

The General Electric Power Company Series

Galatians | **Ephesians** | Philippians | Colossians

Lesson #7 – Ephesians 1

Main Idea

The Book of Ephesians is a letter written by the Apostle Paul to the Christians in Ephesus, focusing on the themes of unity, grace, and spiritual growth in Christ. Paul emphasizes that Believers are made alive in Christ through God's grace, and that salvation is a gift, not something earned by works. The letter underscores the need for unity in the Church, stressing that both Jews and Gentiles are reconciled through Christ and are part of One Body. Paul urges Believers to live in a manner worthy of their calling, embracing virtues like humility, love, and peace. He also provides practical advice for relationships within the household, highlighting the roles of wives, husbands, children, and servants. The final chapter calls Believers to be strong in the Lord, putting on the full armor of God to stand firm against spiritual challenges. Ephesians is a powerful reminder of God's transformative work in the lives of His people.

Ephesians 1 emphasizes God's blessings, the spiritual riches Believers receive through Christ, and the divine plan of salvation. It highlights God's choosing, predestination, and adoption of believers, as well as the sealing of the Holy Spirit. The chapter underscores God's glory and the Church's purpose in Christ.

Outline for Ephesians

- Ephesians 1:1-2 – Introduction
- Ephesians 1:3-23 – Our spiritual possessions in Christ
- Ephesians 2:1-22 – Our spiritual position in Christ
- Ephesians 4:1-16 – A call to walk in unity
- Ephesians 4:17 - 5:21 – A call to walk in purity
- Ephesians 5:22 -6:9 – A call to walk in harmony
- Ephesians 6:10-20 – A call to walk in victory

Questions for Consideration

1. According to verses 1 and 2, to whom was the book of Ephesians written? Why is it important to note this?
2. Read verses 3 through 14. There are some extremely important theological ideas presented in this passage.
 - a. According to verses 4 and 11, why were we chosen?
 - b. With whom are we sealed in reading verse 13 and in the following verse (14) what are we guaranteed?
3. In verses 17 through 23 Paul makes some bold claims about the power of the Holy Spirit.
 - a. What are some things for which Paul prayed for the Ephesians?
 - b. In verses 19 and 20 Paul speaks of the power we can have in the Holy Spirit. To what power does he liken the power we have?

Next Week's Lesson: Read Ephesians 2. What's so amazing about grace?



Ephesians 1 (New International Version, ©2010)

¹ Paul, an apostle of Christ Jesus by the will of God,
To God's holy people in Ephesus,^[a] the faithful in Christ Jesus:

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

Praise for Spiritual Blessings in Christ

³ Praise 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. 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. 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.

¹¹ In 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, ¹² in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. 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.

Thanksgiving and Prayer

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. That power is the same as the mighty strength ²⁰ he 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.

Footnotes:

- a. [Ephesians 1:1](#) Some early manuscripts do not have *in Ephesus*.
- b. [Ephesians 1:5](#) Or *sight in love. He*
- c. [Ephesians 1:5](#) The Greek word for *adoption to sonship* is a legal term referring to the full legal standing of an adopted male heir in Roman culture.
- d. [Ephesians 1:9](#) Or *us with all wisdom and understanding. And he*
- e. [Ephesians 1:11](#) Or *were made heirs*
- f. [Ephesians 1:17](#) Or *a spirit*

