



Count Your Many Blessings

--Ephesians 1:3-14

Count Your Many Blessings

Scripture text: --Ephesians 1:3-14 nkjv

³ Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, ⁴ just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, ⁵ having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, ⁶ to the praise of the glory of His grace, by which He made us accepted in the Beloved.

⁷ In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace ⁸ which He made to abound toward us in all wisdom and prudence,

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⁹ having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself, ¹⁰ that in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth—in Him. ¹¹ In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will, ¹² that we who first trusted in Christ should be to the praise of His glory. ¹³ In Him you also *trusted*, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, ¹⁴ who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

Count Your Many Blessings

Aim Of This Lesson—

**For everyone in Christ to
continually count the blessings
that God has given to us through
Christ.**

Count Your Many Blessings

- **Ephesians 1:3-14**—Paul is counting not only his blessings but the blessings that belong to everyone of us who are in Christ.

Ephesians 1: 3 *nkjv*

³ Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ,

Count Your Many Blessings

- *“When upon life’s billows you are tempest tossed...”*,
- **Do you know where Paul was when he wrote this letter to the Ephesians?**
- **Paul was in prison...he was in the middle of a “tempest being tossed”.**

Count Your Many Blessings

- **Because Paul "counts his blessings," he was able to praise God instead of complaining.**
- **In verse 3, he begins to speak of the blessings that God has provided through and IN Christ.**
- **And he remembers one blessing...and then another...and another... Paul mentions these blessings for 202 words without pausing.**

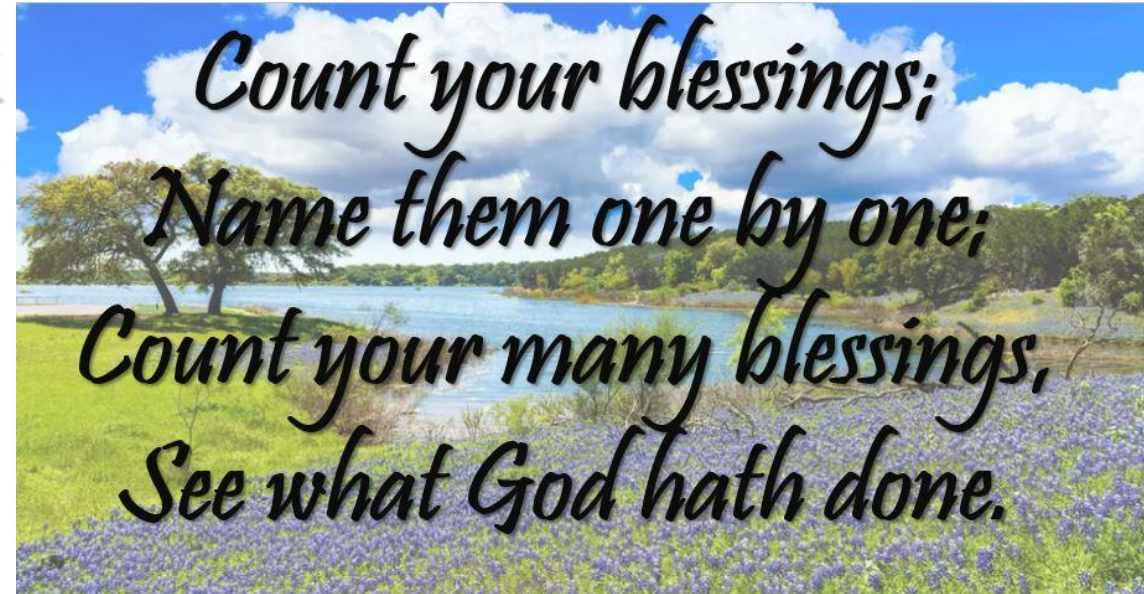
Count Your Many Blessings

According to Paul, let us look at a few of the blessings that God has blessed us with In Christ.

1. He chose us in Him.

2. Adopted us as sons by Christ Jesus.

3. We have redemption in Him.



Count Your Many Blessings

1. He chose us in Him.

Ephesians 1:4 *nkjv*

⁴ just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love,

- You were not chosen based on who you are.
 - You were chosen because of *whose* you are...because you are In Christ.

Count Your Many Blessings

1. He chose us in Him.

- Before the world was created, God determined to send a savior to save mankind...that savior was Christ... Everyone who is IN Christ will be saved.
- Christ is place where salvation is found...and it is up to each of us to do what God commands to get IN Christ.
- So those who are IN Christ are God's *chosen* people.
 - IN Christ you are one of God's chosen people...and we know what God has promised in eternity for those that He has chosen.

Count Your Many Blessings

2. Adopted us as sons by Christ Jesus.

Ephesians 1:5 *nkjv*

⁵ having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will,

- **Did you know that adopted children are special?**
- **Most children do not choose their parents and their parents do not choose them...they simply get what they get.**
 - **Adopted children are chosen...*they are picked out.***

Count Your Many Blessings

2. Adopted us as sons by Christ Jesus.

- It is easy to feel like a failure when you look around at all the things...the belongings that other people have and feel like you have not accomplished much.
- As God's adopted child, you may not always have the best and most things in this life.
- The inheritance that awaits you beyond this life is far superior than any quantity of material possessions that someone can have in this life.
 - Count your many blessings, and they will lift your spirits up.

Count Your Many Blessings

3. In Him we have redemption.

Ephesians 1:7-8 *nkjv*

⁷ In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace ⁸ which He made to abound toward us in all wisdom and prudence,

- Did you know that there is not a sin that you can commit...not a debt of sin that you owe...that HE cannot pay?**
- Some people think they are hopeless.**
 - The next time you are feeling guilty...or like there is no hope for you... Count your blessings... and get up, rejoice, and give praise to God, just as Paul has done... because He has lavished you with His grace.**

Count Your Many Blessings

3. In Him we have redemption.

Philippians 4:4 *nkjv*

⁴ Rejoice in the Lord always. Again I will say, rejoice!

- I know that you each have problems...this life is full of problems... God has always told us that it would be, but these blessings listed in Ephesians far exceed the physical, material realm of this life.
 - If you are IN Christ, these blessings are yours...and if you will count them...and realize that these blessings reach far beyond this life into eternity...even in the difficulties of this life...you won't be able to do anything but rejoice.

Count Your Many Blessings

“When upon life’s billows you are tempest tossed, Do not be discouraged thinking all is lost. Count your many blessings name them one by one, and rejoice at what God has done.”

These blessings are IN Christ.

“Are you IN Christ?”

The Plan of Salvation

Hear

Romans 10:13-17

Believe

John 20:31, Hebrews 11:6

Repent

Luke 13:3, Acts 17:30

Confess

Romans 10:10, Matthew 10:32

Baptism

Mark 16:16, Acts 2:38



How to Make a Request for Prayer **or Baptism**

PrayerRequests@whelesscoc.org





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