

**Ephesians: Lesson #35: Blessings in Christ**  
**Notes for Parents to Study with Their Children**  
**For Sunday, August 31<sup>st</sup>**

Read Eph. 1:1 – 2:10 (a simplified explanation of the text is supplied at the end of these notes).

**Memory Verse:** Eph. 1:22 “And He put all things under His feet, and gave Him to be head over all things to the church.”

**Paul Writes to the Ephesians**

- When Paul was in a Roman prison, he wrote to the church at Ephesus. Paul had been to that town on his second great preaching journey and later went back and preached there for three years.
- Paul begins his letter explaining to the Christians at Ephesus how many wonderful things God had done for them.

**Blessings in Christ**

- When God was about to send the flood on the earth, He told Noah to go inside the Ark. There God would protect Noah and his family. So everything that God intended to do for Noah involved him being inside the Ark.
- God wants to bless us too. He doesn't want us to lost. So God decided to make a place where we would be safe. That place is in Christ.
- Over and over again in Ephesians chapter 1 Paul talks about the blessings, the good things we have, in Christ.
- How do we get in Christ? We have to believe in Him as God's Son, we have to repent of our sins, we have to confess that He is God's Son, and then we are told we have to be “baptized into Christ” (Rom. 6:3; Gal. 3:27). Once we are baptized into Christ, we have to stay in Christ (just like Noah had to stay in the Ark).
- God does wonderful things for all who are in Christ:
  - ⇒ He has given us every blessing that will help us spiritually.
  - ⇒ God chose Christians for His important work. He chose for us to do this even before He made the world.
  - ⇒ God adopted us into His family. [Explain what is meant by adoption.]
  - ⇒ Christ paid the price with His death on the cross to take away our sins.
  - ⇒ God has given us His Word to tell us how to be saved and how to live.
  - ⇒ God has given us Christ to lead us, to be our loving ruler in the church.
  - ⇒ God put His own special mark on us (one that He can see) that promises one day we will inherit heaven.
  - ⇒ These blessings are like riches that God is giving us because He is such a good God.

**Paul Prayed for the Ephesians**

- When Paul prayed, he was always asking God to bless the Ephesians
- Mainly he asked God to help them to see just how important their hope of heaven was.

- He also wanted them to realize how powerful God was, and how He uses that power to help us.
- Paul also wanted them to remember that Jesus Christ was now King over everyone. He had all authority in heaven and on earth. Think of all the most important people you have ever heard of and realize Jesus is more important than they are. Jesus is our King and we always need to believe that. Jesus is King over everyone, but some people don't obey Him. But in the church, we realize He is our King, the head of the church. We praise Him and obey Him.

### **Dead in Sin**

- When people sin they are disobeying God's law. And everyone who sins dies spiritually. Of course, everyone someday will die physically, but dying spiritually means we are separated from God. We don't have Him as our God. We will be lost if we stay this way.
- When you disobey God, you are walking the way the Devil wants you to walk. Most people in the world already live the devil's way. We don't want to live like they do.

### **Made Alive**

- The good news is God gave Jesus and His gospel to make people alive, even though they had been dead in sin. When we become Christians, we become spiritually alive because we have God once again.
- Like God raised up Jesus from the grave, God raises people up out of sin, and let's them start living their lives with Jesus.

### **We Are Saved by Grace**

- Christians should really be thankful, because God did not have to save them. We had been breaking God's law, but God still sent Jesus to save us. We didn't save ourselves from sin, God made a way for us to be saved in Christ Jesus.
- Once we are saved by Christ, God wants us to live in a way that shows the kind of life He wants us to live. He wants us to do the good things He tells us to do.

## **Simplified Explanation of the Text**

### **Introduction**

Eph. 1:1 Paul, an apostle by the will of God, to the those who've been set apart to serve God and are faithful in Christ Jesus.

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

### **Blessings that Can Be Ours in Christ**

3 Blessings to the God and Father of our Lord Jesus Christ, who blessed us in Christ with every spiritual blessing in the heavenly realm.

