

Six-Day Bible Study

Ephesians 1:1–23

Blessed with Every Spiritual Blessing in Christ

Introduction

Paul begins his letter to the Ephesians not with a list of commands, but with a breathtaking declaration of what God has already done for His people in Christ. Ephesians 1 lifts our eyes from ourselves to the sovereign grace of the triune God. The Father chose His people before the foundation of the world, the Son redeemed them through His blood, and the Holy Spirit seals them for the inheritance God has promised. Salvation is not ultimately a story about what we have accomplished for God; it is the story of what God has graciously accomplished for sinners through Jesus Christ.

This chapter also teaches us that these great doctrines are meant to shape everyday Christian living. Paul does not merely want believers to know facts about election, redemption, adoption, and inheritance. He prays that the eyes of their hearts would be enlightened so that they would truly know the hope to which God has called them, the riches of their inheritance, and the immeasurable greatness of His power toward them. Whether we are young Christians beginning the journey or older saints who have walked with Christ for decades, Ephesians 1 calls us to understand more deeply who God is, what He has done, and who we now are **in Christ**.

Monday — Chosen for Holiness

Reading: Ephesians 1:1–4

Focus Verse: Ephesians 1:4 (ESV)

“even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.”

Study Question

What does Paul teach about the timing, basis, and purpose of God's choosing in Ephesians 1:3–6? Notice that God's choice occurred “*before the foundation of the world*,” that believers are chosen “*in him*,” and that God's purpose is that His people “*should be holy and blameless before him*.” How does this show us that election is not based upon God foreseeing our goodness, but upon His gracious purpose in Jesus Christ? Compare this with Romans 8:29–30 and 2 Timothy 1:8–9.

Personal Application

The doctrine of election should not produce pride; it should destroy it. If you belong to Jesus, your salvation began in the gracious purposes of God before you ever drew a breath. You cannot boast in your

wisdom, goodness, or spiritual insight. Instead, worship God for His grace and ask whether your life increasingly reflects the holiness for which He has saved you. God's sovereign grace is never an excuse for careless living; it is a powerful reason to pursue holiness with gratitude.

Scriptural Prayer

Today, pray thankfully through **2 Timothy 1:8-9**

Tuesday — Adopted Through Jesus Christ

Reading: Ephesians 1:4–6

Focus Verse: Ephesians 1:5 (ESV)

“he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will,”

Study Question

What does the word **adoption** teach us about the believer's relationship with God? Consider the difference between being pardoned by a judge and being welcomed into a family by a father. According to this verse, through whom does our adoption come, and what is its ultimate cause? Compare Ephesians 1:5 with Romans 8:15–17 and Galatians 4:4–7. What privileges belong to those whom God has adopted?

Personal Application

Christians are not merely forgiven criminals; through Christ, we have been brought into God's household as beloved children. This truth should reshape how we respond to fear, loneliness, uncertainty, and even death. Your standing with God does not depend upon having a successful week or maintaining the approval of other people. If you are in Christ Jesus, God has received you into His family. Live today with the humility, security, obedience, and gratitude that should characterize a child who knows the love of his Father.

Scriptural Prayer

Today, pray thankfully through **Ephesians 1:5-6**

Wednesday — Redeemed Through His Blood

Reading: Ephesians 1:7–10

Focus Verse: Ephesians 1:7 (ESV)

“In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace,”

Study Question

What does Paul mean by **redemption**, and why does he connect redemption with Jesus's blood? In the biblical world, redemption involved liberation through the payment of a price. According to this verse, what problem required our redemption, what price was paid, and what blessing resulted? Consider how this connects with Jesus' words in Mark 10:45 and Peter's teaching in 1 Peter 1:18–19.

Personal Application

Sin is far more serious than the world would have us believe. Our forgiveness required nothing less than the blood of the sinless Son of God. Yet God's grace is also far greater than our sin. Do not minimize your sin, but neither should you believe that your sin is greater than Jesus's saving work. Confess your sins honestly, repent of them sincerely, and rest in the finished work of Christ. The Christian's confidence is not that we have lived perfectly, but that Jesus has paid completely.

