



Session One: Blessed with Every Spiritual Blessing

Introduction

In this session, we explore the incredible truth that God has blessed us with every spiritual blessing in Christ. These blessings, freely given, reveal His love, purpose, and plan for our lives. As we study Ephesians 1:1-14, we will uncover how God's eternal plan includes us and how these truths can transform our identity and daily living.

Scripture Passage: Ephesians 1:1-14

Paul, an apostle of Christ Jesus by the will of God, to God's holy people in Ephesus, the faithful in Christ Jesus: Grace and peace to you from God our Father and the Lord Jesus Christ.

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves.

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

Scripture quoted from the New International Version (NIV).

Context and Insights

- **Historical Background:** Paul wrote this letter while imprisoned in Rome. Ephesus was a major city known for its trade and the temple of Artemis, emphasizing the significance of Paul's message of God's eternal plan amidst a culture of idol worship.



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Living a Kingdom Perspective

- **Theological Insights:** The passage introduces key themes of God’s sovereign plan, adoption into His family, redemption through Christ, and the sealing of the Holy Spirit. These spiritual blessings encompass both present realities and future hope.
- **Literary Structure:** This section is a single, flowing sentence in the original Greek, emphasizing the unity and abundance of God’s blessings.

Reflection Questions

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

Practical Applications

- **Gratitude Journal:** This week, take time each day to write down one spiritual blessing you are grateful for and reflect on how it impacts your life.
- **Memorization Challenge:** Memorize Ephesians 1:3-4 and meditate on these truths throughout the week.
- **Acts of Kindness:** Share one of God’s blessings with someone else, whether through words of encouragement, thoughtful action, or sharing the gospel.

Closing Prayer

Father, we praise You for blessing us with every spiritual blessing in Christ. Thank You for choosing us, adopting us, and sealing us with Your Holy Spirit. Help us to live out these truths in our daily lives and to reflect Your glory to the world around us. May we walk in confidence, knowing that Your eternal plan includes us, and may we bring honor to Your name in all that we do. In Jesus’ name, Amen.