

Benefits From the Trinity | Get Rich #1

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Today we're starting a new series through the Book of Ephesians to explore the great riches found in Christ. In the book, the apostle Paul uses the phrase "in Christ" some 8 times in the first chapter and 5 times in the second. Paul is shouting out to his listeners that you are rich in Christ and you don't have to live like a poor pauper anymore.

[Related Topic: [An Intro to Ephesians](#)]

In today's lesson we'll unpack [Ephesians 1:3-14](#). In modern Bibles this section includes multiple sentences, but in the original Greek it was one sentence of 202 words – the longest sentence in the Bible. The focus of these verses is to praise God for the spiritual benefits that are available to all Christians everywhere. Those benefits can be divided into three sections, each focusing on a different Person of the Trinity.

[Related Topic: [Making Sense of the Trinity](#)]

The benefits from God the Father: chosen and adopted

Paul starts by listing two benefits that come directly from God the Father: that we are both chosen and adopted into the family of God.

***Ephesians 1:4** For he chose us in him before the creation of the world to be holy and blameless in his sight.*

That God would chose you before the creation of the world is almost unbelievable. But to know that he chose while knowing everything about you is the biggest surprise. God knew every ugly thought you would ever have, every mean word you would ever say, and every greedy action you would ever take. And yet, even with all that knowledge he chose you – long before you were born and even before he created the world. But the language of Ephesian 1 gets even more personal.

[Related Topic: [How God Pursues You](#)]

***Ephesians 1:5** In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will.*

Paul is noting that God the Father adopted us into his family. He went out of his way to find us and he paid a heavy price to place us in his family – with all the rights and privileges of his other kids.

The benefits from God the Son: redeemed and forgiven

The apostle then transitions to the two benefits that come directly from God the Son: that we are both redeemed and forgiven. Redemption carries the idea that a price has been paid in order to possess someone. Jesus bought us and the price he was willing to pay was his life.

***Ephesians 1:7** In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.*

The beautiful and life-changing result of Jesus paying the ransom price in order to set us free is that we are now forgiven. All of the shame and guilt of every bad thought, every disgusting action, every hurtful word is forgiven. Jesus let it go because he was willing to bear the cost on the cross.

[Related Topic: What It Means to be Made Right with God]

The benefits from God the Spirit: sealed and secured

The apostle concludes this section with the two benefits that come directly from God the Holy Spirit: that we are both sealed and secured.

Ephesians 1:13-14 *Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession.*

In ancient times, a person announced his ownership of a thing by attaching his seal to his possessions. The seal of the Holy Spirit in your life is a down payment, a deposit guaranteeing your inheritance in the kingdom of God.

[Related Topic: Who Is the Holy Spirit]

The apostle Paul begins the Book of Ephesians reminding us of the incredible benefits of those who are in Christ, available to us through all three Persons of the Trinity. The Admonition is to take advantage of all the Trinity has made available to you because of your relationship in Jesus.

Discussion Questions:

1. Watch the video together or invite someone to summarize the topic.
2. What is the best benefit that you have ever received from a job?
3. Do you think the word "rich" is a good word to describe the Christian life? Why or Why not?
4. Share about a time when you were chosen for an important assignment or project. How did it make you feel to be chosen?
5. Read **Ephesians 1:4**. What is your response to the idea that God chose us before we chose him? What does this teach us about the character of God?
6. Read **Ephesians 1:5**. Why is adoption an appropriate metaphor to describe how God brings us into his family?
7. Read **1 Peter 1:18-19**. What does the word "redeem" mean in the Bible?
8. What do you think Jesus went through emotionally and spiritually to provide forgiveness for us?
9. Read **Ephesians 1:13-14**. What does it mean to be "marked with a seal"? How do you feel about the fact that the Holy Spirit declares that you are God's possession?
10. How have you experience the security of knowing that you are "in Christ" and have a relationship with God?
11. Write a personal action step based on this conversation.