

## Structure: Mechanical Outline

- 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.

Ephesians 1:3-6 NASB

## What does it actually mean to be chosen and adopted by God?

- **Chosen by Him**
  - Unearned—not based on what you do or don't do
  - Eternal—before you existed
  - Core Truth—You are wanted by God!
  
- **Adopted by Him**
  - Complete—all the rights, privileges, and blessings
  - Irrevocable—never ends
  - Core Truth—You are accepted as a child of God.

## Some implications of being adopted:

- Love, 1 John 3:1
- Hope, Romans 8:16-17
- Intimacy, Romans 8:15
- Holiness, Hebrews 12:6-11
- Assurance, Romans 8:38-39



## Assignments

1. What does being chosen and adopted mean in your personal relationship with God according to 1 John 3:1, Romans 8:15-17, and Romans 8:38-39?

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2. Write one or two sentences in the first person that reflect your position in God's family as one chosen and adopted.

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3. PRAYER: Thank God for choosing you and making you His son/daughter totally apart from your performance.

4. OPTIONAL: For deeper understanding, read pages 27-31 of the **Discover Your True Self** book or listen to the Day 4 audiobook excerpt.