**Ephesians Through Lent 2022**

**Ephesians 1**

**<https://www.biblegateway.com/passage/?search=Ephesians%201&version=NLT>**

As you begin, read the chapter. First read it through on your own, and then, if you’re in a group, take it in turns to read a verse at a time. When you’ve done that, take a few moments to pray and quietly ask God what particular aspect of it you are meant to take away today.

What does the passage say about God?

What does it say about you?

What will you do differently having spent time reading it today?

If this opens up discussion in your group, you might want to spend the time you have together focusing on that before praying for one another and drawing to a close, but if it would help the conversation to flow, here are some questions.

1. What do you think makes the people in Ephesus holy? Is it the same for us today?
2. Who is ‘blessed with every spiritual blessing in the heavenly realms because we are united with Christ Jesus’? What do you think these blessings are and what might we do with them?
3. Spend some time thinking and talking about what security we have if we have been adopted into God’s family, especially as it was his plan and purpose in advance for us to be adopted.
4. What do you think the inheritance we have from God in Christ is?
5. What do you think v14 tells us about the power of God and about our primary purpose as his people?
6. In the conclusion of chapter one, we’re told that Christ ‘fills all things everywhere with himself’. Does this comfort you, make you ask questions about the state of the world today, give you hope for the future or something else?

Before the next session, try and read the whole of Ephesians in one go. It is quite short at only six chapters, but covers a lot of ground and concepts. When read as a whole, the flow of the argument and the encouragement Paul gives to the Church in Ephesus can become more clear, whereas if we take a few verses or a chapter at a time it can seem quite wordy and dense at times and it certainly covers a lot of very important ground quite quickly!

You might find it helpful to watch this overview of Ephesians online: <https://bibleproject.com/explore/video/ephesians/>