

Ephesians: Experiencing the Power of Jesus

Why We Praise God

Ephesians 1:3-14

MESSAGE NOTES

We praise God because he has given us spiritual blessings:

1. Adoption. (He chose and predestined me to be adopted into his family.)
2. Redemption. (He redeemed me through Christ's blood and forgave all my sins.)
3. Purpose. (He revealed his ultimate purpose in Christ.)
4. Praise. (He chose and predestined us for the praise of his glory.)
5. Protection. (He sealed us with the promised Holy Spirit.)

OPENER

What are you thankful for today? What is giving you stress today?

Which of the five spiritual blessings highlighted in the message most strongly stirs up praise and gratitude in you today? Why?

DISCUSSION QUESTIONS

Read Ephesians 1:3-6

1. In the message, Rick mentioned that the word for "praise" means to "speak favorably" or to "speak well of." How does that help you express praise to God?
2. The blessings that come through Jesus are "spiritual blessings." Are spiritual blessings just as tangible and good for your life as physical blessings? Explain.
3. For what purpose did God choose you before the creation of the world (v.4)? Why is being "holy and blameless" so important? How is this achieved? How does God's purpose for you align with what you see as your purpose?
4. How does adoption further enrich the narrative of God's love for you beyond saving you through Jesus' death on the cross?
5. Salvation was incredibly costly for God, yet he chose it "in accordance with his pleasure and will" (v. 5). Why do saving and adopting give God such joy?

Read Ephesians 1:7-14

6. Redemption (v.7) has to do with the freeing of a slave or prisoner by paying their ransom price. What is being communicated about (1) you, (2) sin, and (3) God by using the imagery of redemption to describe salvation?
7. What is your understanding of the unity that God brings “to all things in heaven and earth under Jesus Christ?” What does this unity under Christ mean for your relationship with God now as well as for eternity?
8. The Holy Spirit living in us is a seal guaranteeing God will complete our salvation (v. 13-14). What parts of salvation are you still waiting to experience?
9. How can you know if the Holy Spirit is living in you; and therefore, be confident that you will inherit the final aspects of salvation?
10. God works out salvation for the “praise of his glory” (v. 6, 12, 14). How can you increasingly make praise of God’s glorious grace a central part of your life?

RESPONDING TO GOD’S WORD

(For groups, give time for everyone to think and then write down a response to this question. Then have everyone share their response with the group.)

What do you feel compelled to do in response to what you have learned and reflected on from Ephesians 1:3-14?

MEMORIZE GOD’S WORD

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. Ephesians 1:3

TAG TIME READING GUIDE

Day 1: Ephesians 1:3-14
Day 2: Psalm 150
Day 3: Revelation 5:6-14
Day 4: Psalm 135
Day 5: Romans 12
Day 6: Psalm 145
Day 7: Psalm 111