

“CRAZY BLESSED!”

Devotional and Outline of Ephesians 1:3-14

*A believer is crazy blessed in Christ with every spiritual blessing “in the heavenly places” (Eph. 1:3)! The question is, “Are you living out of these blessings or working for them?” Until you embrace the blessings of the Father, Son, and Holy Spirit you will struggle to walk in the good works for which you were created (Eph. 2:10). The blessed life is one that lives out of what God has **done** for you in Christ more than what you can **do** for Him. Walking by grace instead of our own strength takes less effort and produces more fruit! Ephesians 1:3-14 is actually one long sentence in the original Greek describing what it means for us to be **seated** with the Lord “in the heavenlies places” (Eph. 1:3; 2:5-6). Before we try to walk for the Lord, we first must be seated with him. Read it slowly and use the outline below to meditate on all the blessings. It should take your breath away as you realize how much God loves and blesses you!*

Blessings Of The Father – Eph. 1:3-6

- A. The Father **chose** us to be **holy** and **blameless** before him – v. 4 (1 Pet. 2:9-10)
- B. The Father **adopted** us as sons according to his good pleasure & purpose – v. 5 (Gal. 3:26-28, Rom. 8:15)
- C. The Father **blessed** us with **grace** in the **Beloved** – v. 6

Blessings Of The Son - Eph. 1:7-10

- A. The Son **redeems** us out of slavery – v. 7a (Titus 2:14)
- B. He **redeems** us for sonship – v. 7a (Col. 1:13-14, John 8:34-36)
- C. The Son **forgives** us our sins – v. 7b (John 1:29, 1 John 1:9)
- D. The Son **gives** us **wisdom** (i.e. seeing with God’s perspective) and **insight** into the Father’s will (i.e. discerning how to apply and act upon it)– vv. 8-9 (Col. 2:2-3)
- E. The Son **unites all things in him** (i.e. He reconciles and restores what is broken) – v. 10 (Col. 1:19-22)

Blessings Of The Holy Spirit – Eph. 1:11-14

- A. The Spirit **seals** us with the Lord’s **presence, ownership, and promises** – vv. 11-13 (2 Cor. 1:22, John 14:15-17, John 17:9, 1 Cor. 6:19)
- B. The Spirit **guarantees** the **Lord’s love** now and our **inheritance** to come – v. 14a (Rom. 5:5, 1 Pet. 1:4-5)
- C. The Spirit **empowers** us to live “**to the praise of his glory**” – vv. 6, 12, 14b (2 Cor. 3:17-18, Eph. 3:16, Gal. 5:22-23)

Question: What challenges you? Identify the source of your struggles or doubts. Do you feel you are working **for** the Lord or **with** him?

Devotion: Prayerfully read through the following blessings written in the first person. Underline those that the Holy Spirit seems to highlight for you in each of the three passages. Write down how would your attitude and life change if you believed God for these blessings?

Prayer: First praise the Lord for what he has done for and in you! In faith believe the Lord for the truth of these blessings and ask him for a change in your attitude. Then pray the Holy Spirit will empower you to handle your struggles differently because of you are positioned in Christ in the heavenly places (Ephesians 2:5-6)!

Blessings of the Father (Eph. 1:3-6):

“Blessed be the God and Father of my Lord Jesus Christ, who has blessed me in Christ with every spiritual blessing in the heavenly places, even as he chose me in him before the foundation of the world, that I should be holy and blameless before him, in love, he predestined me for adoption to himself as a son through Jesus Christ, according to the good pleasure and purpose of his will, to the praise of his glorious grace, with which he has blessed me in the Beloved.

Blessings of the Son (Eph. 1:7-10)

In him I have redemption through his blood, the forgiveness of my trespasses, according to the riches of his grace, which he lavished upon me, in all wisdom and insight making known to me the mystery of his will, according to his good pleasure and purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

Blessings of the Spirit (Eph. 1:11-14)

In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him I also, when I heard the word of truth, the gospel of my salvation, and believed in him, was sealed with the promised Holy Spirit, who is the guarantee of my inheritance until God redeems possession of me, to the praise of his glory.”