



Oughtibridge
Parish Church

Ephesians 1:1-6 – Chosen

Discussion Questions

Pray for God's help as you turn to look at His word, to understand and respond rightly to what you'll see.

Read through verses 1-6 slowly, a couple of times, carefully considering the words and their meaning.

1. In v1, how does Paul identify (a) himself and (b) his recipients? What / who is central to their identities?
2. What does it mean for the Ephesian church to be “God’s holy people” (v1b)? What does ‘holy’ mean?
3. How does this help shape how we think of ourselves (our self-identity) as Christians and members of His church?
4. In each of verses 3, 4 and 5 Paul states one thing God the Father has done for us, the church. What are they?
5. Verses 4-5 begin to describe how God has “blessed us in the heavenly realms” (v3), saying he “chose” and “predestined” us. In each case, what did he chose or predestine us *for*?
6. A friend, when dropping her children at school used to say to them, “Remember who you are and remember whose you are.” How do verses 4-5 help you think about who you are and whose you are?



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7. We often define ourselves by our key relationships (i.e. who we're married to, whose parent we are or whose child we are). What is the key relationship through which we are defined in these verses and through which we receive "every spiritual blessing" (v3)?
8. Why, according to these verses, should being 'chosen' not lead to any pride on our part? (Consider *when* God chose us and what the word 'grace' means.)
9. What should be our main response to what Paul writes in these verses? (See v3, 6. You could also see v12 and 14.)

Pray

Spend some time praising God for all he has done for you and for every spiritual blessing you have in and through Christ. Pledge yourself again to being 'holy' to him, set apart for him and devoted to him.

A prayer you might like to use:

Heavenly Father, I praise you for choosing me to be your child through faith in Jesus, not because of anything good in myself, but because of your great love and kindness. Thank you for all the spiritual blessings I have in Christ. Please help me to grow in my understanding of how blessed I am and my gratitude to you and your son Jesus. Help me in the coming days to remember who I am and whose I am. In Jesus name I pray, Amen.