

*Our Spiritual Blessings in Jesus (1)* Ephesians 1:1-8

Today is a day to be enthusiastic and get excited. Paul barely gets through the introduction of his letter to the Ephesians before he bursts out with an excited expression of appreciation to the Lord. The truth of our faith in Christ is so dynamic that it is overwhelming. Our spiritual blessings in Jesus call for our thanks and praise.

**1. We were \_\_\_\_\_ in Christ**  
(Ephesians 1:1-4)

- a) God has blessed us with every \_\_\_\_\_ blessing in the heavenly places in Christ (vs. 3)
- b) We were chosen in \_\_\_\_\_ before the foundation of the world (vs. 4)
- c) We were chosen to be \_\_\_\_\_ and blameless before Him (vs. 4)

*Our faith is in the truth that we are chosen in Christ.*

**2. Our God and Father predestined us in \_\_\_\_\_ through Jesus Christ**  
(Ephesians 1:5-6)

- a) We are predestined to adoption as \_\_\_\_\_ (vs. 5)
- b) We are predestined according to the \_\_\_\_\_ intention of His will (vs. 5)
- c) We are predestined to the praise and glory of His \_\_\_\_\_ which He freely bestowed on us (vs. 6)

*Our faith is in the truth that we are adopted in Christ.*

(continued on back)

**3. We have \_\_\_\_\_ through Jesus**  
(Ephesians 1:7-8)

- a) We have redemption through Christ's \_\_\_\_\_ (vs. 7)
- b) We have the forgiveness of our \_\_\_\_\_ (vs. 7)
- c) We are redeemed according to the \_\_\_\_\_ of His grace (vs. 7-8)

*Our faith is in the truth that we have redemption through Christ.*

**INSIGHT FOR LIFE**

*I will give thanks and praise for my \_\_\_\_\_ blessings in Jesus.*

*My Notes*

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**1. We were chosen in Christ**

(Ephesians 1:1-4)

- a) God has blessed us with every spiritual blessing in the heavenly places in Christ (vs. 3)
- b) We were chosen in Christ before the foundation of the world (vs. 4)
- c) We were chosen to be holy and blameless before Him (vs. 4)

*Our faith is in the truth that we are chosen in Christ.*

**2. Our God and Father predestined us in love through Jesus Christ**

(Ephesians 1:5-6)

- a) We are predestined to adoption as sons (vs. 5)
- b) We are predestined according to the kind intention of His will (vs. 5)
- c) We are predestined to the praise and glory of His grace which He freely bestowed on us (vs. 6)

*Our faith is in the truth that we are adopted in Christ.*

(continued on back)

**3. We have redemption through Jesus**

(Ephesians 1:7-8)

- a) We have redemption through Christ's blood (vs. 7)
- b) We have the forgiveness of our trespasses (vs. 7)
- c) We are redeemed according to the riches of His grace (vs. 7-8)

*Our faith is in the truth that we have redemption through Christ.*

**INSIGHT FOR LIFE**

*I will give thanks and praise for my spiritual blessings in Jesus.*

*My Notes*