

THE
EPHESIANS 1
BLESSINGS

LEARN THEM. LOVE THEM. LIVE BY THEM.

I am blessed in Christ with every spiritual blessing
Ephesians 1:3

I am chosen in Him before the foundation of the world
Ephesians 1:4

I am adopted to Him through Jesus Christ
Ephesians 1:5

I am favored in the Beloved
Ephesians 1:6

I am redeemed in Him through His blood
Ephesians 1:7

I am forgiven in Him according to the riches of His grace
Ephesians 1:7

I am lavished with the knowledge of His will in Christ
Ephesians 1:8-9

I am included in His plan to unite all things in Christ
Ephesians 1:10

I am granted an inheritance in Him
Ephesians 1:11

I am made for the praise of His glory through hope in Christ
Ephesians 1:12

I am a believer in Him through the word of truth
Ephesians 1:13

I am sealed with the promised Holy Spirit, the guarantee of my inheritance
Ephesians 1:13

EPHESIANS 1:3-14 ESV

³Blessed 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. In love ⁵he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸which he lavished upon us, in all wisdom and insight ⁹making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth in him.

¹¹In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹²so that we who were the first to hope in Christ might be to the praise of his glory. ¹³In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.