

**IDENTITY CRISIS**  
FINDING YOUR TRUE IDENTITY IN CHRIST  
**I AM BLESSED**  
Ephesians 1:3-14

**LESSON AIM-**To help believers recognize and appreciate the spiritual blessings they have through Jesus Christ.

**COMMON MYTHS ABOUT BLESSINGS**

- ⇒ Blessings are only tangible
- ⇒ Blessings are based on my feelings
- ⇒ Blessings are only visible
- ⇒ Blessings are only physical
- ⇒ Blessings are only monetary
- ⇒ Blessings are only earthly
- ⇒ Blessings are earned
- ⇒ Blessings are manipulated

**TO BLESS**

- To speak well of, praise, extol
- To bestow a favor, provide with benefits

**BLESSINGS IN CHRIST (EPHESIANS 1:3-14)**

“in Christ” or “in Him” are mentioned 14 times in verses 1-14. Paul wants us to be clear that any blessings are a result of being in Christ.

◆ **THE BLESSING OF HOLINESS v. 4**

**HOLINESS**=Positional & Practical

**Positional**

Our unrighteousness went to Jesus, who suffered and died in our place, and Jesus’ righteousness came to us. The result is that God now sees us as He sees Jesus, righteous and holy.

“The work on the cross is the “great exchange”. Martin Luther

**Practical**

This means we are given new desires and empowered by the Holy Spirit to live out those desires empowered by the Holy Spirit. This does not mean we live without sin, but rather that we can live in such a way that increasingly reflects the holiness of Christ.

◆ **THE BLESSING OF ADOPTION v. 5**

God is a father, and in Christ you’re adopted into His family. In 39 books of the Old Testament, God is referred to only as Father 14 times, and each time its impersonally, in reference to the nation of Israel, not to individuals. Everything changed with Jesus!

◆ **THE BLESSING OF REDEMPTION v. 7**

REDEMPTION=rescue, deliverance, ransoming, to buy back

Apart from Christ we were slaves to sin, which is the Bible's language for addiction. Sin rules over us, enslaves us, and destroys us. But Jesus was the Lamb of God, whose blood was shed that we might be spared. Exodus 12, 2 Corinthians 5:21

◆ **THE BLESSING OF FORGIVENESS v. 7**

WHAT IS FORGIVENESS?

The Greek word translated as Forgiveness is "*Aphesis*"

- To release from bondage or imprisonment
- To cancel a debt
- Pardon of sin or wrong doing

In Christ all of our sins have been forgiven!

◆ **THE BLESSING OF GRACE v. 7**

**COMMON GRACE**-The outpouring of God's love. God loves all people with common grace.

**SAVING GRACE**-Through saving grace we are reconciled to God through Christ.

**YOU ARE:**

- ✓ Chosen by grace
- ✓ Saved by grace
- ✓ Kept by grace
- ✓ Gifted by grace
- ✓ Empowered by grace
- ✓ Matured by grace
- ✓ Sanctified by grace

◆ **THE BLESSING OF BEING SEALED v. 13**

In the ancient world, owners would affix a personal seal to their possessions. By placing the Holy Spirit in us, God also places His seal upon us. We now belong to God!