

“Chosen Before You Knew It”

Session 1: Ephesians 1:1-14

Movement: Grounded

Theme: Transformation begins with identity, not effort.



OPEN IT | Icebreaker • ~6 minutes

1. When you were growing up, was there a label or reputation that followed you around?
Ex: the funny one, the responsible one, the troublemaker, the quiet one, etc. Did it fit? Did you choose it?

READ IT | Scripture • ~6 minutes

- Ephesians 1:1-2
- Ephesians 1:3-14

EXPLORE IT | Discussion • ~28 minutes

2. Paul writes this entire passage (this explosion of praise) from a prison cell. He's not writing from a good season. What do you observe about Paul's attitude while in prison?

- ★ 3. Think about how you actually talk to God on a normal day... not how you're supposed to, but how you actually do. Is it more like approaching a generous Father, or like you're trying to stay in good standing with a demanding boss? Where did that posture come from?

★4. Paul says God chose us before the world began... before we existed, before we had a single thing to offer. If someone chooses you before you've done anything, what does that tell you about why they chose you?

5. Is there an area of your life right now where you're still performing... trying to earn approval, prove your worth, or stay in someone's good graces? What would it look like to bring that same energy into your relationship with God?

★6. Verse 5 says God adopted every Christ follower as a full heir... chosen, redeemed, sealed. The person next to you carries that identity. So does the difficult person at work, the family member who frustrates you, the stranger in line at the grocery store. If you saw every one of them that way, how would you interact with them differently? Think of someone specific. Who is it, and what would it look like to treat them according to who they actually are in Christ?

SAY IT | *Leader Teaching* • ~3 minutes

Here's what's easy to miss about this passage: Paul doesn't start by telling us what to do. He starts by telling us who we are. The whole second half of Ephesians, the practical stuff about relationships, community, and how to stand firm is built entirely on this foundation. You can't live differently until you see yourself differently, and Paul's picture of who we are is not modest. Chosen before the world began. Adopted as full heirs. Redeemed at great cost. Sealed by the Spirit of God as a guarantee of what's coming. That's not a list of goals. That's a description of who you already are in Christ... right now, today, whatever your week looked like. So, as we move into this series together, here's the question underneath everything: What would change about the way you live if you actually believed that? Not just knew it, but believed it... staked your week on it. That's what Grounded & Sent is trying to find out.

DO IT | *Application* • ~8 minutes

Choose one of the following this week:

- **The Two Lists.** Write down five words you'd use to honestly describe yourself right now... not the Sunday morning version, the real one. Then, open Ephesians 1:3–14 and write five words Paul uses to describe who you are in Christ. Sit with the gap between those two lists. Bring it to God.

- **Say It Out Loud.** Every morning this week, before you check your phone, say this out loud: “I am chosen, adopted, redeemed, and sealed. I don’t need to earn what I already have.” Say it even if you don’t fully feel it yet. Especially then.
- **Speak Identity Over Someone.** Find one person this week... a family member, a friend, someone at Brazos Pointe... and tell them something true about who they are. Not what they did. Who they are. Practice speaking identity over someone the way Paul does in this passage.
- **Reflect On It.** Read Ephesians 1:3–14 slowly, one verse at a time. After each verse, complete this sentence: “Because of this, I am ____.” Let the text name you for a few minutes and see what it surfaces.

PRAY IT | *Closing Prayer* • ~3 minutes

Father, thank you that before we did anything... before we chose you, before we got it right, before we even knew your name, you had already chosen us. We confess that we spend more energy performing for your approval than resting in what you’ve already declared over us. Today we heard it again: we are chosen, adopted, redeemed, and sealed. We are yours... not because we earned it, but because you willed it. Would you let that truth travel from our heads to the places in us that still don’t quite believe it? This week, may we live like people who have nothing left to prove. In Jesus’ name, Amen