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Ephesians Bible study

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Study of Ephesians Chapter 1

Chosen, Redeemed, and Sealed in Messiah

The first chapter of Ephesians is one of the richest theological passages in the New Testament. Paul opens by **revealing the believer's identity in Messiah**, the Father's **eternal plan of redemption**, the work of Yeshua, the **ministry** of the Holy Spirit, and concludes with a **powerful prayer for spiritual understanding**. The chapter reminds believers that their position in Messiah **is not based on their own works** but upon Yahweh's eternal purpose and grace.

1. Greeting and Blessing

Ephesians 1:1–2

Paul introduces himself as an apostle appointed by the will of God and addresses the believers in Ephesus as "saints"—those who have been set apart for Yahweh. He greets them with grace and peace, showing that the Christian life begins with receiving God's unmerited favor (grace) and living in His wholeness (peace or *shalom*). Before Paul teaches doctrine, he reminds them of who they are in Messiah. Their identity comes from God's calling, not from their circumstances.

Key Scripture

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

— **Ephesians 1:2**

Supporting Scriptures

- **Romans 5:1** – "Therefore, having been justified by faith, we have peace with God..."
- **1 Peter 2:9** – "You are a chosen race, a royal priesthood..."
- **Isaiah 26:3** – "You will keep him in perfect peace whose mind is stayed on You."

Reflection Questions

1. Do I truly see myself as someone set apart for Yahweh? _____
2. Am I living from God's grace or striving to earn His acceptance? _____
3. How does knowing my identity change the way I face daily challenges? _____

2. Every Spiritual Blessing in Messiah

Ephesians 1:3–6

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

Paul begins praising Yahweh because every spiritual blessing has already been given to believers through Messiah. These blessings are not earthly possessions but eternal realities: adoption, forgiveness, righteousness, access to the Father, and an eternal inheritance. Before the foundation of the world, Yahweh desired a family who would reflect His holiness and love. This passage reveals that salvation begins with God's initiative and His desire to bring people into His household through Yeshua. Being chosen is not a reason for pride but an invitation to live holy lives that reflect His character.

Key Scripture

"He chose us in Him before the foundation of the world, that we should be holy and blameless before Him in love."

— Ephesians 1:4

Key points:

- He has blessed us in Heavenly realms with every spiritual blessing in Yeshua
- He chose us IN HIM before creation
- In love He predestined us for adoption to sonship.
- This in accordance with His pleasure and will.
- He has FREELY given us the ONE He loves.

Supporting Scriptures

- **John 15:16** – "You did not choose Me but I chose you."
- **Romans 8:15** – "You have received the Spirit of adoption..."
- **Deuteronomy 7:6–8** – Israel chosen because of Yahweh's love.

Reflection Questions

1. What does it mean that Yahweh desired a relationship with me before creation? _____
2. Am I living as an adopted child or as a spiritual orphan? _____
3. What is sonship in Yeshua? _____

4. What are some of these spiritual blessings? _____ -

3. Redemption Through the Blood of Messiah

Ephesians 1:7–10

⁷ In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸ that he lavished on us. With all wisdom and understanding, ⁹ he ^[d] made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

Paul explains that redemption comes only through the blood of Yeshua. The word "redemption" describes purchasing someone out of slavery. Humanity was enslaved to sin, yet Messiah paid the full price through His sacrifice. Through His blood we receive forgiveness, freedom, and reconciliation with Yahweh. Paul also reveals God's eternal mystery—that all things in heaven and earth will ultimately be united under Messiah's authority. History is moving toward the restoration of all creation under the reign of Yeshua.

Key points

- In Him we have redemption through His Blood.
- He has blessed us with ALL WISDOM AND UNDERSTANDING
- He made known the mystery of His will
- He wants to bring UNITY to all things through this in HEAVEN and EARTH UNDER YESHUA.

Key Scripture

"In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace."

— Ephesians 1:7

Supporting Scriptures

- Colossians 1:13–14
- Isaiah 53:5–6
- Hebrews 9:22
- Revelation 5:9–10

Reflection Questions

1. Have I fully embraced the freedom Messiah purchased for me? _____
2. Are there areas where I still live as though I remain in bondage? _____

3. How should redemption influence the way I forgive others? _____

4. What does this type of unity mean? _____

4. Our Inheritance in Messiah

Ephesians 1:11–12

¹¹In him we were also chosen,^[e] having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, ¹²in order that we, who were the first to put our hope in Christ, might be for the praise of his glory.

Believers have obtained an inheritance because they belong to Messiah. Paul emphasizes that Yahweh works all things according to His purpose. This inheritance includes eternal life, participation in His Kingdom, and the privilege of reflecting His glory. Our lives are not random but are woven into Yahweh's eternal plan. The goal of our salvation is that our lives would become praise to His glory.

Key points:

- In Yeshua we were chosen
- In Yeshua we have been predestined according to the plan of Him who works out everything

Key Scripture

"In Him also we have obtained an inheritance..."

— **Ephesians 1:11**

Supporting Scriptures

- **Romans 8:17**
- **1 Peter 1:3–5**
- **Psalms 16:5–6**

Reflection Questions

1. Am I living with an eternal perspective or only for temporary things? _____
2. How does my inheritance shape my priorities? _____
3. Do I understand the concept of being predestined? _____

5. Sealed with the Holy Spirit

Ephesians 1:13–14

¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

After hearing and believing the Gospel, believers are sealed with the Holy Spirit. In biblical times, a seal represented ownership, authenticity, authority, and protection. The Holy Spirit is Yahweh's guarantee that believers belong to Him and that the promised inheritance will be fully received. The Spirit also empowers believers to live holy lives, understand Scripture, and grow into the likeness of Messiah.

