

Paul's Thanksgiving Testament

Ephesians 1:1-23

Key Verse 1:3

**“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.”
[ESV]**

1. What is the reason Paul blesses God? (3) List and reflect on the different blessings in this chapter for which Paul expresses thanksgiving.
2. What are “spiritual blessings”? How are they different from worldly blessings, such as success, wealth and happiness? What blessings are you thankful for?
3. Notice the Lord's choosing us for the purpose of making us “holy and blameless in his sight in love”[see note below] (4). What is the distinction between being holy and being blameless? How can Christians be holy and blameless “in love”? (15; Dt 6:5; Ro 13:10)
4. What does it mean to be predestined? (5) What is “adoption as sons”? What is redemption? How is Jesus' blood involved in redemption? How might we celebrate this redemption? (Lk 22:19,20)
5. Note all the references to Jesus Christ (or “him”) in this passage. How are hope, an inheritance and power further spiritual blessings in Christ? (18-20) How does seeing God's riches affect you? (16,18)
6. What analogy does Paul use to describe God's church? (22,23) What does it mean that he is our head? How does this reality, being part of Christ's body, affect you? Are you thankful for other Christians and for the church? (16)

[note] Since the Greek has no sentence break, many translations have “holy and blameless in his sight in love,” where *love* then refers to the Christian's love.