

Ephesians 1:1-14



The text – Ephesians 1: 1-14

1. Read Ephesians 1:1-14. What do you learn about this letter from the introduction in 1:1-2?
2. Ephesians 1:3 commences with the words “Praise be ...” in the NIV. This is a translation of the Greek word for “blessing”, which is used on two more occasions in this verse. Discuss these three uses of the word for “blessing” in 1:3.
3. What does Paul mean by “spiritual” blessing?
4. The blessings of God are surveyed in 1:4-14. This portion is made up of one long sentence in the Greek text. How does this section of the text impress you? What are some of its characteristics?
5. Discuss what is meant by “chose us” (1:4), “predestined us” (1:5), “chosen”, “predestined” (1:11). What do these words teach us about God?
6. What does “redemption” mean in 1:7?
7. We often speak about discovering God’s will for our lives. What is God’s will for us and for all things according to 1:9-10?
8. Paul uses some really important words to describe the Holy Spirit in 1:13-14. These include “marked”, “seal”, “promised” and “deposit guaranteeing our inheritance”. What do you learn about the Holy Spirit in these verses?
9. Discuss the meaning of the phrase “to the praise of his glorious grace” (1:6) and “to the praise of his glory” (1:12, 14). How do these phrases help us to understand God and God’s purposes?

The Scriptures – 1 Ephesians 1: 1-14 as a portion of the Scriptures

10. There are many OT Psalms that give blessing to the LORD God. Read for example, Psalm 103:1-5. How is Ephesians 1:4-14 like Psalms such as this? How is it different?
11. Read Genesis 12:1-3. These are really important promises to Abram for all the nations of the world, culminating in the promise: “All peoples on earth will be blessed through (in) you”. How does Paul’s repeated use of the words “in him” or “through Christ Jesus” relate to Genesis 12:1-3?
12. The language of choosing or electing is frequent throughout the OT Scriptures. Consider, for example, Deuteronomy 4:35-38 and Deuteronomy 7:7-11. Why did God choose Israel? How does Ephesians extend the reality of God’s election?
13. Are there OT texts in which God promises to send the Holy Spirit to his people? See if you can find some and discuss them.

Our lives – walking the way of Jesus in response to Ephesians 1: 1-14 as a portion of the Scriptures

14. Ephesians 1:1-14 can be quite overwhelming! How would you describe your response to this text?
15. What have you learnt about God that is new or challenging?
16. How can we pray for and support you in your discipleship?