

# A STUDY ON EPHESIANS

**EPHESIANS 1:3-8**



# OVERVIEW TO THE BOOK OF EPHESIANS

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The Ephesians were early followers of Jesus living in the city of Ephesus. The Apostle Paul spent significant time there spreading the good news of Jesus and helping the young church grow.

Years later, around AD 60-61 and while in a Roman prison, Paul wrote them a powerful letter filled with encouragement, truth, and reminders of who they are in Christ. We have this letter now as a book in the Bible called Ephesians.

The first half of Ephesians unpacks the incredible gift God has given us. Through the work of Jesus, we're chosen, forgiven, and welcomed into his family. The second half invites us to live out that new identity, calling us to a way of life reflecting who we are in him.

## OUR HOPE FOR YOU

We invite you to take us up on the challenge to meditate on and memorize Ephesians 1:3-8. We hope that these truths will sink deep into your heart—that you will receive the new identity God has for you as a forgiven, chosen, and deeply loved child and that you begin to live out a life transformed by peace and freedom.

# HOW TO USE THIS BOOK:

Memorizing Scripture doesn't have to be overwhelming. It starts with the simple act of making space for God's truth to stay with you throughout your day. This guide offers simple tools to help you engage with Ephesians 1:3–8 in a way that fits your rhythm. Try one method at a time or mix a few that work best for you. The goal isn't perfection—it's about allowing these words to take root in your heart as you return to them again and again. Let's jump in!

## ADDITIONAL RESOURCES



Follow along with our weekend message series, **Who Do You Think You Are?**, centered on these verses from Ephesians.

[LCBCchurch.com](https://LCBCchurch.com)



Listen to our new Soundtrack recorded by LCBC Worship for a simple way to meditate on these verses!

[LCBCchurch.com/Music](https://LCBCchurch.com/Music)



Dive deeper into this content through **Message Based Questions** – each week have a discussion guide delivered right to your inbox!

# EPHESIANS 1:3

All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.

**Eph. 1:3 says, we are blessed with “every spiritual blessing... because we are united in Christ.” Here are some questions to help you reflect on that truth:**

- What does it mean to be “in Christ”?
- A blessing is like a gift. What are some of the gifts we receive from God when we are in Christ? (e.g., peace, forgiveness, purpose, love, grace, the Holy Spirit)
- How might this verse help when you're feeling like you're missing out or not enough?

## **TIP TO MEMORIZE THIS VERSE:**

Read the verse slowly, then write it by hand.  
There's something powerful about pen to paper!

# EPHESIANS 1:4

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.

**Eph. 1:4 says, “God loved us and chose us in Christ.”  
We are chosen! Reflect on that part of your identity.**

- What does it feel like to be chosen for something? Have you ever felt left out or not good enough when you're not chosen?
- Why does it matter that God chose us *before* we did anything good or bad?
- How does knowing God chose you change the way you see yourself?

## **TIP TO MEMORIZE THIS VERSE:**

**Take it one part at a time. For example:**

- “Even before he made the world,
- God loved us and chose us in Christ
- to be holy and without fault in his eyes.”

**Once you've got each part, move on to the next.  
Stack them together like building blocks.**

## EPHESIANS 1:5

God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.

**Eph. 1:5 says, “God decided in advance to adopt us into his own family.” Here are some questions about that idea:**

- What does it mean to be adopted into God’s family?
- How is God’s family similar to or different from your own family?
- What kind of things do you think God wants his kids to know or do?

### TIP TO MEMORIZE THIS VERSE:

Use a voice memo app to record yourself reading the verse. Listen to it while driving, working out, or winding down. Hearing your own voice makes it more personal.

## EPHESIANS 1:6

So we praise God for the glorious grace he has poured out on us who belong to his dear Son.

### TIP TO MEMORIZE THIS VERSE:

Write the first letter of each word and use it as a visual cue to recite the full verse:

This verse would look like this:

**SWPGFTGGHHPOOUWBTHDS**

## EPHESIANS 1:7

He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

### TIP TO MEMORIZE THIS VERSE:

Choose one key word or short phrase from each part of the verse to act as “an anchor” that helps you remember the flow and meaning.

Say or write just the anchor words first. Once they feel familiar, try to fill in the full verse from memory using them as prompts.

#### Anchor Words:

**Rich – Kindness – Grace – Freedom – Blood – Forgave – Sins**

## EPHESIANS 1:8

He has showered his kindness on us, along with all wisdom and understanding.

**Eph. 1:6-8 tells us all about how through Jesus Christ, God has forgiven us. Reflect on what this truth means for your identity in Christ.**

- What does it mean to be forgiven by God?
- How does knowing you're forgiven change the way you live?
- What's one way you can remind yourself this week that you are fully forgiven in Christ?

### TIP TO MEMORIZE THIS VERSE:

Read the verse out loud 5 times.  
(Saying it out loud helps it stick!)

## EPHESIANS 1:3-8

<sup>3</sup>All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. <sup>4</sup>Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. <sup>5</sup>God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. <sup>6</sup>So we praise God for the glorious grace he has poured out on us who belong to his dear Son. <sup>7</sup>He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. <sup>8</sup>He has showered his kindness on us, along with all wisdom and understanding.

**Eph. 1:3-8 speaks directly about the new identity we have in Christ. Here are some questions to think about your identity:**

- Where do you think people get their ideas about who they are? (Friends, school, social media, family, TV?)
- What are some things people say about who you are? Are they always true?
- What do you think God says is true about you, even when you don't feel it?
- How can we remind each other of who we are in Christ this week?