



CHRIST AND THE CHURCH

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PART 2: WHAT DOES IT MEAN TO BE BLESSED?

Quite possibly, the most frequently used word in the Christian's vocabulary is *blessed*. "Have a blessed day," "blessed to be a blessing," and "God bless you" are just a few of the ways we put it to use. It's even common among unbelievers to describe themselves as "blessed." Some people think of *blessed* as a spiritual term for "good fortune," like when we receive something good, the desired outcome, or an exceptional comfort.

But what does it really mean to be blessed?

A. CENTRAL QUESTION

What does it mean to be "blessed" and why don't we always feel blessed?

B. EPHESIANS 1:3-7

"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will--⁶to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace" (Eph. 1:3-7 NIV)

C. COMMENTS

1. God's great blessings are spiritual blessings (v.3).

- The word "blessing" (*makarios*) means to be "happy, fully satisfied, and divinely favored."
- Spiritual blessings are heavenly and come from God the Father.
- Spiritual blessings are found only in Christ.
- Spiritual blessings are everlasting, not temporary.
- Spiritual blessings are vastly superior to material blessings.

2. God has chosen us to be holy and blameless (v. 4).

- The word "holy" means to be set apart and consecrated to God.
- The word "blameless" means to be without fault and defilement (cf. 2 Cor. 5:21).

3. God has adopted us as sons and daughters (vv. 5-6).

- *He predestined us.* God's election or predestination¹ does not operate apart from or nullify man's responsibility to believe in Jesus Christ as Lord and Savior (cf. Matt. 3:1, 2; 4:17; John 5:40).
- *For adoption to sonship.* God's adoption places the Christian believer in God's family, under his paternal authority and care, and our becoming like His Son, Jesus Christ (Romans 8:29; 2 Corinthians 3:18).

4. God has redeemed us...forgiven our sins (v. 7).

- The word "redemption" conveys the idea of setting a person free by paying a ransom. It means to be set free from the bondage of sin.

D. DISCUSSION QUESTIONS

1. Since we as Christians are blessed why don't we always feel blessed?
2. This passage tells us that as Christian believers we are redeemed and forgiven, so why do we often carry around so much guilt?
3. How do we get blessed when we make Jesus the center of our lives and the center of the church?

E. SUMMARY

1. We are blessed _____ (v. 3).
2. We are blessed because in Christ we are _____ (v. 4).
3. We are blessed because we are _____ (v. 5).
4. We are blessed because we are saved by God's _____ (v. 6).
5. We are blessed because in Christ we are _____ (v. 7).

F. APPLICATION



No matter how _____ you are, remember how
 _____ you are!

(1) See <<https://www.gotquestions.org/predestination.html>>.