

# Ephesians 1:1-14

## Hugs from God

**Scripture:** Ephesians 1:1-14

**Memory Verse:** Eph. 1:3 *"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ."*

**Lesson Focus:** We begin the book of Ephesians with one of the most encouraging passages in all of the Bible as God details many of the blessings that He freely gives to all those who trust in Him. We'll refer to them as "hugs" from God!

**Activities and Crafts:** Jesus and Me Coloring Picture, Word Search of different terms from lesson, Find the Treasure Discussion for 3<sup>rd</sup> - 5<sup>th</sup>.  
Craft for 1<sup>st</sup>/2<sup>nd</sup> Grade: I Am In Christ Cross

**Starter Activity:** In Need of a Recharge

The kids should be familiar with many everyday objects that need to be recharged in order for them to work. Consider starting the lesson with some discussion about such things and have them explain why they need to be "recharged". \* See some items below and ask the kids how you "recharge" them. Consider bringing in some of these yourself and show the kids as you discuss.

- 1) Smartphone (Needs charger to a power source) \*
- 2) Car (Gas station) \*
- 3) Water Gun (Water source) \*
- 4) Flashlight (Batteries) \*
- 5) Your pet (Food, water, and sleep) \*

All of these things need to be given their particular energy source for them to go!

Q: But what about you? What do YOU need to be recharged? A: You need food, water, and rest for sure, just like your pets. But humans need something even more. They need to know they are loved and that they matter! They need HUGS! \*

We are starting a new book of the Bible today and it starts out with a bang. The first passage of this book is a magnificent "recharging station" for the Christian! This passage is filled with GIANT HUGS \* from God to His people that He loves, believers from all walks of life! Let's take a look!

### Background:

Important questions to establish context and background of any book of the Bible.

- 1) **What?:** The book of Ephesians is a letter written to new believers in the ancient city of Ephesus (modern day Turkey) by the apostle Paul. \*
- 2) **When?:** Paul wrote this letter from prison a few years after his missionary adventure to Ephesus (Acts 19-20).
- 3) **Why?:** The book doesn't say specifically, but it clearly serves the church as a general instruction manual for Christian belief and behavior. \*

### Bible Study:

**Ephesians 1:1-2:** With this being another letter of Paul to a church, he begins it with his usual greeting of "grace and peace". \* Let's review what these terms mean.

**Grace:** Freely getting what you do NOT deserve! Because of our sin and rebellion against God we deserve punishment and hell. Yet, He freely offers us forgiveness and favor, blessings that we do NOT deserve. How? By faith in Jesus! This is grace!

**Peace:** After receiving God's grace by faith, this is what we experience as God's kids. \* We are at peace with God! Our sins, past, present, and future, are forgiven! We are on His side now and will be with Him forever in heaven because of His grace!

God's HUGS begin with understanding His grace and His peace for us! \* (**Teachers:** Consider giving one kid in your class a BIG HUG here on God's behalf and so on throughout the lesson as you encounter each blessing underlined below)

**Ephesians 1:3:** What! EVERY spiritual blessing? Here's another BIG HUG!

Q: How many of you like commercials? What makes a good commercial? \* This verse and the rest of our passage today is like God's commercial to man as He walks us through so many of the good things offered freely to those who trust in Him. \*

**Ephesians 1:4:** This first one is that believers are chosen. \* This is crazy when you consider your sin and rebellion. Why would God choose any of us? Yet, God chose you before you were born, so it's not based on your ability, but on His grace. Wow! \* (**Teachers:** Consider adding "I AM \_\_\_\_\_" to the whiteboard, and add to the blank as you talk about each blessing) \*

**Ephesians 1:5:** Another blessing is that believers are adopted. More HUGS from God! We learned about this in Galatians as well, that believers become part of God's royal family, His princes and princesses. (**Galatians 4:4-7**)

**Ephesians 1:6:** What's the blessing from this verse? Accepted! \* Again, accepted not based on what we have done, but based on what Jesus has done for us!

**Ephesians 1:7-8:** This describes the blessing of being forgiven.

Q: What does it mean to forgive someone? A: It means letting go of your anger and desire to punish someone who has wronged you. And this is exactly what God has done towards us, despite ALL of our wrongs against Him!

But God's forgiveness of us cost Him something, His own blood! Jesus paid the price we could not pay when He shed His blood on the cross. As **John 3:16** says, this He did because of His love for us. More HUGS from God!

**Ephesians 1:9-10:** There are a lot of big words in these verses that describe the blessing of being informed.

Q: Do any of you like being "in" on secrets? Well, if you are a believer in Jesus you are in on God's "family secrets"! \* You are beginning to understand God's story and plan and how you fit into it as you read and apply the Scriptures. We even know the end of the story, where Jesus will return to establish "real" happily-ever after.

**Ephesians 1:11-12:** When Jesus returns to usher in His new kingdom, He will also share His inheritance with all believers. That means that every believer is an heir as God's adopted son or daughter! More giant HUGS from God!

**Ephesians 1:13-14:** This last blessing is all about being sealed by the Holy Spirit. \*

Q: How do you know a piece of Halloween candy is safe to eat? \* A: It still has its seal proving it hasn't been tampered with. (**Teachers:** Consider bringing in a piece and give it to the kid who answers) In the same way, God seals us with the Holy Spirit in our hearts giving us tremendous assurance that we are His no matter what! In fact, through the seal of the Holy Spirit God's blessings are guaranteed to us!

**Key Point:** Thus concludes God's commercial of blessing. I hope they recharged you and that you will revisit this passage when you need a recharge!

But there is one more important point! You may have noticed an important phrase repeated and attached to many of these blessings: "In Christ" or "In Him". While these blessings are offered to all, they are ONLY actually given to those who are united to Christ by faith! (**Teachers:** If you wrote out the blessings on the whiteboard, consider adding the qualifying phrase "In Christ," before the "I AM \_\_\_\_" and then draw a cross around the entire sentence to illustrate this idea) \*

God's commercial was all about what He does. \* The only thing we read about that we do was in v. 13 where we are to hear the gospel and believe or trust in Jesus.

Q: Have you done that? Then these blessings are yours! Be recharged and go into your week with full confidence that this is who you are in Christ! \*

Q: Have you not? Make today the day! Repent of your sin, believe, and receive!

# Bring It Home

**P**aul, an apostle of Jesus Christ by the will of God,

*To the saints who are faithful in Christ Jesus:*

*Greetings! Grace to you and peace from God our Father  
and the Lord Jesus Christ.*

## First

Read Ephesians 1:7. What is the "blood" referring to?  
Why was this blood necessary for our forgiveness?

## Second

This whole passage was mostly about what God does for  
His people. But read Ephesians 1:13. What must we do?

## Parent Challenge

Of all of the blessings God gives believers in Ephesians  
1:1-14, which one recharges you the most? Why?

*By His Grace,*

**P**  
aul