

### WEEK TWO – ETERNALLY BLESSED

*‘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. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will - to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us with all wisdom and understanding. And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times will have reached their fulfillment – to bring all things in heaven and on earth together under one head, even Christ. In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession - to the praise of his glory.’*

EPHESIANS 1:3-14

#### WELCOME

Who can share a time when they remember being so excited that they couldn’t contain it?

Individually try to write out last week’s memory verse, and then together see how accurately you can get to it.

Pray before watching the video that in this time God would reveal something new to each of us about what it means to be blessed.

#### WATCH THE VIDEO

‘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.’ (Ephesians 1:3)

Fill in the following gaps:

#### PAST

We were..... in Christ (1:4)

We were..... for in Christ (1:5)

#### PRESENT

We are ..... (1:7)

We are..... (1:7)

# Week 02 Small group

## Eternally blessed

TRANSFORMED LIFE

### FUTURE

We can be..... (1:9–10)

We can be..... (1:13–14)

### WORD

How do you sense your life has been blessed by God?

How are the Father, Son and Holy Spirit involved in blessing your life? (Father is the Source – from Him; Son is the sphere – by being included in Him; Spirit is the the means – by whom we receive).

How does knowing that we were chosen in Christ and planned before the creation of the world make you feel?

Describe what it might be like to be in slavery – draw from what you've seen in films or read in books or heard in recent news. Contrast this with what means to be redeemed (bought back) in Christ.

Why is being forgiven so important to our walking in freedom?

What does it enable us to walk free from? Can anyone share personally about their own experiences?

What are some of the things people can be concerned about when looking to the future?

How can knowing who we are 'in Christ' help us to feel expectant and secure about the future?

### WORSHIP

Write down on a slip of paper a sentence conveying how you have been blessed in your own life. Place the written prayers in the middle of the room. Everyone then takes a slip and reads it aloud, giving praise together to God for His goodness.

Have people stand in a huddle as a group and pray a scripture of blessing, such as:

'The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace.' (Numbers 6:24–26)

### WITNESS

Is there someone that you know of who you could help by sharing some of the things you've considered and learnt this week? We are blessed to be a blessing that others may come to know God.

'May the peoples praise you, God; may all the peoples praise you. The land yields its harvest; God, our God, blesses us. May God bless us still, so that all the ends of the earth will fear him' (Psalm 67:5–7).

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TRANSFORMED LIFE

Pray in twos or threes for opportunities to share the gospel.

### **MEMORY VERSE**

'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.' (Ephesians 1:3)

### **ACTION STEPS**

Go to the end of Day 50 in the *Transformed Life* book and read from section 1, 'Identity'.

Having read, considered and meditated on the phrases (taken from Ephesians), speak out the Word of God in faith, personally relating the truths conveyed to our own lives. As you do this, ask the Holy Spirit to lead you into a deeper appreciation and experience of these truths.