

1. **Read the Scriptures:** Ephesians 1: 3 -10.

2. **Background:**

Paul's letter to the church at Ephesus was written while he was imprisoned in Rome. It was written around AD62. The letter to the Ephesians offers general instructions in the truths of God's redemptive work in Christ (God's work of rescuing man from sin," all the wrong doings", for Himself), the unity of the church amongst different people groups; a proper conduct in the church, home and the world.

3. **Observations:**

3.1 Who is the one that has blessed us in the heavenly realms?

3.2 Who is the one that has chosen us? (v3)

3.3 Why did he choose us? When did he choose us? (v4)

3.4 How did he predestine us to be his adopted sons? (v4,5) Why did he do it? (v6)

3.5 How did he redeem us?(v7)

3.6 What else did he make known to us? (v9)

4. **Interpretations:**

4.1 What does it mean when Scriptures say "For he chose us in him..... **to be holy and blameless** in his sight."? Why? (V4- 6, we are called to be in union with Christ, a result of this is that we are called **his sons**. This means we are special to him. We are chosen by him to be a part of him and his family. We, who believe, are now members of his family.)

4.2 What does it mean to be "**holy and blameless** "?

4.3 How did he redeem us (regain ownership of us – in Paul’s day, a slave can only be freed if a ransom or money has been paid for his freedom or been redeemed)? How is this forgiveness of sins given? (v7-8)

4.4 What does this change in ownership bring upon us? (v3,7)

4.5 What is the mystery that he has made known to us? (v9)

4.6 What is the final purpose of his making the mystery known to us? (v10)

5. Applications:

When God redeemed us as his own children, it simply means he had made us members of his own family. He has given us blessings in Christ as his children for a purpose. Scripture tells us, we are made for “***the praise of his glorious grace.***”

5.1 We enjoy the “***spiritual blessing in Christ***“ for being God’s children. How can we bless others in our home? In our school? In our neighbourhood?

5.2 List down what you can do this week to bless the people around you.

6. Response:

Dear God,

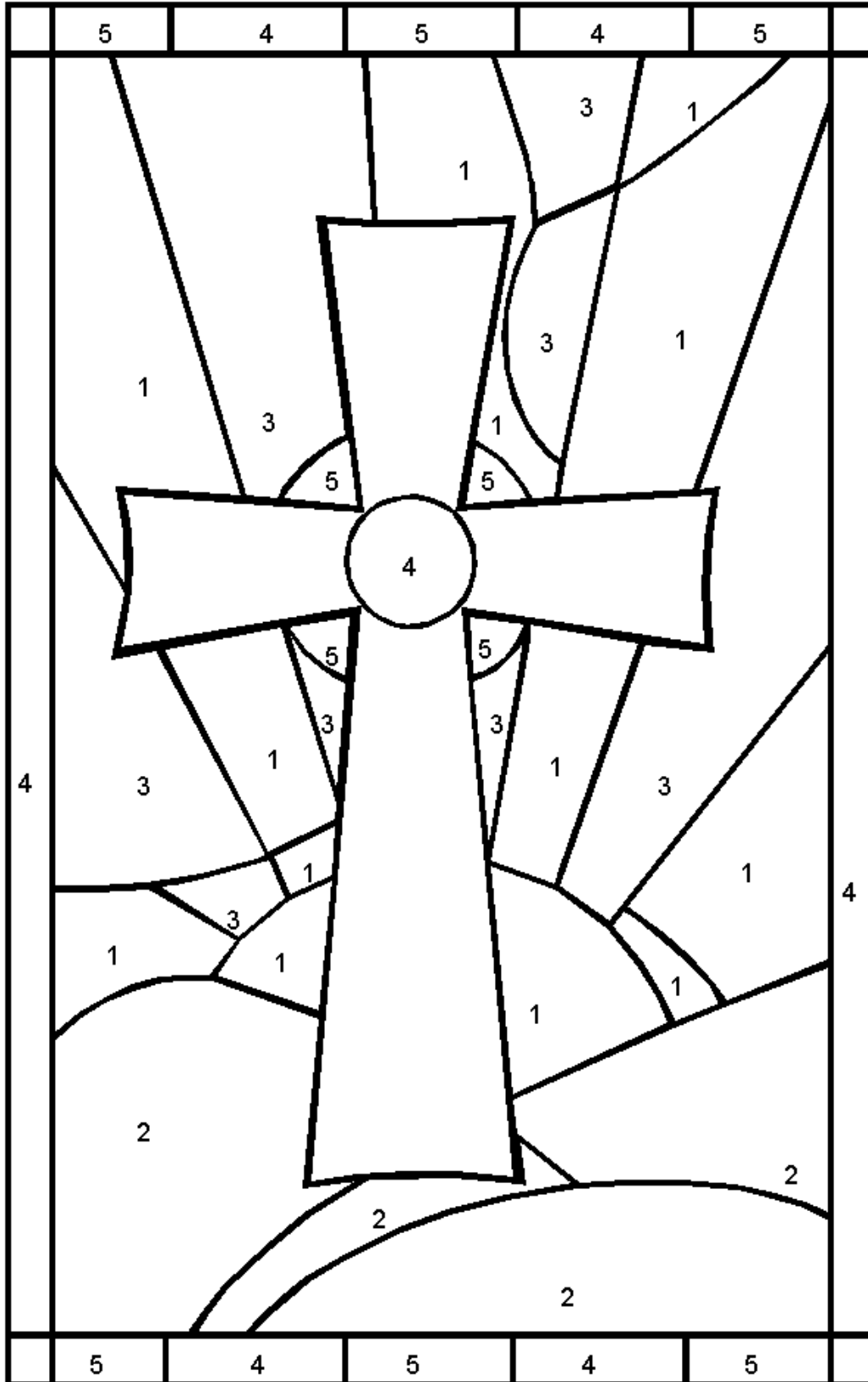
I know now that I am your child. I thank you for the blessings that you give to your children. Please help me to live a life that will bless others. I pray that they will see and know that you are the God who has chosen them to be your children too. Help me to live a life that brings glory to your name. In Jesus name I pray. Amen.

