

## A Waterfall of Blessing

### Every Spiritual Blessing

1. Look through Ephesians 1:3-14. Write down all the blessings (mostly verbs) you see in the text.
2. What is the origin of these blessings?

### Blessings from God the Father

*[4] even as he **chose us** in him before the foundation of the world, that we should be holy and blameless before him.*

*[11] In him we have obtained an inheritance, having been **predestined** according to the purpose of him who works all things according to the counsel of his will, [12] so that we who were the first to hope in Christ might be to the praise of his glory.*

3. When did God choose us?
4. What had we done at that point to deserve salvation?
5. On what basis did he choose us?
6. Why did he choose us?
7. For what purpose did he choose us? What is the destination that God had in mind when he chose us (see v 11)?
8. Are we coming to terms with God's profound love for us grounded in eternity past? What difference does that make in your life?
9. How does knowing that you are chosen bring you joy and lead you to praise?

*In love [5] he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, [6] to the praise of his glorious grace, with which he has blessed us in the Beloved.*

10. Who initiates our adoption? When was God's plan for adoption formulated? How is that all of Grace?

11. How is our adoption accomplished?

*Romans 8:14–17*

*For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.*

12. How is our spiritual adoption a change in identity? Adoption is a legal term. What are the implications of our adoption as sons? What does it mean to you that are called a child of God and can approach God as "Father?"

13. What is the ultimate purpose of our adoption as sons?

### **For Further Reflection**

14. Which of these verbs speaks to you today? How might your life be different if you leaned more into the reality of what God has done for you/who you are in Christ?

15. Are you striving to find a way to qualify yourself for grace and earn His pleasure?

16. How do you see the Spirit applying the doctrines of election and adoption to your heart? Do you have greater humility, knowing that you are no better than anyone else, including your children? Does it give greater security, knowing that your salvation is not dependent on the strength of your faith or your performance?

17. Where do you see God working glory into your life right now? How is your own glory being rolled away and how are you becoming more like Christ?