

Family Worship Guide

Sunday, May 22, 2016

Ephesians 1:1-14

“Being Blessed in Christ”

¹ Paul, an apostle of Christ Jesus by the will of God, To the saints who are at Ephesus and *who are* faithful in Christ Jesus: ² Grace to you and peace from God our Father and the Lord Jesus Christ.

³ Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, ⁴ just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love ⁵ He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, ⁶ to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. ⁷ In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace ⁸ which He lavished on us. In all wisdom and insight ⁹ He made known to us the mystery of His will, according to His kind intention which He purposed in Him ¹⁰ with a view to an administration suitable to the fullness of the times, *that is*, the summing up of all things in Christ, things in the heavens and things on the earth. In Him ¹¹ also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, ¹² to the end that we who were the first to hope in Christ would be to the praise of His glory. ¹³ In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, ¹⁴ who is given as a pledge of our inheritance, with a view to the redemption of *God’s own* possession, to the praise of His glory.

QUESTIONS FOR CONVERSATION

Getting Started

- Whom do we know who has been adopted?
- When we “count our blessings,” what do we put on the top of the list?

Going Deeper

- In this passage, what “mystery” has God revealed as part of his ultimate plan and purpose (v. 9)?
- What is it going to take “to sum up all things in the heavens and on the earth in Christ” (v. 10)?
- What is God’s seal on the life of a believer? What purpose does this serve?
- What are the spiritual blessings in Christ? Which of these blessings is most meaningful to you?
- How do you feel in relation to God right now: Close? Challenged? Distant? Chosen? Rejected? Other?

Bringing it Home

- Have you come to appreciate all God has done for you in Christ? When?
- How does knowing you are adopted change your view of yourself and God?
- How do you feel about God’s love shown by choosing you? How will this affect your love for others?¹

¹ Questions taken from *Serendipity Bible for Groups*, 4th Ed. (Grand Rapids: Zondervan, 1998), 1625.