

Ephesians 1:1-14

EPHESIANS GC DISCUSSION GUIDE

Ephesians 1:1–14

Blessed in Christ

Big Idea

Before Paul tells believers how to live, he reminds them who they are and what God has done for them. The Christian life begins not with our performance but with God's grace. In Christ, believers have received every spiritual blessing necessary for life, godliness, and eternity.

Main Theme

The Father planned our salvation, the Son accomplished our salvation, and the Spirit secures our salvation—all for the praise of God's glory.

Opening Icebreaker

If someone asked you to describe yourself in three words, what would you say?

Transition: Most people define themselves by accomplishments, relationships, careers, failures, or experiences. Paul begins by reminding believers that their deepest identity is found in Christ.

Discussion Questions

1. According to verses 1–2, how does Paul describe believers? Why does identity matter so much in the Christian life?

Leader Notes: Paul calls them "saints" and "faithful." Saints are not spiritual elites but ordinary believers set apart by God. Identity precedes activity throughout Ephesians.

Key Insight: We live from our identity, not for our identity.

2. Verse 3 says God has blessed us with "every spiritual blessing in the heavenly places." What does Paul mean by that?

Leader Notes: Paul is emphasizing the completeness of what believers possess in Christ. The Christian may not have every earthly blessing, but they possess every spiritual blessing necessary for salvation and sanctification.

Cross Reference: 2 Peter 1:3

3. What truths about God's initiative in salvation do you see in verses 4–6?

Leader Notes: Notice God's action verbs:

- Chose
- Predestined
- Adopted

The emphasis is on God's grace, not human merit.

Discussion Point: How does God's initiative produce humility and assurance?

4. What does adoption teach us about our relationship with God?

Leader Notes: In the Roman world, adoption gave a person full legal standing in the family.

Discuss:

- Security
- Belonging
- Inheritance
- Intimacy

Application: Many Christians live like servants when God has welcomed them as sons and daughters.

5. Why do you think Paul repeatedly emphasizes that salvation is "according to the purpose of His will" and "to the praise of His glory"?

Leader Notes: Salvation is ultimately God-centered.

Notice the refrain:

- Verse 6
- Verse 12
- Verse 14

God saves sinners in a way that magnifies His grace.

6. According to verses 7–8, what does redemption mean? Why is Christ's blood central to the gospel?

Leader Notes: Redemption refers to being purchased out of slavery.

Discuss:

- The seriousness of sin
- The cost of forgiveness
- The sufficiency of Christ's sacrifice

Cross Reference: Mark 10:45

7. Verses 9–10 reveal God's ultimate purpose for history. What is that purpose, and why does it matter?

Leader Notes: God is summing up all things in Christ.

This gives believers confidence that history is not random.

Application Question: How does this truth shape your perspective on current events and cultural turmoil?

8. What inheritance do believers receive according to verses 11–12?

Leader Notes: Paul likely means both:

- We receive an inheritance.
- We become God's treasured possession.

Discuss future hope and present security.

9. What does it mean that believers have been "sealed with the promised Holy Spirit" (vv.13–14)?

Leader Notes: A seal represented:

- Ownership
- Protection
- Authenticity
- Security

The Spirit is God's guarantee that salvation will be completed.

Cross Reference: Romans 8:16

10. How should the doctrine of assurance affect the daily life of a Christian?

Leader Notes: Assurance produces:

- Confidence
- Joy
- Perseverance
- Worship

Assurance does not promote complacency; it promotes gratitude.

11. Which blessing mentioned in this passage do you most need to remember this week?

Leader Notes: Encourage personal reflection:

- Chosen
- Adopted

- Forgiven
- Redeemed
- Sealed
- Inherited

12. How would your daily life change if you truly believed that God has already given you every spiritual blessing in Christ?

Leader Notes: Look for practical applications involving contentment, confidence, prayer, evangelism, and worship.

Gospel Connection

Notice the Trinitarian structure:

The Father chose and adopted us (vv.3–6)

The Son redeemed and forgave us (vv.7–12)

The Spirit sealed and guarantees us (vv.13–14)

Salvation belongs to the Lord from beginning to end.

Prayer Focus

Spend time praising God for:

- His grace
- His choosing love
- Adoption into His family
- Forgiveness through Christ
- The gift of the Holy Spirit