"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ." Ephesians 1: 3

## 1. Blessed with Heavenly Blessings in Christ

- Chosen to be holy (1:4)
- Predestined in love (1:5)
- Redeemed through His blood (1:7)
- United under Christ (1:10)
- Heirs of His will (1:11)
- Included in the gospel of salvation (1:13)
- Guaranteed our future inheritance (1:14)

## 2. Bring the Praise His Glory to Fill Your Day

- Free grace in our relationships (1:6)
- Perfect hope when hearing the news (1:12)
- Sealed possession when you pray for the church (1:14)

<sup>&</sup>quot;How can I multiply my praise of God's glory?"