

# Ephesians 1.3-6



**Blessed 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.**

**For he chose us in him before the creation of the world to be holy and blameless before Him in love.**

**He predestined us to be adopted as his sons through Jesus Christ, in accord with his pleasure and will—to the praise of the glory of his grace, with which he has graced us in the One he loves.**

*Ephesians 1.3-6*





**To praise God is  
“to proclaim his merit or worth.”**



**Key Point:**

**God is worthy and deserving  
of our praise.**



**“The purpose of Ephesians is to promote a love for one another that has the love of God and Christ as its basis.”**

**(Harold Hoehner)**





**“Oh, the depth of the riches both of the wisdom and the knowledge of God! How unsearchable are his judgments, and his ways past finding out!**

**“Who has known the mind of the Lord? Or who has been his counselor?”**

**“Who has ever given to God, that God should repay him?”**

**For from him and through him and to him are all things. To him be the glory forever! Amen.”**

*Rom 11.33-36*



**“Blessed be the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you, who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time.”**

*1 Peter 1.3-5*



**“Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.”**

*Jude 24-25*





**I. He has blessed us**



**“heavenly blessings”**

**“Every good and perfect gift is *from above*,  
*coming down from the Father* of the heavenly  
lights...”**

***James 1.17***





**And they are “spiritual blessings”**



**In conclusion, that which is spiritual pertains to things of the Spirit of God and is supernatural, having its source in God and is in contrast to that which is natural and has as its source earthly human beings or things...**





**Therefore, “spiritual benefits”  
have their source in the Spirit of  
God, are supernatural, and are  
applicable at the present time to  
believers who are on earth....**





**For a believer to live effectively in society, he or she needs benefits that have their source in God. So God has blessed the believer with every spiritual benefit necessary for his or her spiritual well-being.**

**(Hoehner)**







**“[God’s] divine power has given us  
everything we need for life and godliness...”**

***2 Peter 1.3***





**The blessings are “in Christ”**









1A. He chose us



**Election does bring privilege, but it also carries with it responsibility. The divine purpose in our election was not simply to repair the damage done by sin but also to fulfil God's original intention for humankind, namely, to create for himself a people perfectly conformed to the likeness of his Son.**

**(Peter O'Brien)**





In a large house there are articles not only of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work.

*2 Timothy 2.20-21*



**[Blameless] “conveys the  
senses of sound, whole,  
without defects,  
innocent, and pure.”**

**(William Klein)**





**...and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.**

*Ephesians 5.27*



1B. He predestined us  
to be adopted as sons



**“The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and joint-heirs with Christ...”**

*Romans 8.16-17*



**“The saints chosen by God are predestined as adopted sons (and daughters) of God. This means that believers, formerly labeled as 'sons of disobedience' and 'children of wrath', have absolutely no responsibility and/or obligation to their old father the devil, the ruler of the realm of the air...**





**Rather, they are now God's sons and daughters and he controls their lives and property. Since God does not die, the saints will always be under his control."**

**(Hoehner).**





IC. In accordance with His  
*pleasure* and *will*



**Pleasure...signifies not simply the purpose of God but also the delight that he takes in his plans. It has warm and personal connotations, and draws attention to God's willingness and joy to do good...**





***Will* signifies that which is purposed, or intended, and stresses his active resolve, his redemptive purpose... showing that his choosing many to come into a special relationship with himself was in keeping with what he delighted to do and with his saving plan. 'He enjoys imparting his riches to many children'. [M Barth]...**



