

## Three Questions

1. What does it say? OBSERVATION
2. What does it mean? INTERPRETATION
3. What does it mean to me? APPLICATION

## Background of Ephesians

The book was written by the apostle Paul while he was in prison in Rome (AD 60–62). It was written as a circular letter to the church in Ephesus to be passed on to neighboring cities. Ephesus was an ancient port city whose well-preserved ruins are in modern-day Turkey. The city was once considered the most important Greek city and the most significant trading center in the Mediterranean region. Known as the Queen of the Epistles for its rich theology and practical applications, the book of Ephesians gives us the clearest teaching in the New Testament on what it means to be united “in Christ” with Jesus.

## The Blessing of Salvation: Ephesians 1:3-14 NASB

- v 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,
- v 4: just as **He chose us** in Him
  - before the foundation of the world,
  - that we would be holy and blameless before Him.
- v 5-6: In love **He predestined us** to adoption as sons
  - through Jesus Christ to Himself,
  - according to the kind intention of His will,
    - to the praise of the glory of His grace,
    - which He freely bestowed on us
    - in the Beloved.

v 7-8: In Him **we have redemption**

- through His blood,
  - the forgiveness of our trespasses,
    - according to the riches of His grace
      - which He lavished upon us.

v 9-10: In all wisdom and insight

- He **made known** to us **the mystery of His will**,
  - according to His kind intention which He purposed in Him
  - 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.

v 11-12: In Him also we **have obtained an inheritance**,

- having been predestined according to His purpose
  - who works all things after the counsel of His will,
  - to the end that we who were the first to hope in Christ
    - would be to the praise of His glory.

v 13-14: 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,
  - 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.

## Assignments

1. Read the passage above and circle the phrases “in Christ” and “in Him” whenever they appear.
2. Read the passage a second time and put a box around “every spiritual blessing” and underline any of the spiritual blessings listed in the passage.
3. PRAYER: Holy Father, You say that all these spiritual blessings are mine right now. Help me as I study to grasp what they mean in my life.
4. OPTIONAL: For deeper understanding, read pages 21-24 of the **Discover Your True Self** book or listen to the Day 2 audiobook excerpt.