



## The Father Heart Of God | Lavishing Grace | Ephesians 1:3-14

1. One definition of grace is 'getting what you don't deserve'. Can you think of a time when you got what you didn't deserve? What did you deserve? What did you actually get? How would you define/explain God's grace?
2. Read Ephesians 1:3-14. Go through and list all the blessings Paul states that we have in Christ. What is your response? Is there anything you do not understand or would like to explore more? What do you understand by the phrase 'In Christ'? (also 'In Him', 'In the one he loves') Why is this phrase repeatedly used by Paul?
3. Dwell for a moment on verse 4. How does it make you feel, what impact could, or should, or does this have on the way you see yourself? How does knowing that you were chosen before the foundation of the world help you deal with past mistakes, and bring encouragement for the future?
4. Paul uses the picture of adoption several times in his letters to describe our relationship with God as believers. Have a look at Romans 8:15 and Galatians 4:5 alongside Ephesians 1:5 and discuss your understanding of these verses. How does this truth shape your understanding of God? In light of your adoption into God's family, consider ways that you can live that are true to that identity. What things need to go? What new things need to be added?
5. 'You can't change who you are -beloved of God. When you come to the realisation that as a believer and follower of Christ your position as his redeemed and beloved is eternally fixed, your whole mindset will change.' Do you agree? Has this been your experience? What hinders you from living as a son or daughter of God?
6. V 7 speaks of the cost of grace that has been 'lavished' on us as God's children. How do we continue to live in the riches of God's grace or is this just for our conversion? How do you see God's grace at work in your life today? Why is it necessary for the riches of God's grace, and forgiveness to be received through faith in Jesus?
7. God has given us a guarantee of our future (vv. 13-14). What aspects of our promised future do you most long for? When are you tempted to despair about whether God will make good on his promises? What "deposit" does Paul tell us we can consider as a guarantee of our future? How does this encourage you today as a child of God?