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Blessing God.

Ephesians 1:1-14

Spiritual Blessings in the Father (vv. 3–6)

1:3. Paul wrote to Christians in Ephesus. Christians are saints today in the same sense of the word the Ephesian Christians were saints. Therefore, what he says of them also applies to us.

God is to be praised, or spoken well of, or blessed because he has given us every spiritual blessing in Christ. To make sure we do not misunderstand what he means by every spiritual blessing, Paul spells them out.

1:4, 5-6. First, we have received the blessing of being chosen by God and adopted by him as his spiritual children. This marvellous choice makes us holy and blameless in his sight. Because we have believed in and received Jesus as our Saviour, all our sins are forgiven in him.

Spiritual Blessings in the Son (vv. 7–12)

The second arena of spiritual blessings comes to us through God's Son, Jesus. Four blessings are listed: In Christ, we are redeemed, forgiven, enlightened, and enriched.

1:7, 8-11 To be redeemed means to be "bought back." It carries with it the sense of being released from slavery. Forgiveness goes hand in hand with redemption. We cannot have one without the other. Jesus bore the punishment for our transgression.

1:8-10. We were also "enlightened" through Christ that God will bring all things in heaven and earth to a fitting conclusion in Christ, who will be the head or ruler of all things. And finally, we have been chosen and predestined to receive an inheritance which we will possess in full when we stand before him in heaven.

Spiritual Blessings in the Spirit (vv. 13–14)

1:13-14. The third arena of spiritual blessing is ours through the third person of the Trinity, the Holy Spirit, by whom we are sealed and made spiritually secure. The Holy Spirit is also given to us as a deposit, or a down payment, guaranteeing our inheritance in Christ.

The result of these incomprehensible blessings is that God should be blessed/praised!

As the love and compassion of God take hold of our hearts and our love for him grows, this will result in gratitude welling up in our hearts to God. What a God he is to have given us these incomprehensible blessings. We want to praise Him and give Him thanks that he has gone to such lengths to love people like us. Therefore, we meet regularly, not only to hear from God when the Bible is preached but also to worship Him for His overflowing Love for us.

All of this happens in our hearts, affecting our desires and emotions. But when we truly love somebody, that love always shows itself outwardly too. So it is when we love the Triune God. The first of three letters that the Apostle John wrote describes several of the outwards ways to demonstrate our love and blessing for God.

We love and bless our heavenly Father when we have an increasing desire for fellowship with Him and one another.

1 John 1:6-7. The more we treasure Jesus, the more time we will want to spend with him and with his people, and the less

time we will want to spend in places and activities where Jesus is not known.

We bless our heavenly Father when we have an increasing desire to keep God's commandments. 1 John 5:3 "For this is the love of God, that we keep His commandments. And His commandments are not burdensome". When we really understand how much God loves us, we realize that God will not command us to do anything that will not ultimately be good for us. That's not to say that it is always easy to keep God's commandments. Yet more and more we want to keep them, despite the difficulties.

We bless our heavenly Father when we have increasing confidence in prayer. 1 John 5:14 "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him." The more we experience of God's love, the more we will be sure that he hears us and answers us when we pray. We will trust him to answer us in the way that he thinks is best (which might often be different from what we think is best!)

We bless God when we have an increasingly active love for other people, especially other Christians. 1 John 4:7 Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love." The more we know of God's love, the more we want to share it. The more we see the lengths that God has gone to love us, the greater the lengths we will demonstrate practically that love to other people. This wonderful love is something that God offers to everyone without exception.

Psalm 103:1-2

Praise the LORD, O my soul; all my inmost being, praise his holy name. 2 Praise the LORD, O my soul, and forget not all his benefits.

Praising our heavenly Father for who He is and what He does for us is a high level of blessing and appreciation that must be part of our daily lives.

God bless,

Samson

Bless the Lord oh my soul
Oh my soul
Worship His Holy name
Sing like never before
Oh my soul
I'll worship Your Holy name

You're rich in love
And You're slow to anger
Your name is great
And Your heart is kind
For all Your goodness
I will keep on singing
Ten thousand reasons
For my heart to find.....

The sun comes up
It's a new day dawning
It's time to sing Your song again
Whatever may pass
And whatever lies before me
Let me be singing
When the evening comes

And on that day
When my strength is failing
The end draws near
And my time has come
Still my soul will
Sing Your praise unending
Ten thousand years
And then forevermore
Forevermore

