

Ephesians Study: Session 1 – Chosen

(Lori Wilhite – Ephesians: Head Held High)

Big Idea God has chosen us in Christ before the foundation of the world. We are adopted as His children and blessed with every spiritual blessing in Christ. This truth frees us to walk with our heads held high.

Group Discussion Questions:

1. What is one life burden weighing you down most right now?

2. Read Ephesians 1:3-14. What are the spiritual blessings we have in Christ?

Which feel easiest to embrace?

Which is most meaningful to you today?

3. Lori teaches: “We are chosen before the creation of the world. The idea of being chosen should lead us to our knees in thankfulness.” Describe a time when you were chosen. How did that make you feel and affect your ability to walk with your head held high?

Why do you think it’s easy to forget these Biblical truths?

4. Lori on adoption: When the adoption was complete, the person had all rights of a legitimate child. Debts were abolished as if they never existed. In what ways has Christ made you new? Where are you still clinging to the old life?

5. What are some practical things you can do to walk with your head held high this week?

Takeaway to Remember:

You are chosen, adopted, redeemed, forgiven, and sealed in Christ. This identity rests on God's eternal love and grace, not your performance. Let it free you to live confidently and pour out praise to Him.

Memory Verse(s):

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. (Eph. 1:3-4)

This Week:

- Journal Prompt/Reflection: Where do I most need to write "It is finished" and "Paid in full"?
- Pray over our group, that this study would glorify God and encourage us in our walk with Him
- Read Ephesians 2