Key points:

- When we heard the message of TRUTH we were included in TRUTH, the gospel of salvation.
- When we believed we were marked with a SEAL and the promise of the HOLY SPIRIT.
- This guaranteed our inheritance until the **redemption of those who are God's possession**.

Key Scripture

"You were sealed with the promised Holy Spirit, who is the guarantee of our inheritance."

— Ephesians 1:13–14

Supporting Scriptures

- 2 Corinthians 1:21–22
- Romans 8:14–16
- Ezekiel 36:26–27

Reflection Questions

1. Am I allowing the Holy Spirit to lead my daily decisions in truth according to His Word not my opinion, thoughts and feelings? _____
2. Do I believe I am sealed under His covering? _____ -
3. Do I trust His guidance even when I do not understand the outcome?
4. What does the Holy Spirit mean to me? _____ --

6. Paul's Prayer for Spiritual Wisdom

Ephesians 1:15–19

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, ¹⁶ I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit^[f] of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe.

Paul tells the believers that he continually prays for them. Rather than praying mainly for physical blessings, he asks that Yahweh would give them the Spirit of wisdom and revelation so they may know Him more deeply. He specifically prays that the "eyes of their hearts" would be enlightened so they understand three realities: the hope of His calling, the riches of His inheritance, and the immeasurable greatness of His power toward believers. Spiritual maturity comes through knowing Yahweh personally, not merely acquiring information.

Key points:

- We should pray for one another
- We must pray that God gives all His Spirit of wisdom and revelation so that we may KNOW Him better.
- We must pray that the eyes of our hearts be enlightened so we may know the HOPE to which He has called us, and the riches of His glorious inheritance and His incomparably great power for us WHO BELIEVE.

Key Scripture

"That the eyes of your understanding being enlightened..."

— Ephesians 1:18

Supporting Scriptures

- Jeremiah 9:23–24
- Colossians 1:9–10
- James 1:5
- Proverbs 2:6

Reflection Questions

1. Am I pursuing knowledge about God or intimacy with Him?
2. What blinds me from seeing His calling clearly?

3. Do I pray for others according to Gods Word so they may have hope?
4. Do I believe and rely on HIS GREAT POWER and implementing in in BELIEVE in your life? _____

7. Messiah Exalted Above Every Power

Ephesians 1:20–23

²⁰ The power is the same as that exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.

Paul concludes by describing the supreme authority of Yeshua. The same power that raised Him from the dead placed Him above every ruler, authority, power, and dominion. Every spiritual and earthly authority is subject to Him. Messiah is the Head of the Body, the assembly of believers, and everything ultimately exists under His rule. This gives believers confidence that no spiritual opposition, earthly power, or future event can overthrow His Kingdom. Because believers are united with Him, they participate in His victory and are called to live under His lordship.

Key points

- The power that resurrected Yeshua is living inside of each of us who BELIEVE
- God placed EVERYTHING under His feet and appointed Him to be HEAD over ALL things.

Key Scripture

"And He put all things in subjection under His feet, and appointed Him as head over everything for the church."

— Ephesians 1:22

Supporting Scriptures

- Psalm 110:1
- Philippians 2:9–11
- Colossians 1:15–20
- Matthew 28:18
- Hebrews 1:3–4

Reflection Questions

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1. Do I truly believe that Yeshua has authority over every situation in my life?
2. What areas have I not fully submitted to His lordship?
3. How does His victory give me confidence when facing spiritual battles?

Major Themes of Ephesians 1

- **Identity in Messiah** – Believers are chosen, adopted, forgiven, redeemed, and deeply loved by the Father (Ephesians 1:3–6; 2 Corinthians 5:17).
- **The Father's Eternal Purpose** – Redemption was part of Yahweh's plan before the foundation of the world and culminates in all things being united under Messiah (Ephesians 1:9–10; Romans 8:28–30).
- **Redemption Through the Blood of Yeshua** – Forgiveness and reconciliation are secured through His sacrificial death (Ephesians 1:7; Hebrews 9:12–15).
- **The Holy Spirit as Our Seal** – The Spirit guarantees our inheritance, marks us as Yahweh's own, and empowers holy living (Ephesians 1:13–14; Romans 8:14–17).
- **Spiritual Wisdom and Revelation** – Believers are called to know Yahweh intimately, with enlightened hearts that understand His hope, inheritance, and power (Ephesians 1:17–19; Colossians 1:9–10).
- **The Supremacy of Messiah** – Yeshua reigns over every authority and is Head of His Body, the church, giving believers confidence in His sovereign rule (Ephesians 1:20–23; Philippians 2:9–11).

Final Reflection

Ephesians 1 teaches that the Christian life begins not with what we do for God, but with what Yahweh has already accomplished for us through Messiah. From eternity past He chose us in love, through the blood of Yeshua He redeemed us, by His Spirit He sealed us, and through His resurrection power He calls us to walk in confidence and holiness. Paul's prayer invites every believer to move beyond simply knowing facts about God into a deep, life-transforming relationship with Him. As we grasp our identity, inheritance, and the authority of Messiah, we are equipped to live as ambassadors of His Kingdom, bringing glory to the One who has blessed us with every spiritual blessing in the heavenly places.