



Journaling Template: Session One

Session Title: Blessed with Every Spiritual Blessing

Reflection

Take a moment to journal your thoughts on Ephesians 1:1-14 and the reflection questions provided in the study guide:

- What does it mean to you that God has blessed you with every spiritual blessing? How do you see these blessings in your life?
- How does knowing you were chosen before the foundation of the world shape your sense of purpose?
- How can the idea of being sealed with the Holy Spirit give you confidence in your daily walk?

Write your reflections below:

Action Plan

Based on what you've learned, jot down steps you'll take this week to apply these truths to your life:

Prayer

Use this space to write a personal prayer in response to what you've learned during this session:

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