Blessed in Christ > Ephesians 1:1-10

1:1-2 *Grace and peace.* Paul's letter begins with a theme that will unfold throughout the coming chapters: God's grace and peace for His people.

1:3-6 *Past blessing.* The Lord's sovereign decisions, His predestining of us, is not something to fear or to see as restrictive. Instead, it is His blessing! It is because He chose us that we enjoy Christ today. It is because He chose us that we have purpose and meaning for our identity.

1:7-10 *Present blessing.* The blessings of the Lord matter every bit as much today: God gives to us all the grace we could need and tells us of what is amazingly true: we are a part of what Jesus will do to unite all things in Himself!

The Point: God's love for His people didn't just start the day that you or I trusted Him. Instead, Paul writes that God has loved us since before the foundation of the world, and that love led to Him choosing us, bringing us to salvation in Jesus, so that we would live in the joy of Christ now and forever.

Prayer: Lord, what an amazing reality – that we have been blessed, just as we are right now blessed, in Jesus! Thank you for your sovereign grace, for choosing us, for loving us. Thank you that, right now, your care is for us and your promises sustain us as we await the return of our King!

Application: Believe and respond in worship to the God who is described in these verses. Not the God re-defined by critics or skeptics. Trust the living God and enjoy His blessing.

Here is how I will apply these truths: _____

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