

## Assignments

1. What three words best describe how you honestly see yourself?

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2. Read Ephesians chapter 1 (NLT) quickly to get an overview. Then read it again slowly and prayerfully, inserting *YOUR NAME* everywhere in the text that is in **bold** to personalize it (e.g., “*May God our Father and the Lord Jesus Christ give **CHIP** grace and peace.*”)

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EPHESIANS CHAPTER 1  
(NLT)

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<sup>1</sup>*This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus. I am writing to God’s holy people in Ephesus, who are faithful followers of Christ Jesus.* <sup>2</sup>*May God our Father and the Lord Jesus Christ give **you** grace and peace.*

### **Spiritual Blessings**

<sup>3</sup>*All praise to God, the Father of our Lord Jesus Christ, who has blessed **us** with every spiritual blessing in the heavenly realms because **we** are united with Christ.*

<sup>4</sup>*Even before he made the world, God loved **us** and chose **us** in Christ to be holy and without fault in his eyes.* <sup>5</sup>*God decided in advance to adopt **us** into his own family by bringing **us** to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.* <sup>6</sup>*So we praise God for the glorious grace he has poured out on **us** who belong to his dear Son.* <sup>7</sup>*He is so rich in kindness and grace that he purchased **our** freedom with the blood of his Son and forgave **our** sins.* <sup>8</sup>*He has showered his kindness on **us**, along with all wisdom and understanding.*

<sup>9</sup>*God has now revealed to **us** his mysterious will regarding Christ—which is to fulfill his own good plan.* <sup>10</sup>*And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth.* <sup>11</sup>*Furthermore, because **we** are united with Christ, **we** have received*

*an inheritance from God, for he chose **us** in advance, and he makes everything work out according to his plan.*

*<sup>12</sup>God's purpose was that we Jews, who were the first to trust in Christ, would bring praise and glory to God. <sup>13</sup>And now you Gentiles have also heard the truth, the Good News that God saves you. And when **you** believed in Christ, he identified **you** as his own by giving **you** the Holy Spirit, whom he promised long ago. <sup>14</sup>The Spirit is God's guarantee that he will give **us** the inheritance he promised and that he has purchased **us** to be his own people. He did this so **we** would praise and glorify him.*

### ***Paul's Prayer for Spiritual Wisdom***

*<sup>15</sup>Ever since I first heard of your strong faith in the Lord Jesus and your love for God's people everywhere, <sup>16</sup>I have not stopped thanking God for **you**. I pray for **you** constantly, <sup>17</sup>asking God, the glorious Father of our Lord Jesus Christ, to give **you** spiritual wisdom and insight so that **you** might grow in your knowledge of God. <sup>18</sup>I pray that **your** hearts will be flooded with light so that **you** can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.*

*<sup>19</sup>I also pray that **you** will understand the incredible greatness of God's power for us who believe him. This is the same mighty power <sup>20</sup>that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. <sup>21</sup>Now he is far above any ruler or authority or power or leader or anything else—not only in this world, but also in the world to come. <sup>22</sup>God has put all things under the authority of Christ and has made him head over all things for the benefit of the church. <sup>23</sup>And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.*

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**3. PRAYER:** Ask God to allow you to see yourself through the mirror of His Word—the way He sees you. Here's an example prayer: "God, will You help me by Your grace, by your Spirit, to see myself the way You see me?"

**4. OPTIONAL:** For deeper understanding, read or listen to pages 13–18 of the ***Discover Your True Self*** book or listen to the Day 1 audiobook excerpt.