Scriptural Prayer

Today, pray thankfully through **Ephesians 1:7**

Thursday — Sealed with the Holy Spirit

Reading: Ephesians 1:11–14

Focus Verse: Ephesians 1:13 (ESV)

“In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,”

Study Question

Trace the progression Paul describes in verse 13: the Ephesians **heard** the word of truth, **believed** in Jesus, and were **sealed** with the Holy Spirit. What does this teach us about the relationship between the preaching of the gospel, faith, and the work of the Spirit? Then read verse 14. What does Paul mean when he calls the Holy Spirit *“the guarantee of our inheritance”*?

Personal Application

Our assurance ultimately rests upon God's faithfulness rather than our ability to hold everything together. The same God who saves His people gives His Spirit as the guarantee that He will bring His saving work to completion. When you are discouraged by your weakness or troubled by uncertainty about the future, remember that salvation belongs to God from beginning to end. Continue trusting Jesus, listening to His Word, and walking by His Spirit while looking forward to the inheritance God has promised.

Scriptural Prayer

Today, pray through **Ephesians 1:12**

Friday — Knowing the Hope of His Calling

Reading: Ephesians 1:15–19

Focus Verse: Ephesians 1:17-18 (ESV)

*“that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, **18** having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,”*

Study Question

Paul is writing to people who already believe in Jesus, still he prays that God would give them greater spiritual understanding. What three things does Paul specifically desire believers to know in verses 18–19? Why is it possible to possess genuine faith and yet still need to grow significantly in our understanding of God's truth? What does Paul's prayer teach us about the importance of combining biblical knowledge with dependence upon God for spiritual understanding?

Personal Application

There should never be a point in the Christian life when we decide that we know enough about God. A teenager who recently trusted Jesus and a believer who has followed Him for sixty years both need the Lord to open their understanding through His Word. Pray Paul's prayer for yourself. Ask God to deepen your knowledge of your hope in Christ, your promised inheritance, and His power toward His people. Then pray the same thing for other members of your church.

Scriptural Prayer

Today, pray through **Ephesians 1:15-19**

Saturday — Christ Above All

Reading: Ephesians 1:19–23

Focus Verse: Ephesians 1:22 (ESV)

“And he put all things under his feet and gave him as head over all things to the church,”

Study Question

Paul connects the power God exercises toward believers with the power displayed in the resurrection and exaltation of Jesus Christ. According to verses 20–23, what authority has the Father given to Jesus? Pay particular attention to the phrases “*far above all rule and authority*,” “*put all things under his feet*,” and “*head over all things to the church*.” How does this language echo Psalm 8:6 and Psalm 110:1? What does Jesus's universal authority mean for His church?

Personal Application

Jesus cannot be one influence among many competing for your allegiance. He is the risen and exalted Lord over all things. Every ruler, institution, culture, generation, circumstance, and spiritual power stands beneath His authority. Therefore, Christians do not need to live in fear when the world appears unstable. Jesus reigns! Ask yourself whether there is any area of your life that you are attempting to keep outside His authority. Submit your family, plans, possessions, relationships, fears, and future to the One whom God has made Head over all things.

Scriptural Prayer

Today, pray through **Ephesians 1:19-23**

Weekly Theme — Everything We Have Is in Christ

Ephesians 1:1–23 directs our attention away from human achievement and toward the astonishing grace of God. The Father **chose** His people, **predestined** them for adoption, and purposed their salvation according to His will. The Son **redeemed** them through His blood and secured the forgiveness of their sins. The Holy Spirit **seals** them and guarantees their promised inheritance. From beginning to end, salvation is the work of the triune God, *“to the praise of his glory”* (Ephesians 1:14).

One phrase repeatedly holds these truths together: **“in Christ.”** We are chosen in Him, redeemed in Him, given an inheritance in Him, and sealed with the Spirit when we believe in Him. And this Christ who saves us is now risen, exalted, and reigning over all things for the good of His church. Therefore, the proper response to Ephesians 1 is not merely to debate its great doctrines but to **worship the God who saves**. The Christian can look backward to God's eternal purpose, upward to the reigning Jesus, inward to the Spirit's presence, and forward to the promised inheritance—and say with Paul, *“Blessed be the God and Father of our Lord Jesus Christ”* (Ephesians 1:3).