

## Ephesians – Small Group Study Week One

### Verses for the week: Ephesians 1:1–14

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: Grace to you and peace from God our Father and the Lord Jesus Christ. Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his 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. 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 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, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

### Questions:

1. In Verse 1, Paul says he is writing “to the saints who are in Ephesus.” What do you know about Ephesus and the Ephesians Church in Ephesus?
2. In Verses 3–14, Paul describes how we are “blessed” in Christ. What are the blessings Paul lists? Why do you think Paul began this letter to “the saints of Ephesus” with a discussion about how they [we] are “blessed in Christ”?

**Quote of the week:** What can I give back to God for the blessings he's poured out on me? I'll lift high the cup of salvation—a toast to God! Bono