



- b) This group has been blessed with "every spiritual blessing in Christ" (Ephesians 1:3). From Ephesians 1:4–14, write a key word or two from each blessing. Which blessing touches your heart the most?
- c) How does your life reflect that you are a recipient of these blessings? (Which blessing realigns your life the most?)
- d) "According" (hint!) to Ephesians 1:5–11, why has God the Father blessed us this way? List verses. Explain why you think this point is so heavily emphasized.
3. Other words repeated in Ephesians 1:4–12 are "chosen" and "predestined." Describe in your own words those blessings that God chose and predestined. List both the comforts it brings and the concerns it evokes
4. a) With whom are "you" sealed according to Ephesians 1:13–14 and what is His role? See John 16:7–15 for additional insight into His role.
- b) In Ephesians 1:14, what do you think is "our" inheritance? See Colossians 1:10–12; 3:22–24 and 1 Peter 1:3–4 for help.

- c) Describe the future inheritance your decisions today reflect. Indicate whether your decisions regarding investments of time, money, relationships, prayer requests, emotions, and talents reveal your emphasis on earthly or eternal inheritance. Consider asking your group to support you in prayer as your answer convicts or encourages you.
5. a) Why does Paul continually give thanks for the Ephesians according to Ephesians 1:15–16?
- b) List the top five things for which you continually give thanks. Re-examine your answer in 5(a) and pray about any changes God might want to make to your list.
6. a) What does Paul request in his prayer on behalf of the readers of this letter in Ephesians 1:17–19?
- b) How do these requests relate to the blessings discussed in Ephesians 1:4–14?
7. a) How is God's power revealed in and through Christ according to Ephesians 1:19–23?
- b) Write down thoughts and emotions that your contemplation of this power stirs when you reconsider Paul's prayer request in Ephesians 1:19 for you. Explain. (i.e., Do you have fear, joy, confusion, elation, anxiety, awe?)

- c) How have you seen Jesus' "incomparably great power" revealed in your life? If you haven't experienced this power, why do you think you haven't?

**Suggestion for prayer and sharing time:**

Ephesians 1:3 begins: Praise be to the God and Father...

Pick one thing you want to praise Him for after studying Ephesians 1. Share this with your group and pray your praise during prayer time.