



Ephesians: Alive in Christ

Chosen In Christ

Ephesians 1:1-14

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” - 2 Corinthians 5:17

Birthright: Christian, Do You Know Who You Are? By David Needham

“Could it be that a major reason for the indifference in our churches, the epidemic occurrences of moral shipwrecks in our evangelical communities, and the shattering of Christian homes, is because we have only ever seen ourselves as nothing more than forgiven sinners – failing to be what we should be, because we cannot stop being what we think we are?”

- Is it possible we have justified never-becoming what-we-should, because we really have never-understood-who-we-are?

Unpacking Ephesians 1:3-14

What does it mean that I am “In Christ”.

1. We are B_____ v.3

2. We are C_____ v.4

3. We are A_____ vv.5-6

4. We are R_____ v.7-8

5. We are E_____ vv.9-10

6. We are W_____ vv.11-12

7. We are S_____ v.13-14

Application:

LifeGroup Discussion Questions:

- 1) Ephesians 1 repeats the phrase “in Christ” over and over. How is being “in Christ” different from the other identities that shape us (career, family role, success, failure, politics, culture)? Which of those identities is hardest for you to *hold loosely* in light of your identity in Christ?
- 2) According to Ephesians 1:3-14, our blessings in Christ come before anything we do. How does being “in Christ” challenge the way you measure your spiritual success or failure?
- 3) Paul describes being “in Christ” in plural terms (“we,” “us,” “our”). How does this passage challenge the idea that faith is only a private, individual experience? What would change if you truly saw your small group or church as part of your identity in Christ—not just a place you attend?
- 4) Ephesians 1 says we are chosen, adopted, and accepted in Christ. How would your daily decisions, relationships, or anxieties look different if you consistently lived *from* that adoption rather than *for* approval—from God or others?
- 5) This passage is written like a song of praise, not a list of commands. If your life were shaped by the truth that you are “in Christ,” what might become more true of you—your peace, courage, generosity, or worship? What is one area where God may be inviting you to live more fully from your identity in Christ this week?