

Weekly Checklist: Session One

Tasks to Complete Session One

- **Read the passage:** Ephesians 1:1-14.
 - Reflect on how God's blessings apply to your life.
- **Review the context and insights:**
 - Understand the historical background and theological themes discussed in the study guide.
 - Consider how these insights deepen your understanding of God's eternal plan.
- **Answer the 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?
- **Complete one or more practical applications:**
 - **Gratitude Journal:** Write down one spiritual blessing each day this week and reflect on its significance.
 - **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 encouragement, action, or sharing the gospel.
- **Spend time in prayer:**
 - Thank God for His blessings and ask for guidance to live out these truths daily.
 - Seek God's help in applying what you've learned.