

# Hello, Praise, Thanks!

## Ephesians 1

Week of September 8-14

Welcome to the first in our six-week study on the book of Ephesians.

I highly recommend that you take the time to read the whole book of Ephesians straight through before you begin. The book is short, and if you read it at least once in one shot, it will greatly enhance your understanding of the book as a whole, and assist you as we look at each section more closely. If you read it aloud, it will help you even more as your ears hear the words.

**Objective:** Gain awareness of the generous blessings we have received from God.

1. **Warm-Up Discussion: Think about the most extravagant birthday or Christmas gift you have ever received. How did you feel to receive this gift? How did the giver of the gift feel about giving it?**

### Read Ephesians 1

2. **What is your first impression of this passage? What is the mood of this writing?**

### Read Ephesians 1:3-10

This is a dense passage packed with an introduction to the abundant blessings we have received in Christ. You may find it helpful to look at this passage in multiple bible translations.

3. **Begin by using the table below to make a list of the blessings/gifts from God mentioned in this passage and what each blessing means. I've included an example to get you started.**

<b>Verse</b>	<b>Blessing/Gift</b>	<b>Meaning</b>
<b>3</b>	Every spiritual blessing in the heavenly realms because we belong to Christ	Because we follow Christ, God has not withheld any spiritual blessing. Spiritual blessing means this is not a physical or material thing.
<b>4</b>		
<b>5</b>		
<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		
<b>10</b>		

\*\*For more insights into this section and filling in this table, see the supplemental information located on our website: [www.eagleumc.com](http://www.eagleumc.com)\*\*

**Read Ephesians 1:11-14**

- 4. According to these verses, what is the purpose of being chosen or predestined to believe in Christ? Who is included in this predestination?**

5. **“Predestination” is a difficult word for many Christians. Based on what you’ve looked at so far in Ephesians, what does predestination mean?**

**Read Ephesians 1:15-23**

6. **What reasons does Paul have to give thanks?**
7. **Paul has spent the first part of this letter explaining how the Ephesians are spiritual millionaires. However, based on his prayer here, what seems to be the problem with how they are living?**
8. **In your own words – What have these believers already done right? What greater thing(s) does Paul want for these believers?**

**Apply**

9. **What do you think would change if your group consistently prayed verses 17-19 for each other? For other Christians? Are you willing to try it?**
10. **How would you rate yourself in “awareness of my spiritual wealth”?**  
(1 = I feel penniless 10 = I’m a billionaire!)

1      2      3      4      5      6      7      8      9      10

- 11. How would knowing you are “chosen”, “adopted” and “redeemed” change your view of yourself? How would it change your view of God?**
- 12. How much are you using God’s “power” at this point in your life? God put into your bank account all his resources. What is keeping you from transferring them to your checking account?**
- 13. Decide on ONE thing you would like to do based on what you have studied here. Share it with your group and commit to doing it for the upcoming week. Be prepared to share your experience with the group.**

**This week I commit to:**

\*\*Note, this question/exercise will be part of this entire study. Here are some tips.

- Pray about this. Listen to any leading from God.
- Make sure what you choose is a reasonable thing.
- As a group, help members determine if their goal is overly ambitious.
- A few ideas for this week include:
  - a. Each morning this week I will pray verses 17-19 for a specific individual or group of Christians.
  - b. Every time I spend money this week, I will make a conscious effort to remind myself how “rich” I am in spiritual blessings from God.
  - c. Write down your own prayer or hymn of thanks for all that God has done for you. Pray or sing it several times during the week.
- Create your own commitment, or adapt the ideas here as needed. This exercise is for YOU to grow as a disciple.