



Studies in the letter to Ephesians

Session 1: Based on the sermons of 12 and 19 April

Read: Ephesians 1:1-23

Questions

1. According to Ephesians 1:3–6, God chose us in Christ “before the foundation of the world” to be holy and blameless and to be adopted as His children. How does the truth of God’s eternal initiative and grace shape your sense of identity and security in daily life?
2. Ephesians 1:7–10 emphasise that we have redemption and forgiveness through Christ’s blood, according to the riches of His grace. In what areas do you most struggle to fully accept God’s forgiveness, and how can this group remind each other of the “riches of His grace” rather than just the basics of grace?
3. Ephesians 1:11–14 describe believers as sealed with the promised Holy Spirit, who is the guarantee of our inheritance. How does the Holy Spirit’s presence in your life give you confidence for the future? What practical difference does it make when you face suffering or uncertainty right now?
4. Paul insists in Ephesians 1:20–23 that Jesus is already reigning—far above every power—yet that reality often feels hidden. Where do you find it hardest to believe that Christ is truly reigning right now? What in this passage challenges or reshapes that view?
5. Paul prays that believers would have “enlightened hearts” to grasp their hope, their identity as God’s inheritance and His power at work in them. Which of these truths do you most struggle to live out—your future hope, your value to God, or His power in you—and how might your daily life change if you genuinely saw it with “enlightened eyes”?
6. If Jesus truly reigns as Lord over all powers—but does so via the cross, not domination—then His people must reflect that same pattern. What would it look like this week to live under Christ’s authority in His way (through humility, love, and sacrifice rather than control or fear), especially in a situation where you’re tempted to grasp power or lose hope?

Based on this passage, here are some spiritual exercises to help us immerse ourselves in God’s word for the coming days.

1. Blessing Inventory: Read Ephesians 1:3.

Take a blank page. Draw a line down the middle. On the left, write “Spiritual blessings I already have in Christ.” On the right, write: “Things I still want or feel I lack.”

List as many spiritual blessings as you can think of in Eph 1:3-14. Then look at the right side. For each item there, ask: “Is this something I’m trying to get apart from Christ?” Cross out any that Christ has already secured for you.

Prayer: *Father, forgive me for seeking blessings outside of the One who is my every blessing. Thank you that in Christ I lack no spiritual good thing. Teach me to live from that abundance today. Amen.*

2. Forgiveness Exchange: Read Ephesians 1:7

Take a coin and let it represent a specific sin or guilt you’ve been carrying. Now open your hand and drop the object onto a table or the floor. Physically leave it there. Do not pick it back up. Remember now that your sins have been forgiven—not because you paid for it, but because Christ’s blood paid for it according to the riches of God’s grace.



Prayer: *Lord Jesus, Your blood is enough. I release my guilt into your grace. I will not dig up what you have buried. Thank You for redemption that I did not earn and cannot lose. Amen.*

3. Sealed: Read Ephesians 1:13–14.

On a sticky note or index card, write: “I am sealed. My future is guaranteed.” Place it somewhere you will see it often today (bathroom mirror, car dashboard, phone lock screen). When you see it, thank God’s Spirit that you are God’s possession and that He guarantees your future.

Prayer: *Holy Spirit, thank You for being God’s unbreakable seal on my life. When I fear the future, remind me that you are the guarantee of my inheritance. Anchor my heart in that certainty right now. Amen.*

4. Enlightened Eyes: Read Ephesians 1:17–19.

Turn Paul’s words into your own prayer:

- Ask God to open “the eyes of your heart.”
- Name specific areas where you feel confusion, fear, or doubt.
- Ask to see those exact places in light of Christ’s rule.

Sit quietly for a few minutes and notice what shifts—not necessarily in circumstances, but in how you see them. End by simply saying: “Jesus, you are Lord here too.”

Prayer: *Lord Jesus, open the eyes of my heart. Where I feel confusion or fear, help me see that you are reigning even now. Teach me to see my life—and this world—through your victory. Amen.*

5. Identity Rehearsal: Take a few minutes to reflect on Ephesians 1:18–20.

This passage says you are not just saved—you are God’s inheritance, His treasured possession.

- Write down the statement: “I am God’s inheritance; He delights in me.”
- Notice your internal resistance (doubt, shame, indifference). Don’t ignore it—name it honestly.
- Bring that resistance to God in prayer.

Repeat the truth slowly, but as something you are learning to receive. Let it reshape how you view yourself throughout the day—especially in moments of failure or insecurity.

Prayer: *Father, thank you that you have called me into a living hope. Help me to believe that I am yours—that I am part of your treasured inheritance. When I doubt my worth or my future, anchor me again in your calling. Amen.*

6. Cross-Shaped Authority: Read Ephesians 1:19–20.

Christ reigns over all—but His rule looks like the cross, not control. Identify one real situation today where:

- You feel powerless, or
- You are tempted to control, prove yourself, or “win”.

Then consciously choose a Christ-shaped response:

- patience instead of force
- forgiveness instead of resentment
- quiet trust instead of anxiety.

As you act, remind yourself: the same power that raised Christ is at work in me (Ephesians 1:19–20). This evening, reflect on this: Where did I see Christ’s power expressed—not as dominance, but as grace?

Prayer: *Holy Spirit, let your power be at work in me today—not in control or pride, but in love, patience, and humility. Teach me to live under Christ’s rule in the way of the cross. Amen.*