

 Bible Study Lesson: *Blessed in Christ, Secure in God's Plan* 12-11-2025 Focus Scripture (NIV – Ephesians 1:3–10)

3 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.

4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love

5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—

6 to the praise of his glorious grace, which he has freely given us in the One he loves.

7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

8 that he lavished on us. With all wisdom and understanding,

9 he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,

10 to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

 Lesson Objectives

- Understand the spiritual blessings God has given us in Christ.
- Recognize the significance of redemption, forgiveness, and adoption into God's family.
- Reflect on God's eternal plan to unite all things under Christ.
- Prepare hearts for Matthew 6:24–34 by connecting eternal blessings with freedom from worry.

 Verse Breakdown and Insights

- **Verse 3:** Our blessings are spiritual and eternal, not limited to earthly possessions.
- **Verse 4:** God's choice before creation shows His eternal love and purpose.
- **Verse 5:** Adoption through Christ gives us identity and belonging in God's family.
- **Verse 6:** Grace is freely given—our response is praise.
- **Verse 7:** Redemption and forgiveness secure freedom from guilt and shame.
- **Verses 8–9:** God reveals His will through Christ—His plan is wise and intentional.

- **Verse 10:** God's ultimate purpose is unity in Christ—our lives align with His cosmic plan.

Discussion Questions

1. What does it mean to be blessed “in the heavenly realms”?
2. How does knowing God chose us before creation affect your confidence in Him?
3. What difference does adoption into God’s family make in your daily life?
4. How does redemption through Christ free us from worry and fear?
5. How can we live daily in light of God’s plan to unite all things under Christ?

Memory Verse

Ephesians 1:7 (NIV):

“In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace.”

Connection to Matthew 6:24–34

- Ephesians 1:3–10 reminds us of eternal blessings already secured in Christ.
- Matthew 6:24–34 teaches us not to worry about material needs because God provides.
- Together, these passages shift our focus: if God has secured our eternal future, we can trust Him with our daily provision.
- This makes Ephesians 1:3–10 a powerful devotional preparation—it grounds us in God’s eternal plan so we can rest in His care today.

Closing Prayer

Heavenly Father, thank You for blessing us with every spiritual blessing in Christ. Thank You for choosing us, redeeming us, and adopting us into Your family. Help us to live with confidence in Your grace and to trust You with our daily needs. As we prepare for the lesson in Matthew, remind us that if You have secured our eternal future, we can rest in Your provision today. Unite our hearts under Christ, and let our lives reflect Your glory. In Jesus’ name, Amen.

 **Fill-in-the-Blank Worksheet (Participant Version)****Bible Study Worksheet: Ephesians 1:3–10 (NIV)****Focus Scripture**

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the _____ realms with every _____ blessing in Christ. (v.3)

Lesson Objectives

1. Understand the _____ blessings God has given us in Christ.
2. Recognize the significance of _____ and _____ into God's family.
3. Reflect on God's eternal plan to _____ all things under Christ.

Verse Breakdown

- Verse 3: Our blessings are _____ and _____.
- Verse 4: God's choice before creation shows His _____ love.
- Verse 5: Adoption through Christ gives us _____ and _____.
- Verse 6: Grace is _____ given—our response is _____.
- Verse 7: Redemption and forgiveness secure freedom from _____ and _____.
- Verse 10: God's ultimate purpose is _____ in Christ.

Discussion Questions

1. What does it mean to be blessed "in the _____ realms"?
2. How does knowing God _____ us before creation affect your confidence in Him?
3. What difference does _____ into God's family make in your daily life?

Memory Verse

Fill in the blanks:

"In him we have _____ through his blood, the _____ of sins, in accordance with the riches of God's _____. " (Eph. 1:7)

Connection to Matthew 6:24–34

- Ephesians 1:3–10 reminds us of _____ blessings already secured in Christ.

- Matthew 6:24–34 teaches us not to _____ about material needs because God _____.
- Together, these passages shift our focus: if God has secured our _____ future, we can trust Him with our _____ provision.

👉 Edward, this worksheet can be printed and handed out so participants actively engage by filling in the blanks during the study. Would you like me to also design a **children's version** with simpler wording and more visual prompts (like matching or drawing activities)?