

# Praise God for All Spiritual Blessings

**A PRAYER OF PRAISE**

**Ephesians 1:1-13 (NLT)**

02.11.2021

# Identifying the benefits of God while we praise

- Psalm 103:1-5 (NIV)

1 Praise the LORD, my soul; all my inmost being, praise his holy name.

2 Praise the LORD, my soul, and forget not all his **benefits**—

3 who forgives all your sins and heals all your diseases,

4 who redeems your life from the pit and crowns you with love and compassion,

5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

# Guiding tips to Offering Effective Prayer of Praise to God

- Prayer of Praise should be prayed to God, in the name of Jesus.
- Prayer of Praise should not be indirect and generalized.

For Example:

“I praise HIM for all He has done.” Rather...

“Father, I praise you, for giving me long life.”

- Prayer of Praise is most effective when we set aside time to carefully identify what we are praising Him for.
- Saying “I praise You Father” or “I will praise You” as a way of offering praise, is not necessarily praise. It is a statement of intent concerning what you plan to do.
- Prayer of Praise typically contains words of acknowledgment, words of appreciation, words of thanksgiving, words of admiration.
- Prayer of Praise should be done joyfully.

# Greetings from Paul

- **1** This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus.  
I am writing to God's holy people in Ephesus, who are faithful followers of Christ Jesus.
- **2** May God our Father and the Lord Jesus Christ give you grace and peace.

- **NB:**

## Today's prayer

- Will be most effective for those who are in Christ.
- Will help the believer appreciate, once more their identity in Christ.
- Will help the believer express authentic praise to God as they understand their inheritances in Christ.
- Will help the believer appreciate how God thinks about them.

# Praise God for Spiritual Blessings

- <sup>3</sup> All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.
- <sup>4</sup> Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.
- <sup>5</sup> God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.
- <sup>6</sup> So we praise God for the glorious grace he has poured out on us who belong to his dear Son.
- <sup>7</sup> He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.
- <sup>8</sup> He has showered his kindness on us, along with all wisdom and understanding.

# Praise God for Spiritual Blessings

- **9** God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan.
- **10** And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth.
- **11** Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.
- **12** God's purpose was that we Jews who were the first to trust in Christ would bring **praise and glory to God**.
- **13** And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.
- **14** The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would **praise and glorify him**.

# Identifying Praise Points

- I have been *blessed* with all spiritual blessing in the heavenly realm. **vs 3**
- I am *united* with Christ. **vs 3**
- Even before he made the world, God *loved us* and *chose us* in Christ to be *holy* and *without fault* in his eyes. **vs 4**
- God decided in advance to *adopt us* into his own family by *bringing us to himself through Jesus Christ*. This is what he wanted to do, and it gave him great pleasure. **vs 5**

# Identifying Praise Points

- So we **praise** God for *the glorious grace* he has poured out on us who belong to his dear Son. **vs 6**
- He is so rich in kindness and grace that he *purchased our freedom* with the blood of his Son and *forgave our sins*. **vs 7**
- He has showered *his kindness on us*, along with *all wisdom* and *understanding*. **vs 8**
- God has now *revealed to us his mysterious will regarding Christ*—which is to fulfill his own good plan. **vs 9**
- 10** And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth.



# Identifying Praise Points

- Furthermore, because we are united with Christ, we *have received an inheritance from God*, for he *chose us in advance*, and he makes everything work out according to his plan. **vs 11**
- <sup>12</sup> God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God.
- And now you Gentiles have also heard the truth, the Good News that God saves you. *And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.* **vs 13**
- <sup>14</sup> The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

# Breakdown of the Book of Ephesians

- Chapter 1 to Chapter 3 = Our Position in Christ
- Chapter 4 to Chapter 6:9 = Walk of the believer.  
Conduct and character.  
How to live in the kingdom.
- Chapter 6:10 = Teaches how to stand in our position in Christ, against the wiles of the enemy.



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