

## WHO WE ARE IN CHRIST EPHESIANS 1

# Chi Alpha Lifegroup Guide Ephesians

### LESSON PREP

As you prepare for this week's lesson reflect on your own salvation: what were the circumstances, what did it mean for you, how did it change your identity? As you think on these things be prepared to share how you identify as a follower of Jesus Christ before anything else and how important that is to you.

### PRE LG TEXT MESSAGE QUESTIONS

What does it mean to have your identity in Christ?

### SCRIPTURE MEMORIZATION

Ephesians 1:18-19

### 1ON1 FOLLOW UP

Talk about how you feel about talking to others about being a Christian?

How has your life changed since following Jesus?

How have you continued to grow? Where can you push yourself more?

### OVERVIEW

The following video by The Bible Project gives a great overview of the book of Ephesians: <https://youtu.be/Y71r-T98E2Q>

### INTRODUCTION

In Paul's letter to the Ephesians he explains how both Jews and Gentiles are saved by grace through Christ and how much everyone must throw off their old ways and live for Christ. He does much of this by means of an extended prayer that begins right after the introduction and continues through chapter 3. He begins this prayer by explaining who we are in Jesus.

### Read all of Chapter 1

#### 1. God chose you!

- We see in verse 4 and 5 that God chose us. What do you determine about our choice in the matter of our salvation?
- Do you feel like you chose God or God chose you? – Both happens at salvation!
- We see that it is always God's will and choice (since before we were born) for us to live a life in Christ and it is up to us to align our will with His.

#### 2. How were we chosen?

- What did God do in order to make a way to come into relationship with Him? (verse 7)
- Have you accepted the sacrifice that Jesus gave us upon the cross and call him your Lord and savior?
- When we identify with Christ our entire worldview now goes through this lens. The most important and identifying [part of our lives is that we follow Jesus no matter where that takes us.

#### 3. Why were you chosen?

- Reread verse 5 and 12. What does the Bible say is our role in our relationship with God?
- If you find yourself in Christ do you find yourself praising Him in all circumstances? What times do you find it hard to praise God? What about God keeps you focused on Him when times are difficult?

#### 4. What does this say about who we are?

- Reread verses 15 – 23 – What has God given you?
- The Bible says that the power that raised Christ from the dead and put all authority under His feet is on our side. This is never meant to be taken lightly. Keep seeking God in relationship to see lives changed for those around you.
- How can we continue to enlighten the eyes of our hearts to what God has given us?

### APPLICATION

Tell someone about how you came to know Jesus and how he has changed your life.

