**Living Out What Is True of Us “In Christ”**

Whole Bible Series

Sermon 45: Ephesians

McDonald Bible Methodist

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**SERMON NOTES**

**Foundational Truth:** Every spiritual blessing is ours “\_\_\_ \_\_\_\_\_”

* Holiness (1:4), \_\_\_\_\_\_\_\_\_\_\_ (1:5), forgiveness (1:7), inheritance (1:11), the seal of the Spirit (1:13)

*Paul prays (1:16-19) that the believers would be able to*

*fully grasp all they are and have “in Christ”*

**Key Examples:** In Christ, we enjoy…

* Salvation from death to \_\_\_\_\_\_ (2:1-10)
* Reconciliation into \_\_\_\_\_ body “in Christ” (2:11-22)

*Paul prays that the believers would be able to fully*

*understand the love God has expressed to them (3:1a; 14-19)*

**Implications:** Because of these truths…

1. Walk worthy through living in \_\_\_\_\_\_\_ (4:1-6)
2. Grow up \_\_\_\_\_\_\_\_\_\_\_\_ into Christlikeness (4:7-16)
3. Begin \_\_\_\_\_\_\_\_\_ your new life in Christ (4:25-5:2)
* Embracing truthfulness (4:25), right handling of anger (4:26-27), diligence in work and sharing (4:28), pure speech (4:29), treating people with love (4:31-32)
* Summary: Imitate Christ and walk in love (5:1-2)
1. Don’t be sexually \_\_\_\_\_\_\_\_\_\_ – that’s not the life of a person who is in Christ! (5:3-8)

*This mutual submission enables us to each fulfill our roles in harmony.*

1. Live in the light, exposing the darkness (5:9-17)
2. Be \_\_\_\_\_\_\_\_ with the Spirit! (5:18)
* Resulting in Scripture-based admonition (5:19a), heart-felt worship (5:19b), gratitude (5:20), and mutual submission (5:21-6:9)
1. Equip yourself for spiritual \_\_\_\_\_\_\_\_ (6:10-20)

**Questions for Small Groups or Individual Study**

1. Bible Study: Read Ephesians, Philippians, and Colossians, marking every time you see “in Christ” or “in Him.” After you’ve done this, pray and ask God to show you which truth He would have you implement next in your walk with Him.
2. According to 1 John 2:5 and 3:24, how do we know that we are abiding “in Him”?
3. In chapter 2, Paul gives two primary examples of the benefits of life in Christ. Review the “implications” section and discuss how each implication flows out of the realities of chapter 2.
4. Read 4:7-16. If the goal is to grow up together into Christlikeness, how can we as a church ensure we are doing that?
5. From 5:9-17, describe characteristics of the darkness. How does that impact your understanding of 1 John 1:7?
6. Discuss the different roles mentioned in 5:21-6:9, discussing how each of them is enabled through an attitude of “mutual submission.”

**Prayer from Ephesians:** “Thank you for every benefit I receive as I am in Christ, especially my salvation from death to life and my unity with other believers. Please help me to live the life that you’ve provided for me in Him.”

**Answers:** In Him, **Adoption,** life, **one,** unity, **together,** living, **immoral,** filled, **warfare**