

Ephesians chapter 1

Hi Girls and Welcome to Ephesians!

This first chapter freeze-framed my brain. How could Paul be so positive?

His worship, praise and prayers are a sharp reminder of how I need to sharpen my thinking time, meditating on who God is and how He is at work. God has a plan and Christ is all in all!

Building blocks

1. This chapter includes Paul's incredible, worshipful enthusiasm about God (Eph. 1:3-14) and prayerful encouragement to Christians. (Eph. 1:19)
2. I find it shocking that Paul wrote this epistle/letter to the Ephesians while in prison, in Rome. (Ephesians 6:19 - 20). Now that puts "shelter-in-place" mandates in a different perspective!
3. It is believed Paul meant for this uplifting letter to be shared with other churches, particularly because ethnic and cultural tensions were so great.

Tips

1. As You observe the people and places, note that "saints" refers to all believers, and reference to heaven ties our human existence to eternity.
2. Mark or list Paul's statements about God, The Lord Jesus Christ, The Holy Spirit, and the main points of his prayers for the Ephesians. How could Paul think like this when culturally and personally things were very bad?
3. Note key words such as blessed/praise, chosen, adoption, all, every, inheritance, heir...are unbelievable evidence of God's unconditional love and plan for us no matter the era, no matter what has occurred in our lives, culture or the world. (Ephesians 1: 19-21)

[Deb-short video](#) Just a minute with Debby in the kitchen (1½ minutes)

[Ephesians chapter 1 Deb-talk](#) (9 minutes)

[Ephesians Bible Project](#) (9 minutes) Don't miss this!

May God bless you as you read the Word, think it, talk it and live it. I pray God is changing you more each day, becoming more Christ-like, walking in the Spirit!

With Love Because of the Word,

Debby

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