are found in the heavenly realms. We are **blessed** with all spiritual blessings—meaning that everything we need for godliness has been provided through Christ.

**2. Chosen by the Father (Ephesians 1:4-6)**

- God's election is central to the Christian faith. Paul emphasizes that God **chose** believers before the foundation of the world. The Greek verb used here for "chosen" is *exelēxato* (ἐξέλεξατο), meaning to select or choose with deliberate intention.
- This choosing is not based on our merit but on God's grace, and it is for the purpose of holiness and blamelessness in Christ.
- God's choice of us brings **praise** to the glory of His grace (Ephesians 1:6).

**3. Redemption in the Son (Ephesians 1:7-12)**

- Through Jesus, believers have **redemption** (Greek: *apolytrōsis* - ἀπολύτρωσις), which means deliverance, or the payment of a price for our freedom. This redemption comes through His blood and results in the forgiveness of sins.
- God's wisdom and insight are evident in His plan of salvation, which was predestined before time but revealed in Christ (Ephesians 1:9-10). The term *mystērion* (μυστήριον), translated as "mystery," refers to the revealed truth of God's plan that was hidden in previous ages but now made known in Christ.

**4. Sealing of the Spirit (Ephesians 1:13-14)**

- The Holy Spirit seals believers, marking them as God's own possession and guaranteeing their future inheritance. The word for "seal" in Greek is *spagizō* (σφραγίζω), meaning to mark or authenticate something as belonging to a person.
- The Holy Spirit is the **guarantee** (Greek: *arrabōn* - ἀρραβών) of our inheritance, providing assurance of the future hope we have in Christ.

## Important Greek Terms:

1. **Blessed (Ephesians 1:3)** – *eulogētos* (εὐλογητός), meaning "to speak well of." This word conveys that God is the source of all blessings, and He is worthy of our praise.
  2. **Chosen (Ephesians 1:4)** – *exelexato* (ἐξελέξατο), meaning "to select" or "choose." It implies intentionality and purpose, not random selection.
  3. **Redemption (Ephesians 1:7)** – *apolytrōsis* (ἀπολύτρωσις), meaning "the act of buying back" or "releasing by ransom." It speaks of the price Jesus paid for our salvation.
  4. **Mystery (Ephesians 1:9)** – *mystērion* (μυστήριον), meaning "something hidden" that is now revealed in Christ.
  5. **Seal (Ephesians 1:13)** – *sfragizō* (σφραγίζω), meaning "to mark" or "authenticate." It refers to the act of marking something as belonging to someone, often indicating ownership and protection.
  6. **Guarantee (Ephesians 1:14)** – *arrabōn* (ἀρραβών), meaning "a deposit or down payment." It refers to the Spirit's role as the guarantee of the believer's future inheritance.
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## Questions for Discussion:

1. What do you think it means to be "blessed with every spiritual blessing" in Christ (Ephesians 1:3)? How does this affect your understanding of your position as a believer?
  2. Ephesians 1:4 tells us that God chose us before the foundation of the world. What emotions or thoughts does this evoke in you? How do you reconcile God's sovereignty in choosing us with human responsibility to respond to the gospel?
  3. What does it mean for us to be "redeemed" by the blood of Jesus (Ephesians 1:7)? How does understanding redemption impact your daily walk with God?
  4. Paul speaks of a "mystery" that has been revealed in Christ (Ephesians 1:9-10). What is the mystery, and why is it significant for us as believers?
  5. In Ephesians 1:13-14, we learn that the Holy Spirit is given to us as a seal and a guarantee. How does this truth affect your sense of security and assurance in your salvation?
  6. What does it look like in your life to live "for the praise of His glory" (Ephesians 1:12)?
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## Application for Our Lives Today:

### 1. **Praise and Gratitude for Spiritual Blessings:**

Recognizing that every spiritual blessing comes from God, we are called to live with gratitude and praise. Spend time each day thanking God for His grace, redemption, and the gift of the Holy Spirit.

## 2. **Living Out Our Calling:**

Understanding that we are chosen to be holy and blameless in Christ, we are called to live with intentionality. Ask yourself: How can I reflect God's holiness in my daily life? What areas of my life need to be aligned with God's calling?

## 3. **Embracing Security in Christ:**

The seal of the Holy Spirit is a reminder of our secure position in Christ. When you face doubts or challenges, remember that the Holy Spirit guarantees your inheritance and that nothing can separate you from God's love.

## 4. **Sharing the Mystery of the Gospel:**

Paul speaks of the mystery of God's plan for salvation. As believers, we are entrusted with the message of the gospel. Look for opportunities to share the good news with others, knowing that it has been revealed to us for the benefit of others.

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The most important takeaway from **Ephesians 1** is the **incredible spiritual blessings believers have in Christ** and the assurance of God's sovereign plan of salvation:

- **God has blessed us with every spiritual blessing in Christ** (Ephesians 1:3), meaning that everything we need for life, godliness, and eternal security is already ours in Christ.
- **We are chosen, redeemed, and sealed by God:** The Father chose us before time, the Son redeemed us through His blood, and the Holy Spirit seals us, guaranteeing our inheritance (Ephesians 1:4-14).
- The ultimate purpose of these blessings is that **God would be praised and glorified** (Ephesians 1:6, 12, 14). Our election, redemption, and sealing are all to bring glory to God.

In essence, the chapter underscores **our secure position in Christ**, the **grace that underpins our salvation**, and the **certainty of God's eternal purpose for us**. This assurance should lead believers to live in **praise, gratitude, and confidence** as we reflect on our identity and calling in Christ.

Summary: **We are chosen, redeemed, and sealed by God's grace in Christ, and this should lead us to live for His glory.**