

BLESSED IN CHRIST

Ephesians 1:3 // February 15, 2026 PM

All of God's saving benefits come to us through union with the exalted Christ.

I. We are blessed *from the Father*.

II. We are blessed *in the Son*.

III. We are blessed *by the Spirit*.

QUESTIONS FOR FAMILY WORSHIP

1. Where does the world call us to find our identity? Where does God's word call us to find our identity? Which one leads to flourishing, and why?
2. What is union with Christ? Where do we see it in our text and the surrounding context?
3. What does it mean to bless God? How is that different from when God blesses us?
4. How is union with Christ the fulfillment of God's purpose in covenanting with humanity?
5. What are some of the blessings that come to us through our attachment to the person of Christ?
6. How can we receive the blessings that are found in Christ when He is in heaven and we are on earth?

QUESTIONS FOR PRIVATE REFLECTION

1. Where am I prone to find my core identity? How does "in Christ" provide the only liberating and life-giving source of human identity?
2. How might I explain union with Christ to a child or a non-Christian friend?
3. Is my blessing of God fueled by amazement at the blessings He has lavished on me in Christ?