My Manna Pad

Name:

Date:

COLOURING BY NUMBER



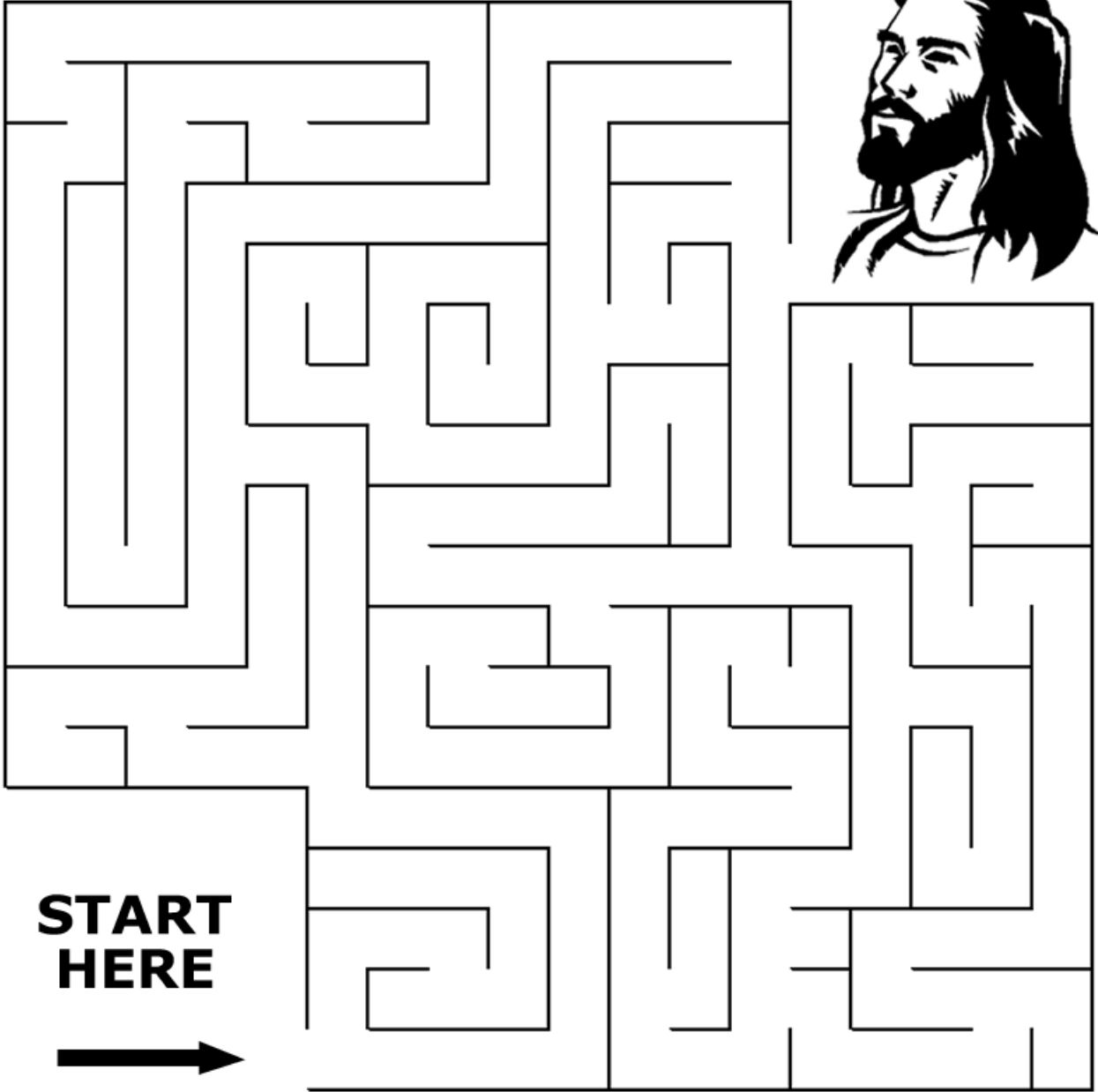
- 1 – yellow
- 2 – green
- 3 – blue
- 4 – purple
- 5 – red

My Manna Pad

Name:

Date:

MAZE - FINDING THE WAY TO JESUS



WORDSEARCH

EPHESIANS 1 : 3-10

A R O P I O M V C D W Q
D E Y Q W B U A H X P R
F D C G R A O D R S U L
G E A R T H E O I B N H
H M P A H O E P S K I E
I P W C C L A T T J T A
J T X E W Y R I J D E V
R I C H E S T O L E S E
H O L Z A V K N N I L N
K N T B L E S S E D M P

Adoption Blessed Christ Earth Grace
Heaven Holy Redemption Riches Unite