

Series: The Wealth and Walk of the Christian  
"Too Blessed to be Stressed" Pt. 1  
Eph. 1:3-14  
6-25-17 Sun AM

Today we begin to see the blessings we have as Christians because we belong to Christ [v.3].

The Holy trinity is involved in our salvation. Salvation past, present, and future. The blessings from the Father [vs.3-6], the blessings from the Son [vs.7-12], and the blessings from the Spirit [vs. 13-14].

**TT:** This morning we see the blessings we have from the Father (vs. 3-6) – Five Blessings

**I. We are Blessed [v.3].**

1. *"All spiritual blessing in heavenly places"*

Spiritual does not mean the opposite of physical, but blessings given by the Spirit.

"Heavenly places" means they exist in heaven, they are Spirit produced, they come from heaven, and they are "in Christ."

Christians live in the human and the divine, the visible and the invisible. Our position is in heaven while our practice is on earth.

We are citizens in heaven, our names are written in heaven, our Father and Lord is in heaven, and our affections are in heaven. Jesus is seated in heaven and we are seated with him in heaven [2:6].

**I. We are Blessed [v.3].**

**II. We are Chosen [v.4].**

1. *"He hath chosen us in Him"*

Salvation begins with God and the means is believing in His Son.

**John 15:16,** Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

God chose us in Christ and not ourselves. It was from his own will and for himself, not our human merit, that He initiated salvation.

**2 Thess. 2:13-14,** But we are bound to give thanks always to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:

(14) Whereunto he called you by our gospel, to the obtaining of the glory of our Lord Jesus Christ.

2. *"Before the foundation of the world"*

Some believe God chose persons for salvation based on looking into the future and seeing who would believe and he called these. Others believe God set his love and mercy on the elect in eternity past based on his will and purposes. Which ever you believe, it does not negate evangelism.

**Q-** So what is the basis of God's choice of us before He even created? Salvation is based on the good pleasure of his will [v. 5b], His love and mercy [2:4-5] and His glory [v.6].

3. *"That we should be holy without blame before Him in love"*

God chose us to be holy. Perfection can't be reached in this life, so he is talking of position not practice.

**I. We are Blessed [v.3].**

**II. We are Chosen [v.4].**

**III. We are Predestined [v.5].**

1. *"Having predestined us"*

Election deals with people and Gods forming of the church in eternity past. Predestination deals with the purpose of the election.

God does not predestine some to heaven and some to hell. God in his good pleasure, love, glory, and love, saved us. Predestination means "To mark out, appoint, or to determine beforehand."

**IV. We are Adopted [v.5].**

1. *"Unto the adoption of children to himself, according to the good pleasure of his will."*

What did God predestine us to? Adoption in the present is the act of God in giving the believing sinner adult status in the family. With all the privileges and blessings of adulthood. We are in the family by regeneration and children of God.

Adoption in the future is the redemption of the body at the resurrection.

**Romans 8:22-23**, For we know that the whole creation groaneth and travaileth in pain together until now. (23) And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

**V. We are Accepted [v.6].**

1. "He hath made us accepted in the beloved"

We were not acceptable, but he made us accepted in Christ [the Beloved].

John MacArthur says it best, "Accepted" refers to the divine grace that has made it possible for sinners to be accepted by God through the substitutionary death and imputed righteousness provided by Jesus Christ [My beloved Son].

Because believers are accepted in Him, then they, like Him, are beloved of God.

**Con:** What great blessings we have from the Father- We are blessed, we are chosen, we are predestined, we are adopted, and we are accepted.

**Next Week-** Pt. 2 of "Too Blessed to be Stressed," as we look at the blessings from the Son.