

Studies in Ephesians

Lesson 1

TEXT: Ephesians 1:1-6

¹Paul, an apostle of Christ Jesus by the will of God,

To the saints in Ephesus, the faithful in Christ Jesus:

²Grace and peace to you from God our Father and the Lord Jesus Christ.

³Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will— ⁶to the praise of his glorious grace, which he has freely given us in the One he loves.

Questions for Discussion

1. What is the source of Paul's authority, according to verse 1?
2. How does Paul address the church? (vs. 1) What can we take away from this for the church today?
3. Who is the source of grace and peace? (vs. 2) As you read through the chapters to follow, take note of how often both appear in this letter.
4. What is a "spiritual blessing" (vs. 3)? How many of them do we have access to through our relationship with Christ?
5. How does God's choice play into his redemptive plan? (vs. 4-5). What is the meaning of "predestined" in this context? (vs. 5)
6. What is the bottom line reason for the way in which God's redemptive plan was carried out? (vs. 6)