

**BLESSED**  
**Ephesians 1: 3-14**  
**Ephesians Series Week 2**

**August 8, 2010**  
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**Big Idea:** God the father deserves praise because he has blessed us with every spiritual blessing in Christ.

Chosen by the father (4- 6)  
Redeemed by the son (7-12)  
Sealed by the Spirit (13-14)

*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*

- Blessed
- In Christ
- Every spiritual blessing
- In the heavenly places.

**Chosen by the father (4- 6)**

*<sup>4</sup> even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love <sup>5</sup> he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, <sup>6</sup> to the praise of his glorious grace, with which he has blessed us in the Beloved.*

- God chose us in Christ.

*“The truth is that salvation is entirely a work of God in which humans are totally involved. If God is the one in whom we live and move and have our being (Acts 17:28), we do not stand isolated from him in making a decision for him. God is the one who works in and through us even as we choose him.” (NIV Application Commentary)*

- To be holy and blameless before Him.
- Because of love, God’s preordained purpose for us was to adopt us as sons through Jesus.
- According to his will
- Praise of his glorious grace

*“The election language in Ephesians 1 is primarily about God and shows why God should be praised...His purpose is to focus on God at work, planning and drawing people to himself through Christ” (NIV application commentary)*

### **Redeemed by the son (7-12)**

*In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace,<sup>8</sup> which he lavished upon us, in all wisdom and insight<sup>9</sup> making known to us the mystery of his will, according to his purpose, which he set forth in Christ<sup>10</sup> as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth. <sup>11</sup>In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will,<sup>12</sup> so that we who were the first to hope in Christ might be to the praise of his glory.*

- Redemption through his blood.

*<sup>18</sup>knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold,<sup>19</sup> but with the precious blood of Christ, like that of a lamb without blemish or spot. ( I Peter 1:18-19)*

- The Forgiveness of our trespasses.
- Wisdom and insight
  1. The mystery of His will
  2. Uniting all things in Christ
- God’s possession.
- Praise for God’s glory.

### **Sealed by the Spirit (13-14)**

*<sup>13</sup>In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,<sup>14</sup> who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.*

- Sealed.
- Promised
- Guarantee

### **Application**

1. Embrace His blessings.
2. Embrace our purpose
3. Praise his glorious grace.

<sup>3-6</sup>How blessed is God! And what a blessing he is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in him. Long before he laid down earth's foundations,

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he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son.

<sup>7-10</sup>Because of the sacrifice of the Messiah, his blood poured out on the altar of the Cross, we're a free people—free of penalties and punishments chalked up by all our misdeeds. And not just barely free, either. Abundantly free! He thought of everything, provided for everything we could possibly need, letting us in on the plans he took such delight in making. He set it all out before us in Christ, a long-range plan in which everything would be brought together and summed up in him, everything in deepest heaven, everything on planet earth.

<sup>11-12</sup>It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

<sup>13-14</sup>It's in Christ that you, once you heard the truth and believed it (this Message of your salvation), found yourselves home free—signed, sealed, and delivered by the Holy Spirit. This signet from God is the first installment on what's coming, a reminder that we'll get everything God has planned for us, a praising and glorious life.