

# Blessed is the One Who is Blessed by Him

Passage: [Eph 1:3-23](#)  
Date: November 8, 2009



Blessed by Father (3-6)

**Chosen** to be holy and blameless (4)

**Predestined** to be sons and daughters (5)

## Blessed by the Son (7-12)

**Redeemed** from sin according to the riches of His grace (7)

**Revealed** the mystery of His will (8-10)

**Bequeathed** an inheritance (11)

## Blessed by the Holy Spirit (13-14)

**Sealed** until the day of redemption (13-14)

**Guaranteed** to be resurrected

**Granted** eternal rewards

## Paul's Prayer (15-23)

The **hope** of His calling (18)

The **riches** of the glory of His inheritance (18)

The surpassing **greatness** of the power toward us who believe (19)

Open your eyes to see how you blessed by God alone

By believing in Him

By adopting His character

By looking for Him

By walking in His ways

By embracing His discipline

By enduring in Him

By being blessed by Him

**Romans 4:7-8**

Blessed are those whose lawless deeds have been forgiven, and whose sins have been covered. Blessed is the man whose sin the Lord will not take into account.

**Psalm 89:15**

How blessed are the people who know the joyful sound! O Lord, they walk in the light of Your countenance.

**Psalm 32:1-2**

How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit!

**Revelation 19:9**

And he said to me, "Write, 'Blessed are those who are invited to the marriage supper of the Lamb.'"

**Matthew 25:34**

Then the King will say to those on His right, "Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world."

**Psalm 65:4**

How blessed is the one whom You choose, and bring near to You, to dwell in Your courts. We will be satisfied with the goodness of Your house, Your holy temple.

**Revelation 20:6**

Blessed and holy is the one who has a part in the first resurrection; over these the second death has no power, but they will be priests of God and of Christ and will reign with Him for a thousand years.

**Revelation 14:13**

And I heard a voice from heaven, saying, "Write, 'Blessed are the dead who die in the Lord from now on!'" "Yes," says the Spirit, "that they may rest from their labors, for their deeds follow with them."

## **Reflecting on God's Word**

1. Read **Ephesians 1:3-14**.
2. Spend time reading the passage slowly, praying about each blessing for believers that you find.
3. Which of these blessings can be experienced here and now?
4. How much do you experience verse 3? Does your level of experience of verse 3 affect the truth of that verse?
5. Read **Ephesians 1:15-23**, praying this prayer for yourself. Read it again praying it for people close to you.