

Week 1 Message Notes:

Ephesians 1

Rich beyond Measure

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. **4** For he chose us in him before the creation of the world to be holy and blameless in his sight. In love **5** he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will — **6** to the praise of his glorious grace, which he has freely given us in the One he loves. **7** In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace **8** that he lavished on us with all wisdom and understanding. **9** And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, **10** to be put into effect when the times will have reached their fulfillment — to bring all things in heaven and on earth together under one head, even Christ.

11 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, **12** in order that we, who were the first to hope in Christ, might be for the praise of his glory. **13** And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, **14** who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of his glory.

—Ephesians 1.3-14

1. _____

2. _____

3. _____

Application ideas from this week's message.

1. Read Ephesians 1 out loud and personalize it inserting your name in place of every pronoun. For example, verse 3 would read, Praise be to the God and Father of our Lord Jesus Christ, who has blessed (your name) in the heavenly realms. As you do, realize that these promises are for you.
2. Gratefulness is a distinguishing mark of Christians. Ephesians powerfully describes God's abundant blessings he gives us. How would your week change if every day you focused on God's blessings in your life rather than on your struggles and problems? Try it for one day. And then another. And then another.

... to the praise of his glorious grace, which he has freely given us in the One he loves.

—Ephesians 1:6