

In Christ: blessed in the heavenly places
Ephesians 1:1-14

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We must approach it, therefore, carefully and prayerfully. The danger when considering such a statement is to be so charmed and enraptured by the very sound of the words, and the very arrangement of the words, that we are content with some passing general effect, and never take the trouble to analyse it and thereby to discover exactly what it says. We may be content with a purely general aesthetic effect, with the result that we shall miss the tremendous richness of its content. We must be unusually careful, therefore, to analyse it, to question it, and to discover exactly the meaning and the content of every word. And we must do this in the light of the teaching of the Scriptures as a whole.

Lloyd-Jones, D. M. (1978). [God's Ultimate Purpose: an Exposition of Ephesians 1](#) (p. 46). Banner of Truth Trust.

Planned

Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,

Blessed (eulgētos): worthy of praise or commendation

When God blesses believers, he bestows a certain favour upon them that they do not deserve. When they bless him, it is an act of praise and adoration that he richly deserves. It is not an act of grace on their part to give benediction or blessing to the Almighty.

Sproul, R. C. (1994). [The Purpose of God: Ephesians](#) (p. 21). Christian Focus Publications.

Ephesians 1:3 Blessed be **the God and Father of our Lord Jesus Christ**, who has blessed us in Christ with every spiritual blessing in the heavenly places,

John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God.

John 1:14 and the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Galatians 4:4 But when the fullness of time had come, God sent forth his Son, born of woman, born under the law,

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Blessed us in Christ with every spiritual blessing

Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing **in the heavenly places,**

The truth is: Christ is in the heavenly realms and so are we! He is there *literally*, and we are there *representatively*, as members of his Body. He is there as our Head and brings our actual presence with him because we are in him.

Hughes, R. K. (1990). [Ephesians: the mystery of the body of Christ](#) (p. 20). Crossway Books.

Ephesians 1:20 that he worked in Christ when he raised him from the dead and seated him at his right hand **in the heavenly places,**

Colossians 3:1–3 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth. ³For you have died, and your life is hidden with Christ in God.

Ephesians 1:3–4 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴**even as he chose us in him before the foundation of the world**, that we should be holy and blameless before him.

Chose (eklegomai): pick; single out; select; choose

Instead of destroying the value of human choices, election gives us a capacity for choosing that we did not possess previously as unregenerate persons.

Boice, J. M. (1988). [Ephesians: an expositional commentary](#) (p. 10). Ministry Resources Library.

Romans 8:7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot.

1 Corinthians 2:14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.

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Covenant of Redemption

God the Father plans salvation

Jesus the Son purchases salvation

The Holy Spirit preserves salvation

Ephesians 1:3–4 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴even as he chose us in him before the foundation of the world, **that we should be holy and blameless before him.**

Holy (hagios); saint; set apart

Blameless (amōmos): without defect; perfect; unblemished

A God who chose you before time, when only he existed, will not leave you victim to the time and tides of life.

Hughes, R. K. (1990). [*Ephesians: the mystery of the body of Christ*](#) (p. 24). Crossway Books.

1 John 2:3 And by this we know that we have come to know him, if we keep his commandments.

Ephesians 1:4–5 In love ⁵he **predestined** us for adoption to himself as sons through Jesus Christ, according to the purpose of his will,

Predestined (poorizō): to decide before hand

Ephesians 1:4–5 In love ⁵he predestined us for **adoption to himself as sons through Jesus Christ**, according to the purpose of his will,

Adoption (huiosthesia): to adopt;

1 John 3:1 See what kind of love the Father has given to us, that we should be called children of God; and so we are.

Ephesians 1:4–5 In love ⁵he predestined us for adoption to himself as sons through Jesus Christ, **according to the purpose of his will,**

Will (thelēma): not to be conceived as a demand, but as an expression or inclination of pleasure towards that which is liked, that which pleases and creates joy. When it denotes God's will, it signifies His gracious disposition toward something. Used to designate what God Himself does of His own good pleasure.

Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.