**Opening Question:**

* Which day of personal study had the most impact on you, and why? What lingering questions do you have?

**Video Notes**

How did what you heard on the video clarify, reinforce, or give new insight to what you studied this session?

The Spiritual Blessings that are ***YOURS IN CHRIST***

* We (Christians) are in Christ (3) – “in Christ” is: we have a new mode of existence; a new way to look at life.
* God chose us in Christ (4) – He chose us; not, we chose Him…:?
* God chose us in Christ before He created the world and all that is in it (5).
* God chose us to be holy and blameless before Him (5).
* In Christ He predestined us to adoption as sons through Christ (5).
* God’s purpose is done according to His kindness (5,9).
* God’s will is to bless us (5).
* God will use our life to praise and worship Him (6).
* God has freely lavished His grace upon us (6,7-8).
* We are greatly loved by God in Christ (beloved) (6).
* We have redemption in His blood (7).
* We have forgiveness of our trespasses (7).
* He has made known to us the mystery of His will (9).
* We have an inheritance according to His purpose and will (11).
* He will manifest His glory by what He is doing in us (12).
* Having believed the gospel we were sealed in Him with the Holy Spirit (13).
* The Holy Spirit is the promise to those who believe in the gospel (13).
* The Holy Spirit indwells our life and personally interacts with us (13-14).
* The Holy Spirit is a pledge of our inheritance from God to us (14).
* This pledge (Holy Spirit) is a guarantee that we belong to God (14).
* This pledge is God’s guarantee of our final redemption to live with Him forever (14).

How does being “in Christ” impact the way you understand these spiritual blessings?

What is one way you can adjust your prayers for others based on Paul’s example in Ephesians 1:15-19?

How do you want to live differently in the week to come because of what we’ve studied this week?