

THE PROMISE OF BLESSING

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Questions for discussion or reflection Session 9: Blessed in the beloved

Read the following verses from Ephesians and make a list of all the blessings that are mentioned.

The read it aloud, first putting your name whenever Paul writes 'us', 'our' and 'we' and then putting in 'me' where Paul writes 'us', 'our' and 'we':

How blessed is God! And what a blessing he is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in him. Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son.

*Because of the sacrifice of the Messiah, his blood poured out on the altar of the Cross, we're a free people—free of penalties and punishments chalked up by all our misdeeds. And not just barely free, either. **Abundantly** free! He thought of everything, provided for everything we could possibly need, letting us in on the plans he took such delight in making. He set it all out before us in Christ, a long-range plan in which everything would be brought together and summed up in him, everything in deepest heaven, everything on planet earth.*

It's in Christ that we find out who we are and what we are living for.

Ephesians 1: 3 -11 (The Message) (all author's underline)