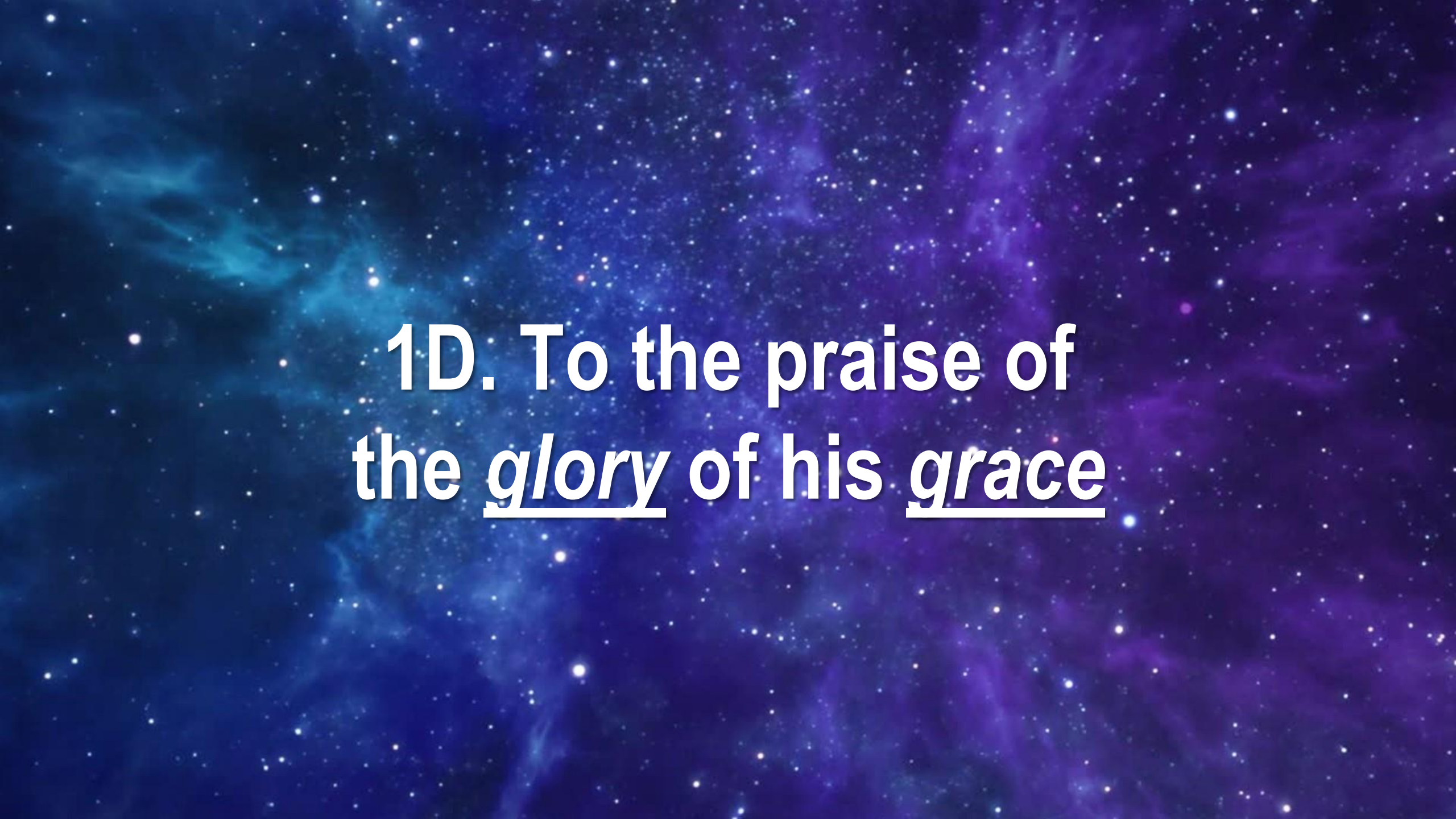


**Consequently, as men and women  
break out in praise, their pleasure in  
God is a response to his delight in  
doing good to them.**

**(O'Brien)**







1D. To the praise of  
the glory of his grace



**“His greatness (scope,  
extent and grandeur),  
beauty and worth on  
display.”**

**(John Piper)**







# Prerequisites for Praising





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## **1. Presence**



# Prerequisites for Praising

1. Presence

2. Preparation



# Prerequisites for Praising

1. Presence

2. Preparation

3. Practice