

Refreshed

Rediscovering Life In Christ

Refreshed By The Riches Of Christ

Ephesians 1:1-14

Sermon Notes | Jeff Randleman | March 15, 2026



Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places...

– Ephesians 1:3 (ESV)

Faith Is Refreshed...

When We Remember Our Identity in Christ.

When We Remember Our Blessings in Christ.

We have been chosen by the Father.

We have been adopted into God's family.

We have been redeemed and forgiven.

When We Remember Our Security in Christ.

We have an Inheritance.

We have been sealed with the Holy Spirit.

The Spirit guarantees our future.

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Matters for Reflection and Discussion:

1. What does it practically mean to find your identity in Christ rather than in your circumstances, achievements, or failures? What are some ways people commonly define themselves apart from Christ?
2. Read Ephesians 1:3-6. What does it mean that believers have been chosen by the Father? How does this truth shape the way you view your relationship with God?
3. The Bible describes believers as adopted into God's family (Ephesians 1:5; Romans 8:15-17). In what ways does spiritual adoption change how we approach God and how we view ourselves?
4. Read Ephesians 1:7. What does it mean that we have been redeemed and forgiven through Christ? Why is it important for believers to continually remember this truth?
5. Which of the blessings mentioned in this passage encourages you the most right now? Why?
6. Read Ephesians 1:11 and 1 Peter 1:3-4. What does the Bible teach about the inheritance believers have in Christ? How does this future promise influence the way we live today?
7. According to Ephesians 1:13, believers are sealed with the Holy Spirit. What does a "seal" communicate about ownership, authenticity, and security?
8. How does knowing that the Holy Spirit guarantees our future (Ephesians 1:13-14) bring confidence and stability to your faith?
9. Why do you think believers often forget their identity and blessings in Christ? What habits or spiritual practices can help us remember these truths more consistently?
10. Looking at all these truths together, how can regularly reflecting on our identity, blessings, and security in Christ help refresh a tired or discouraged faith?