



WEEK 1

Every Spiritual Blessing

Ephesians 1

Before your group reads, ask everyone to listen for one word or phrase that stands out as the chapter is read aloud. Don't explain anything yet — just read it.

Think about a time someone told you who you were before they told you what to do — a coach, a parent, a mentor. How did that change how you received what came next?

Read Ephesians 1 (NLT) — read the whole chapter aloud together

What word or phrase stood out to you as you listened? Why that one?

Paul calls his readers "holy people" — saints, in the very first sentence, before he asks anything of them. What do you notice about that? What do you think this mean?

Read Ephesians 1:3–14

Paul keeps repeating the phrase "in Christ" or "in him." Count how many times it appears in these verses. What do you think it means to be "in Christ"?

Three times in these verses Paul ends a section with "to the praise of his glory." What does that tell you about why God does what he does?

Leader Note: *Chapter 1 is one long sentence in Greek. Paul isn't writing a checklist — he's overwhelmed with what God has done and he can't stop stacking one thing on top of another. Election, adoption, redemption, the mystery, the Spirit — all of it is describing what's already true of the people he's writing to. Help your group sit in that before trying to explain it.*

Read Ephesians 1:15–23



Paul prays for his readers to understand three things: the hope they've been called to, the inheritance they have, and the power available to them. Which of those three do you feel like you understand the least?

How would it change the way you live this week if you believed those things were true of you?

Next Step: This week, re-read Ephesians 1:3–14 slowly on your own. Every time you see the words "in Christ" or "in him," circle it. Let that phrase sit with you — what does it mean for your identity right now?

