

Benefits from the Trinity | Get Rich #1 (Youth)

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Today we're starting a new series through the Book of Ephesians to explore the great riches found in Christ. In the book, the apostle Paul uses the phrase "in Christ" some 8 times in the first chapter and 5 times in the second. Paul is shouting out to his listeners that, in Christ, you are rich and you don't have to live like a poor pauper anymore.

[Related: [An Intro to Ephesians](#)]

In today's lesson we'll unpack [Ephesians 1:3-14](#). In modern Bibles this section includes multiple sentences, but in the original Greek it was one sentence of 202 words – the longest sentence in the Bible. The focus of this sentence is to praise God for the spiritual blessings that are available to all Christians everywhere. Those blessings can be divided into three sections, each focusing on a different Person of the Trinity.

[Related: [Who Is God? God as Trinity](#)]

The benefits from God the Father: chosen and adopted

Paul starts by listing two benefits that come directly from God the Father: that we are both chosen and adopted into the family of God.

***Ephesians 1:4** For he chose us in him before the creation of the world to be holy and blameless in his sight.*

That God would chose you before the creation of the world is almost unbelievable. But to know that he chose while knowing everything about you is the biggest surprise. God knew every ugly thought you would ever have, every mean word you would ever say, and every greedy action you would ever make. And yet, even with all that knowledge he chose you – before you were born and even before he created the world. But the language of [Ephesians 1](#) gets even more personal.

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***Ephesians 1:5** In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will.*

Paul notes that God didn't just choose to love us like you might love a friend you see every once in awhile, but he took it even further and adopted you into his family. He went out of his way to find us and pay a heavy price for us, and on top of that, he welcomes us into his family forever – with all the rights and privileges of his other kids.

The benefits from God the Son: redeemed and forgiven

The apostle then transitions to the two benefits that come directly from God the Son: that we are both redeemed and forgiven.

***Ephesians 1:7** In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.*

In Bible times, “redemption” meant paying a price for someone who was in slavery or paying to deliver someone from a death sentence. Jesus bought us out of our slavery to sin, and the price he was willing to pay was his life.

The beautiful and life-changing result of Jesus paying the ransom price in order to set us free is that we are now forgiven. All of the shame and guilt of every bad thought, every disgusting action, every hurtful word is forgiven. Jesus let it go because he was willing to bear the cost on the cross.

[Related: [What It Means to be Made Right with God](#)]

The benefits from God the Spirit: sealed and secured

The apostle finishes this section with the two benefits that come directly from God the Holy Spirit: that we are both sealed and secured.

***Ephesians 1:13-14** Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession.*

Back in Bible times, a person announced that he owned something by attaching his seal to his stuff. The seal of the Holy Spirit in your life is kinda like a down payment, or a deposit guaranteeing your inheritance in the kingdom of God.

[Related: [Who Is the Holy Spirit](#)]

So the apostle Paul begins the Book of Ephesians reminding us of the incredible benefits of those who believe in Christ, available to us through all three Persons of the Trinity. His advice is to take advantage of all that the Trinity has to offer you because of your relationship in Jesus.

Discussion Questions:

1. *Watch the video together or invite someone to summarize the topic.*
2. *What is your initial reaction to this video? Do you disagree with any of it? What jumped out at you?*
3. *Do you think the word “rich” is a good word to describe living as a Christian? Why or Why not?*
4. *Share about a time when you were chosen for a team or activity. How did it make you feel to be chosen?*
5. *Read [Ephesians 1:4](#). What is your response to the idea that God wanted you before you wanted him? What does this teach us about God?*
6. *Read [Ephesians 1:5](#). Why is adoption an appropriate term to describe how God brings us into his family?*
7. *Read [1 Peter 1:18-19](#). What does the word “redeem” mean in the Bible?*
8. *What do you think Jesus went through emotionally and spiritually to provide forgiveness for us?*
9. *How have you experienced the security of knowing that you are “in Christ” and have a relationship with God?*
10. *Write a personal action step based on this conversation.*