



EPHESIANS SERIES

# BUILT ON BIBLICAL BEDROCK

THE CHURCH THAT PLEASES GOD

STUDY GUIDE • EPHESIANS 1:1-6



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Chosen In  
Christ Before  
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Of The World

EPHESIANS 1:1-6

**WELCOME:**  
Fixing  
Our Focus

**Suggested icebreaker:**  
Ask each member of the group to share how God has blessed them recently and how they responded to God's blessing.

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**WORSHIP:**  
Adoring  
Our God

**Suggested songs:**

- Blessed be Your Name
- Come Thou Fount
- Doxology

# WORD: Understanding the Word

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## LESSON AIM

1. Members will realize how much God has blessed them.
2. Members will praise God for all that he's done for them.
3. Members will commit to live holy and blameless lives.

## INTRODUCTION

Paul begins his letter to the Ephesians by praising God for all the blessings that He has lovingly lavished upon the saints. In the passage that we will be studying, we will take a look at the origin of these blessings, what are God's objectives for giving them, and what is the outcome of these blessings.

## WHAT DOES THE BIBLE SAY?

1. Who is the author and audience of this letter? (vv. 1-2)
2. Why should God be blessed or praised? (v. 3)
3. What does God desire for those He has chosen? (v. 4)
4. What has God predestined believers for? (v. 5)
5. What was God's purpose for blessing believers? (v. 6)

## WHAT DOES IT MEAN?

1. What does it mean to be blessed with "every spiritual blessing?"  
What are its implications?
2. What is the connection between God's blessing to believers and His desire that they be holy and blameless?
3. What was God's motive for adopting believers as His children?  
What are the implications of being adopted into God's family?
4. What is God's purpose for blessing believers? How should believers respond as beneficiaries of God's blessings?

# WALK: Applying the Word

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## APPLICATIONS

### - CHILDREN -

1. What would you feel if you were chosen by your teacher for a BIG role in a school play or maybe to lead a group in class for an important activity? What would be your reaction knowing that God has chosen us to be His children? Are you happy and excited? Draw your reaction or expression of happiness and excitement or choose a symbol that represents what you feel.
2. How do we show our love for God now that we know He is our father? List down ways we can show our love for Him.

### - YOUTH -

1. What other characteristics of God that He has shown you in the past week/s that humbles you as part of His family?
2. We have been adopted into the family of our God, our Father who blesses His children. What are some of the recent blessings you have received from the Lord that you praise Him for?
3. The call to be holy and blameless before God can become difficult due to the culture of today and the influences of the world. What are some of the things you are being tempted by lately, and what can you do to watch out for them this week?

### - ADULTS -

1. God has blessed you in Christ with “every spiritual blessing in the heavenly places.” Can you enumerate some spiritual blessings God has blessed you with?
2. God chose us to be holy and blameless. Where do you need to improve and how can the group help you?
3. How can you praise God for the blessings He has lavishly given you?

# WALK: Applying the Word

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- COMMUNAL -

1. Christians should be a joyful people because they are blessed by God. In what ways can we make our joy manifest to those around us, that we may be testimonies of God's goodness?
2. In what ways can you make yourself accountable to the wider community you are in?

- GLOBAL -

1. God chose believers that they should live holy and blameless lives. Sadly, around the world, many professing Christians live no differently from the world. Pray that God would bring about spiritual revival in His churches around the world.
2. Transformed living as a response to our being a chosen people belonging to God isn't just pleasing to Him, but is also observed by others. How integral is your transformation to God's mission?





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Know Christ and Make Him Known

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