

**The Warrior Path** – 6 weeks to being the man God has called you to be.

## **Week 1, Day 1 – Identity - Who am I in Christ?**

Ephesians 1:3 "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."

There's so much going on in this verse of Scripture that is easily overlooked if we don't have our hearts tuned. When I hear God's voice the loudest, it is when I slow down, read his word, and take consideration to what each word, section, sentence is really communicating.

**Start with this Prayer.** "Father, Thank you for giving me the opportunity to cultivate a personal relationship with you. Thank you for speaking to me through scripture, and through the Holy Spirit. Lord, prepare my heart for your word through this study. Speak to me, and bring up what I need to shine light on in order to be the man you created me to be. I lift up my life to you lord, in Jesus name. Amen

Now....Let's break this verse down.

### **1. "Praise be to the God and Father of our Lord Jesus Christ"**

Right away, Paul is setting our hearts on worship. This isn't casual acknowledgment—this is *praise*. It's reverent, loud, intentional. And that line—"*our Lord*"—grounds it. Not just a distant deity, but *ours*. There's intimacy in that phrase. And then you nailed it—this subtly affirms the divinity of Jesus while also distinguishing his relationship with the Father. It honors the mystery of the Trinity: Jesus is God, yet submits to the Father. Praise goes to the One who sent the Son, and also to the One who perfectly obeyed. That unity is divine and relational.

### **2. "...who has blessed us in the heavenly realms..."**

Yes! Access restored. This hits so hard for people like us who know what it's like to be *cut off*—by sin, shame, addiction, guilt. And yet here we are, reconnected not just with earthly peace, but **with every spiritual blessing in the heavenly realms**. That's status. That's authority. That's being seated with Christ *right now*, even as we fight battles here. It's like God's saying: "You already hold the eternal winning hand."

### **3. "...with every spiritual blessing in Christ."**

This line is wild. It's not *some* blessings. It's not a "starter pack" blessing. It's *every*. That's identity. That's grace poured out in full—gifts, fruit, access, wisdom, comfort, power, peace, adoption, redemption. It's the whole arsenal. And it's *in Christ*, which means it's not based on our merit but his position. If he's seated in authority, then we are too, by extension of being in him.

I imagine God saying, "**Everything I've stored in heaven is already yours—you just need to live like it's true.**"

Let's go deep on that—because *living like we've already received every spiritual blessing* changes everything. It's a mindset shift. A posture shift. A heart realignment that flips how we handle our time, our trials, our relationships, and our purpose.

### **1. Living like you're already blessed means you stop striving for what you already own.**

Think about that: how many times do we *pray like beggars*, asking for what God has *already deposited* in us through Christ?

We say, "God, give me peace," but **Jesus said**, "*My peace I give to you*" (John 14:27).

We cry out for strength, but **Paul says**, "*I can do all things through Christ who strengthens me.*"

Living like we're already blessed is living from abundance—not for approval, not for acceptance, not for identity.

We don't chase love—we *are* loved. We don't chase purpose—we *have* purpose. We don't chase power—we walk in the authority of the One who overcame the grave.

### **2. It means recognizing the battle is already won, even while you're still swinging the sword.**

Every spiritual blessing doesn't mean we're free from the fight—it means we *fight from victory*. You're not trying to earn freedom—you're enforcing it.

It's like walking onto a battlefield where the enemy's already lost the war, but he's still flailing, trying to convince you otherwise. But the armor's already been issued. The Spirit already sealed you. The name of Jesus already unlocked the chains.

### **3. It means responding to life with spiritual wisdom, not emotional reactivity.**

When you realize you've got access to heavenly wisdom, you stop making every decision based on how you *feel*, and start asking, "What is the Spirit leading me to do here?"

You realize patience isn't something you grind for—it's a fruit that's been growing in you since the Spirit took up residence.

Living like you're already blessed in Christ means you check your emotions against the truth, and you don't surrender your peace to every storm that rolls in.

#### 4. It means moving in boldness, not fear.

Fear says, "I don't have what it takes."

Faith says, "God has already equipped me with *everything I need* for life and godliness" (2 Peter 1:3).

This is where calling kicks in. You're not just some guy out here trying to make it—you're an *ambassador* of the King of heaven, walking in power and purpose that was *assigned* to you before creation. You speak differently. Lead differently. Love differently. Not because you're better—but because you're **blessed** in Christ. And you know it.

#### 5. It means being a conduit, not just a container.

If every spiritual blessing is already yours, then it's *not* just for your benefit—it's meant to flow *through* you.

Blessed to bless.

Forgiven to forgive.

Comforted to comfort others.

Living like you've already received the blessings of Christ means you're looking for ways to pour out what's been poured in. That's legacy. That's spiritual multiplication.

#### Warrior Challenge:

Identify one area in your life where you're still operating like a spiritual orphan—Where are you striving, begging, doubting, or hesitating, and how would that area look different if you truly believed *every spiritual blessing* is already yours in Christ? Today, I want you to send a message to the group chat with your Warrior Phrase... Your personal Mantra that you will repeat to yourself over and over, to remind yourself that you are a Child of God, and that your Identity is secure in Christ. Take some time and develop this on your own through journaling and prayer.

### Section 2 – Devotional

Before you took your first breath, before you got clean, before you opened your Bible, before you proved anything to anyone—you **were already blessed**. This verse isn't some fluffy Christian motivational quote. It's a declaration of war against every lie that says you're still lacking something. Paul's reminding us that in Christ, **nothing is missing**. You've got access to the full vault of heaven—not someday, but *right now*.

Let that hit:

- You're not begging God for love—you've already got it.
- You're not trying to earn peace—it's yours in Christ.
- You're not chasing identity—you were chosen before the world began.

And these blessings? They're not material. They're not fragile. They're **spiritual** and **eternal**. Strength when you're weak. Grace when you fall. Wisdom in the fire. Power in the fight. Victory in the valley. These are weapons for the war you're in. Living like you're already blessed doesn't mean faking perfection. It means walking with your head up because you know whose armor you wear. It's confidence born out of covenant—not circumstance. So warrior—stop striving for what's already yours. Start standing in it.

#### Reflection Questions:

*Journal these out. Be real. Let the Spirit speak.*

1. Where in my life am I still acting like I'm lacking—like I need to earn God's approval, love, or power?
2. What does it mean to me personally that I've already been blessed with *every* spiritual blessing in Christ?
3. If I truly believed this verse, how would it change how I show up today—as a husband, father, leader, or brother?



**Daily Challenge:**

Today, when fear creeps in... when you feel unworthy... when you want to snap, isolate, or shrink back—**speak the truth out loud:** “I’ve already been blessed with every spiritual blessing in Christ. I lack nothing. I fight from victory.” Text that to a brother. Put it on your mirror. Tattoo it on your soul. Live it.

**Prayer:**

Father,  
 Thank You for blessing me in the heavenly realms—not because I earned it, but because of who You are and what Christ has done. Forgive me for the times I act like I’m still in spiritual poverty when You’ve already given me access to the riches of heaven. Help me walk in the fullness of that truth today—with boldness, clarity, and a heart of gratitude.  
 Let me be a conduit of those blessings, not just a container. Use me to impact others with the grace You’ve poured out on me.  
 In Jesus’ name, **Amen.**

Daily Habit Tracker

Morning Prayer	1 Gallon of Water
45 Minute Workout	No Cheat Meals
1 Chapter, Matthew, Mark, Luke, or John	Pray with Family
Complete Daily Study and Journaling	Pray with Spouse / Significant Other
Complete daily challenge	Check in with group after all is complete