**Lesson 2: “Chosen & Loved; Forgiven & Free”**

**Key Scriptures**

* **Ephesians 1:4–5**
* **Colossians 1:13–14**

**Lesson Objective**

* To help students understand that in Christ they are chosen before creation, loved by God, and forgiven from sin, set free from bondage—and to live confidently in that truth.

**Outline**

**1. Introduction – The Deepest Needs of the Human Heart**

* Ask: *“Have you wanted to be picked for something—a team, a role, a relationship—and you weren’t?”*
* We all have a longing to **be chosen**, **be loved**, and **be free** from guilt.

**2. Chosen & Loved (Ephesians 1:4–5)**

* **Chosen before creation** – God’s plan for you existed before you existed.
* **Chosen for purpose** – To be *holy* (set apart) and *blameless* (covered by Christ’s righteousness).
* **Adopted into God’s family** – Adoption is intentional; God wanted you.
* **In love** – His choice wasn’t reluctant or forced; it was an overflow of His love.
* **Application:** You don’t have to prove your worth—your worth was established by God before you were born.

**3. Forgiven & Free (Colossians 1:13–14)**

* **Rescued from darkness** – No longer under sin’s power, fear, or shame.
* **Transferred to the Kingdom of the Son** – A new citizenship and a new home.
* **Redeemed** – Bought back at a great cost: the blood of Christ.
* **Forgiven** – Your sins are not counted against you anymore.
* **Freedom in Christ** – Not freedom to sin, but freedom from sin’s control.
* **Application:** You are not defined by your past—your identity is in Christ’s finished work.

**4. Living in This Identity**

* **Reject the lies**: “I’m unwanted,” “I’m unworthy,” “I can’t change.”
* **Rest in the truth**: “I am chosen,” “I am loved,” “I am forgiven,” “I am free.”
* **Walk in freedom**: Don’t return to old chains—choose obedience out of love, not fear.
* **Practical steps**:
* Start each day with a truth statement from Scripture.
* Confess sin quickly and embrace God’s forgiveness.
* Remember—God’s love and choice are not based on your performance.

**5. Discussion Questions**

* How does it make you feel to know God chose you before creation?
* Why is it hard for some people to accept God’s forgiveness?
* What’s one area of life where you need to live more like someone who is “free”?
* How can you remind yourself daily that you are both chosen and forgiven?

**6. Closing Challenge**

* Have students write a personal declaration:  
  *“I am chosen and loved. I am forgiven and free. My identity is in Christ alone.”*
* Encourage them to read it aloud for the next 7 days as a reminder.