

5. Suppose a friend measures his value by his performance, appearance or the approval by others and is discouraged. How would you help him from Eph. 1:3-14? Be specific.
6. READ Ephesians 1:3-14. How many times _____ does Paul use the phrase “in Christ” or “in Him?” Why is that significant?
7. Which one of the spiritual blessings mentioned in Eph. 1:3-14 do you want to learn more about?

What help do you need and what steps will you take?

8. READ ALOUD Paul’s prayer in Ephesians 1:15-23. Who in your circle of believing family or friends will you pray that for?

Praise and Prayer

Ephesians 1:1-23

October 1, 2017

BIG IDEA—Praise for God’s blessings and prayer to know Him.

#1 valued (3-4)

Chosen in Christ to be holy and blameless “**Love**, God”
“before the foundation of the world” = nothing else existed

#2 vested (5-6)

Adopted in Christ to be sons of God, with full legal **rights**
“predestined” = marked out beforehand
“His good pleasure and purpose” = God enjoys His will
 God “**be-graced** us in the Beloved” (Mark 1:11; 9:7)

to the praise of the glory of His grace

#3 belonging (7-8)

Redeemed in Christ having received forgiveness of trespasses
“through His blood” = His sacrificial death on the cross
“riches of His grace” = not kept on deposit, **distributed**

#4 significance (9-10)

The mystery of bringing all things together in Christ, the Head
 “. . . the whole body of creation, having been cut off from the Creator by sin, is decomposing, and its rebirth is effected by Christ’s reuniting all its parts into an organism with Himself as the Head, so as to re-attach it to God.” (NJB, notes)

#5 family (11-12)

God’s choice of believing Jews to be His inheritance in Christ
“the first to hope in the Messiah” = a witness to the **world**

to the praise of the glory of His grace

#6 future (13-14)

Non-Jews are included in Christ after hearing **AND** believing
“the message of truth, the gospel of salvation” = about Christ
“sealed with the promised Holy Spirit” = just like the Jews
 (see also Acts 15:6-9)

to the praise of the glory of His grace

Paul's prayer habits (15-16)

If you are **thankful** for someone, you pray for them.

And, you **continue** praying for them.

Paul's prayer requests (17-19)

What do you pray for the Christian who has everything?

əˌprēSHē'āSH(ə)n **appreciation**

We need spiritual wisdom and revelation. This comes from the Spirit whom has already been given to believers (vs. 13).

A full understanding assumes a **growing** knowledge.

The "eyes of your heart" need to be opened to see 3 realities



- The hope of His calling (Col. 1:27)
- The riches of His glorious inheritance in the saints
- The exceeding greatness of His power to us who believe

Paul's prayer confidence (20-23)

Jesus is the risen M**essiah** (Christ)

Jesus is the enthroned K**ing** (Phil. 2:9-11)

Jesus is the exalted L**ord** over all (quoting Psa. 8:6)

Jesus is the H**ead** of the Church

That is an example of praying in Jesus' **Name** !

Life Group Homework

If you don't know everyone, take time to make introductions. If you do know everyone, share your middle name and the reason for it.

Did you know?

You can read the entire book of Ephesians in approx. 30 minutes

1. Take some time to read Ephesians. What is your favorite part?
2. READ Ephesians 1:1-2. What tone does Paul set for the rest of the letter in these two verses? What effect does this have?
3. What kinds of things have happened in your past before you were even born that influence who you are today?
4. Do the spiritual realities that God set in motion long ago influence who you are today? Why or why not?