

WHAT DOES IT MEAN?

Ephesians 1:3-6

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?

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

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.