4 Just as God, even before He began creating the earth, chose us in Christ to be holy. The Lord wants there to be no reason for us to be accused of doing wrong, as we stand before Him in love.

5 Planning it ahead of time, God, because of His kind nature, decided we would be adopted to Him through Jesus Christ.

6 And God did this so that the favor He had shown in making us acceptable in the Beloved One, would result in praise and glory.

7 In Christ the price has been paid for our freedom from slavery to sin, that price being the blood of Christ that releases us from sins. All this comes down to us out of the wealth of God's grace.

8-9 This wealth of grace overflows to us in all wisdom and understanding. Things that had previously been hidden about what God wanted to do, that He has now made known to us. Things that demonstrate the kindness God intended to show about Himself.

10 It was God's plan that in His management of things, to bring about the a time when every thing was fulfilled, a time when He would bring all together under one Head in Christ; not only things in heaven, but also things on earth.

11 In Christ we also have been chosen to receive this, God having already decided beforehand what He wanted to do. Remember, God can make everything He wants to happen, work in the way He wants it to work.

12 He did this so that we who previously hoped in Christ, would become those who would praise Him for His glory.

13 In Christ you also, after hearing the Word of truth, the gospel of your salvation in which you believed, you were marked with the seal of the promised Holy Spirit.

14 This sealing is like a downpayment pledge of the inheritance we will be receiving, until we take full possession of our redemption, resulting in the praise of God's glory.

### **Paul's Prayer for the Ephesian Christians**

15-16 So when I heard about your faith in the Lord Jesus and your love toward all the saints, I never stopped giving thanks for you and remembering you in my prayers.

17 My prayer is that the God of our Lord Jesus Christ, the Father of glory, will give you the spirit of wisdom and revelation in His knowledge.

18 That light can be given to the eyes of your mind so that you will know the hope of His calling and what glorious riches the saints will inherit from God.

19-20 And I pray that you will know what is unlimited greatness of God's power to those of us who believe, according to the working of His mighty power which he worked in Christ when He raised Him from the dead and set Him at His right hand in the heavenly realm.

21 And sitting at the right hand of God, Christ has been placed above everyone -- over all those who are the highest rulers, above all who have some form of authority, above all those with the power to enforce their authority, and over all who have been given the right to rule over a certain realm. He is above every name that is named, not only in this time, but also in the one to come.

22-23 And the Father put all things under Christ's feet, and has gave Him to be head over all things to the church, which is His body, the fullness of Him that fills all in all.

### **Though We Were Dead in Sin, God Raised Us Up**

Ephesians 2:1 And you were once dead in your trespasses and sins.

2 And when you practiced these sins, during that time you walked in the ways the world keeps walking in, ways that are according to Devil who is the ruler of the power of the air, the spirit who continues working in the children of disobedience,

3 At one time, we all were one of those people who live their lives wanting the things of the flesh, doing just what the flesh and mind wanted to do. And it's only natural that we would be considered children of wrath, just like all they are.

4-5 But because God was rich in His mercy and because He loved us with such a great love, even though sin had caused us to die spiritually, He made us alive with Christ. Remember, "By grace you have been saved."

6 God also raised us up together with Christ, and sat us down together with Him in the heavenly realm in Christ Jesus.

### **Saved by God's Grace**

7 This was done so that throughout the ages to come, God could show just how His grace overflows in kindness toward all of us who are in Christ Jesus.

8-9 Now all this teaches us, "By grace you have been saved" through our conviction and trust in what God has done through Christ. Since it was all done while we still in our sins, walking according to the world, we realize that salvation did not come from ourselves, but is ours because God chose to give it. We did not receive salvation because of our works, otherwise some would have boasted that they earned their salvation.

10 The truth is, we should think of ourselves as a work God has done, creating us in Christ Jesus so that we will do good works -- works which God had already prepared for us to walk in.