



Praise God! (Part 1)
Series: Ephesians, #1
Text: Ephesians 1:1-6
Pastor Lyle L. Wahl
May 3, 2026

Theme: **Praise God for your spiritual blessings.**

Setting the scene.

1. The city of Ephesus.
2. The church at Ephesus.
3. This letter to the church.



God has blessed you with every spiritual blessing.

1. “Who, Me?” (1, 3)
2. God’s spiritual blessings are in Christ. (3)
3. God’s spiritual blessings are complete for each believer. (3)

God has chosen each believer as His child.

1. The truth. (4-6, 11; see also Matthew 25:34; John 15:16; Acts 13:48; Romans 8:29-30; 2 Thessalonians 2:13-14; 1 Peter 1:1-2; Deuteronomy 7:6-8)
2. Some practical implications.

In My Life This Week

As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.

Monday. As we launch into this journey through Ephesians, familiarize yourself with the church at Ephesus. Read Acts 18:18-21, 19:1-41 and 20:13-38 for background on Paul's ministry there. If you have a study Bible or other references tools, check that information as well as any notes you made on Sunday.

Tuesday. Verses 3-14 were originally one grand (and very long) sentence. The subject is praise to God, "Blessed be the God and Father of our Lord Jesus Christ..." The verses give us some of the reasons for praising God while clearly telling us all of our spiritual blessings are "*in Christ*." Find the 11 phrases of "in Christ," "in Him," or "in the Beloved" in 1:1-14. Make a list of these blessings that you as a believer have received. Praise, thank God now for each of them.

Wednesday. What does Paul mean when he says that every believer has been blessed "with every spiritual blessing in the heavenly places in Christ" (v. 3)? What does this truth tell you about yourself now, today?

Thursday. One of the blessings we have received is being chosen by God as His child before He brought time and space into being. Review verses 3-6 and 11. Check out the other passages listed on the outline. While we cannot fully explain how it works together, God sovereignly chose us in love before time began, and we freely choose Him now. What are some of the implications of this truth for you?

Friday – Saturday. Sunday is Mother's Day. We will take a break from this new series in Ephesians and consider *Women to be Praised*, from Proverbs chapter 31.