

PRAISE | Covenant Service 2026

“³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸which he lavished upon us, in all wisdom and insight ⁹making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

¹¹In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹²so that we who were the first to hope in Christ might be to the praise of his glory. ¹³In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.”

(Ephesians 1:3–14)

DISCUSS:

1. Identify the four key phrases of praise to God in this passage. What reasons can we find in this passage for us to respond in praise to God?

2. Verses 4-5 tell us that we were chosen in Christ before the foundation of the world to be sons (heirs, children) of God the Father. How does this powerful truth humble you? How does it encourage and assure you?
[Think about the fact that we were chosen because of God’s gracious choice, not because of anything we have done.]

3. From verses 7-10, what has been made ours through Christ?

4. From verses 13-14, what does it mean for the Holy Spirit to be described as both a ‘seal’ and ‘guarantee of our inheritance’?

How can these truths encourage you and give you assurance when you face life’s challenges and uncertainties?

Apply:

5. What blessings mentioned in this passage have you been personally encouraged by? Why?