

Spiritual Blessings In Christ  
Ephesians 1:1-23  
Key Verse: 1:3

1. Read verses 1-2. How did Paul describe himself? This letter's recipients? What difference does it make to see one's life and work from God's point of view? What does it mean to be a saint? To be faithful?
2. "In Christ" is repeated more than 10 times in verses 1-14. What does it mean to be "in Christ"? (Jn 15:5) Read verses 3-8. What does it mean to be blessed "in the heavenly realms" (3:20; 2:6)? What are the spiritual blessings mentioned here? When and why did he choose us? For what did he predestine us? How does this show his love?
3. How has he lavished on us his grace? How costly is his grace? (To him and to us) What does "redemption" suggest about our former state?
4. Read verses 9-10. What is the mystery? (3:6; Ro 16:25-26) What is God's great purpose and plan? (1Co 15:24-28)
5. Read verses 11-14. What is God's larger purpose in choosing us and predestining us? What does "for the praise of his glory" mean? (12b,14b) Who is included in Christ? What is the Holy Spirit's work? What is our inheritance?
6. Read verses 15-23. Think about Paul's human situation. Why is he thankful? What are his prayer topics for us? What is the source of the power at work in us? What is our glorious hope? (18,22-23)