



# EPHESIANS 1:1-3

“BLESSED”

AUGUST 10, 2025

## SUMMARY

This week, we begin a new series on the book of Ephesians by exploring what it truly means to be blessed. Paul wrote his letter to believers in Ephesus—a city known for its wealth, power, and immorality—reminding them (and us) of their/our identity in Christ.

The opening of this book overflows with a unique perspective – the joy and privilege of being “blessed with every spiritual blessing in Christ.” This prompts us to ask, **What does it mean to be blessed?** The world offers many answers to that question, but Paul wants us to see that true blessing isn't about material prosperity or comfort but about being “in Christ” and receiving every spiritual blessing through Him.

To be blessed is to be in Christ.

- I am Blessed Because I’m a Saint

All believers are called saints, not because of personal achievements but because of our position in Christ. To be “in Christ” means being seen by God as holy and righteous because of Jesus’ perfect life and sacrifice. The word Paul uses also means “set apart” – we belong to God and live for his purposes.

- I’m Blessed Because I Know God’s Grace

Grace is God’s undeserved kindness and favor through faith in Jesus’ life, death and resurrection on our behalf. The gospel breaks the chains of entitlement, reminding us we don’t deserve anything, yet God freely gives us everything we truly need in Jesus.

- I’m Blessed Because I Have God’s Peace

Peace with God means our sins are forgiven and there’s no more condemnation. We may struggle with fear, guilt, or restlessness, but God’s hostility toward sin has been dealt with in Christ. We are at peace with God forever, even in a broken world.

To be blessed is to be in Christ.

We need to remind ourselves that while good health, wealth, relationships or reputations are blessings, they are not what it means to be blessed. It's in belonging to Jesus, being filled with grace, and living in His peace. And if we have Jesus, we have the best God can give. God is not holding out on us. That is the heart of what it means to be truly blessed.

Therefore, as we live in a world a good deal like ancient Ephesus – full of distractions and false promises – the way to life, joy, and peace is remembering who we are in Christ. Let's unpack this text together and relish these blessings that are ours in Christ.

## DISCUSSION

### Expand Our Awareness

Throughout history, each time and culture has had its own unique definition of what it means to be “blessed.”

- How might the ancient Ephesians have defined “being blessed”? How might someone today define “being blessed”?
- How are they similar or different?
- In your own words, how would you define what it means to be blessed in Christ?



This document can be used for either personal or group reflection.

Group facilitator: Please feel empowered to use only the questions that are helpful for the context of your group.

### Extract the Truth

### Read the text: Ephesians 1:1-3

- What jumps out to you from this text?

The Ephesians were already believers who were well acquainted with Paul.

- Why might they need to be reminded that they are Saints blessed with God's grace and peace?

Pastor Jeff highlighted that the term “saint” applies to all believers, not an elite group.

- Why might that be shockingly good news to ancient Ephesians? Why is that still good news today?
- How do you think we practically live out the reality that we are saints, not because of our personal achievements but because of our position in Christ?

- What is God's grace? Why is it hard to fully grasp the concept of living by grace and not performance?
- In what ways can God's grace change our entitlement and what we think we deserve?
- What is God's peace, and how does it give us hope in a broken world?
- How can our experience of God's peace affect how we respond to frustrating, disappointing, or painful realities we experience?

## Experience Transformation

- What specifically needs to change about how you think of what it means to be blessed? What difference would that make in your life?
- What distractions or challenges cause you to lose sight of the blessings we have in Christ?
- What can you do practically to see those distractions through the lens of God's greater blessings to you? How can you bring the awareness of being blessed in Christ to difficult situations and relationships?

## Pray



**PREPARE FOR  
NEXT WEEK:**

Ephesians 1:3-14