

Title: D.N.A.

Text: Ephesians 1:3-6

Target: You don't earn what you have already been given.

I. I am Blessed: *"who has blessed us in Christ with every spiritual blessing in the heavenly places,"*
(Vs. 3)

A. You lack Nothing: *"every spiritual blessing"*

B. You have Access to Everything: *"in the heavenly places"*

Discussion Question: *What spiritual blessings do you often forget you already have access to?*

Discussion Question: *When life feels lacking, how can this verse shift your mindset?*

II. I am Chosen: *"he chose us in him before the foundation of the world, that we should be holy and blameless before him. (Vs. 4)*

A. Not based upon Performance: *"before"*

B. To be changed by His Presence: *"Holy and blameless"*

Discussion Question: *How does this truth impact how you see yourself?*

Discussion Question: *Are there areas where you still feel like you need to "perform" for God?*

III. I am Predestined: *"In Love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will," (Vs. 4b-5)*

A. Unto Adoption: *"for adoption"*

B. Unto Acceptance: *"to himself as sons"*

C. Unto Access: *"through Jesus Christ"*

D. Unto Alignment: *"purpose of his will"*

Discussion Question: *Which part of this adoption process (belonging, acceptance, access, alignment) do you struggle to fully embrace?*

Discussion Question: *How would your daily walk change if you truly believed you were wanted by God?*

IV. I am Graced: *"to the praise of his glorious grace, with which he has blessed us in the Beloved."*
(Vs. 6)

A. Salvation Grace: *"glorious"*

B. Sustaining Grace: *"Beloved"*

Discussion Question: *Where have you experienced God's sustaining grace recently?*

Discussion Question: *Is there a situation right now where you need to rest in the grace you already have?*

Takeaway: What Christ has spoken over you is stronger than anything the world speaks about you.

Reflective Challenge:

Which of these four truths (Blessed, Chosen, Predestined, Graced) is hardest for you to believe today?
Write it down. Pray about it this week. Speak it out loud each morning as a declaration of faith.