BURN OUR HEARTS · STUDY GUIDE

Blessed in Christ

On the sermon **"Blessed in Christ"** by **Pastor Philip Anthony Mitchell**, 2819 Church · October 4, 2026 · Ephesians 1:3-6

EPHESIANS 1:3-6 (ESV)

[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, [4]even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love [5]he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, [6]to the praise of his glorious grace, with which he has blessed us in the Beloved.

MAIN IDEA

"If you're saved right now … you are fully blessed with every spiritual blessing in Christ Jesus." Holiness is "a natural desire in response to the fact that you were chosen, predestined, and adopted."

MAJOR POINTS from the sermon

1. **Praise comes first.** (1:3) *"Paul starts with the praise first and then goes into the blessings."*
2. **Already blessed, beyond the material.** (1:3; Mark 8:36) *"There must be something we call blessings that's far greater than anything material."*
3. **The first blessing: chosen before creation.** (1:4) *"Before He said, 'Let there be light' … He was already pursuing you throughout eternity."*
4. **Chosen to be holy.** (1:4) *"My theology frames my practice."* God's choice comes with a calling to be holy and blameless.
5. **The second blessing: adopted.** (1:5) *"Do you know how hard it is to adopt a child? It took the cross."*
6. **Chosen, so keep sharing.** (1:4-5; Romans 10:13) *"I don't know everybody who's chosen, but He does. So my responsibility is to keep spreading the gospel."*
7. **Nothing compares.** (1:4-5; 2 Corinthians 4:17) *"What is sacrifice then? Nothing."*

KEY INSIGHTS our observations, not from the sermon

- **Praise brackets the passage.** It opens with "Blessed be the God and Father" (v. 3) and ends with the goal of it all: "to the praise of his glorious grace" (v. 6). Election is meant to end in worship, not argument.
- **Everything is "in him."** We are chosen "in him," adopted "through Jesus Christ," and blessed "in the Beloved." No one is chosen apart from Christ; the Father loves His people inside His love for His Son.

DIGGING DEEPER the passage in the big story of Scripture

- **Creation.** God made humanity to live blessed in His presence (Genesis 1:28).
- **Fall.** Sin brought the curse and exile from God's presence (Genesis 3:17-24). None of us is holy and blameless on our own.
- **Promise.** God chose Abraham so that "in you all the families of the earth shall be blessed" (Genesis 12:3), chose Israel out of love, not merit (Deuteronomy 7:6-7), and said, "Israel is my firstborn son" (Exodus 4:22). Yet Israel, like Adam, fell short.
- **Fulfillment.** Jesus is the true Son, "my beloved Son" (Matthew 3:17), the Beloved of verse 6. He became a curse for us so Abraham's blessing would reach the nations (Galatians 3:13-14) and we would "receive adoption as sons" (Galatians 4:5).
- **New creation.** We still "wait eagerly for adoption as sons" (Romans 8:23), until Christ presents His church "holy and without blemish" (Ephesians 5:27) and God dwells with His children forever (Revelation 21:3-7).

DISCUSS

1. Verse 3 says God *has* blessed us. What are the first two blessings in verses 4-5, and why does each come "in Christ"?
2. Pastor Mitchell said God's choosing "comes with a responsibility." How is being chosen *to be* holy (v. 4) different from trying to earn God's choice?
3. Where do you feel insecure, ashamed, or overlooked? What changes when you hear verse 5 as God calling you His own son or daughter?
4. Who is one person you will pray for by name and share Jesus with this week?

THIS WEEK

Pastor Philip Anthony Mitchell said he had never seen anyone write Ephesians 1 on a mirror. Write Ephesians 1:3-6 on yours. Each morning, read it aloud as praise before you ask God for anything.

PRAYER

Father, blessed are You. Before You said, "Let there be light," You chose us in Your Son. Thank You for every spiritual blessing in Him, and for adopting us through Jesus at the cost of the cross. Make us holy and blameless in Your presence, humble toward others, and bold to share the gospel, to the praise of Your glorious grace. In Jesus' name, amen.

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