



**By**

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## Blessings Are God's Speech

“Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ.” Ephesians 1:3

The Greek word for “blessed” is *eulogesis*. It means that God has spoken well of us. Think about that for a moment. The God of all creation ... the God Who sits on the Heavenly Throne ... the God Who has all power and authority in the universe ... the God Who knows all things ... the God Who is Perfect and Holy ... has spoken well of you! Let anyone else on earth say what they will about you. Let Satan say what he will about you. God has spoken **well** of you!

It reminds me of what the Apostle Paul wrote in Romans 8:

“What then shall we say to these things? If God *is* for us, who *can be* against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall bring a charge against God's elect? *It is* God who justifies. Who *is* he who condemns? *It is* Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.” Romans 8:31-34

Jesus Christ speaks well of you to His Father in heaven. God the Father of all speaks well of you. Should you then allow the negative, cutting or hurtful words of others bring you down? No! People may

rail against you. People may lie about you. People may do everything in their power to make you look bad. They may try to make you feel guilty about the past. But Jesus Christ is at the Right Hand of God interceding for you. God speaks well of you. **YOU ARE BLESSED!**

## Blessings Are God's Promise

“Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ.” Ephesians 1:3

Every spiritual blessing! That’s how much God has blessed us. Paul did not say God blessed us with five spiritual blessings or 20 spiritual blessings or even 100 spiritual blessings. God blessed us with **EVERY** spiritual blessing! What does that mean?

First, keep in mind the context we’ve seen already. God speaks well of us from His Heavenly Throne.

Second, let’s look at the words. “Every” is *pase*. It means “every kind or variety.” “Spiritual” is *pneumatike*. It means “that which pertains to or proceeds from the spirit.” In this context, it means that which proceeds from the Spirit of God. The word always connotes the idea of invisibility and of power. “Blessing” is *eulogia*. It means “to speak well of” and carries the idea of bestowing blessings on someone.

God speaks well of us. His actions follow His thoughts and His words. He **blesse**s members of the Body of Christ with **every** kind or variety of **spiritual** good thing. It would be very unkind if someone spoke well of you but didn’t do anything to demonstrate what they thought about it. God **speaks** well of us and **does** well for for us. He has given us “every spiritual blessing.”

What are our “spiritual” blessings? Here are some of the basics.  
Make your own list each day and watch it grow!

- You are blessed with Christ in you
- You are blessed with you in Christ
- You are blessed with God’s Grace
- You are blessed with God’s Love
- You are blessed with God’s Loyalty
- You are blessed with God’s Faithfulness
- You are blessed with the gift of Faith
- You are blessed with God choosing you
- You are blessed with New Life
- You are blessed with forgiveness of sins
- You are blessed with redemption through Christ’s shed blood
- You are blessed with a cleansed conscience
- You are blessed with the Holy Spirit living in you
- You are blessed with the fruit of the Spirit flowing from your life to others
- You are blessed with being a member of the Body of Christ
- You are blessed with the promise of eternal Life
- You are blessed with spiritual protection
- You are blessed with physical protection
- You are blessed with emotional protection
- You are blessed with access to God’s throne through Christ’s intercession
- You are blessed with access to God’s power through prayer
- You are blessed with God’s Word to guide you

- You are blessed with God’s wisdom and knowledge to help you in every situation
- You are blessed with angels to watch over you
- Add to this and make it your own list of spiritual blessings!

Remember, God blessed you with “every spiritual blessing.” There is not one spiritual blessing that you don’t have. No other Christian is blessed more than you. That’s impossible since God gave you “every spiritual blessing.” You have as much access to God, as much access to spiritual knowledge and power, as much access to God’s love and grace as any other Christian alive today or who has lived or will live. **You are blessed!**

# Blessings Are In Heavenly Places

“Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ.” Ephesians 1:3

God has blessed us in the **heavenly places**. What does that mean? The Greek word for “heavenly places” is *epouraniois*. It translates as “heavenlies.” The word comes from *ouranos* (heaven) and *epi* (in, upon). It means what’s in heaven or pertains to heaven.

What’s important about the fact that God blesses us in heavenly places? Our blessing does not emanate from earth. It doesn’t even happen on some celebrated mountaintop. It doesn’t come from another planet or another solar system. God blesses us from His Home, from His Throne. Our blessings are sure. They are certain. Time and distance and earthly circumstances cannot affect our blessings. Nothing on earth can change the fact that God has spoken well of us. No one can do anything to alter or tarnish what God has given us. What comes from the Throne of God is settled for Eternity. He said it and it will be done!

Heaven is where Jesus Christ sits at the Right Hand of God the Father. Paul reminds us that Jesus is the one “who ascended higher than all the heavens, in order to fill the whole universe.” (Ephesians 4:10) Jesus is in Control. He’s in charge. He died and rose from the grave to seal our eternal blessing. He paid the price for the sins of mankind and no one can take that away. No one can make His

sacrifice of no effect. No one can remove the power and blessing that comes from the Blood of Christ. Jesus rules from Heaven. He rules millions of angels and solar systems. He rules billions of suns. He rules over every planet. He rules every thing! Mankind had their way with Jesus once when He was a Servant on earth. They beat Him, bruised Him, mocked Him and killed Him. But, He overcame them all. He rose from the grave. He ascended to the highest Place. He sits on the Throne of Heaven. No one on earth, above earth or under earth can ever have their way with Jesus again. He died, voluntarily, once for all. Christ is all-powerful and “fills the whole universe.”

That’s significant to us because we believe our blessings are **sure** based on the Word of God. Christ says we are blessed and we trust Him to do what He says. We trust Him because we believe He is All-powerful and that what He says will happen — will happen. If Christ was still in the grave, we’d have no hope. If Christ was wandering about the universe trying to figure out how to recover and recoup from what happened to Him on earth, we’d have no reason to believe He could deliver on His promises to us. But we **know** Christ is at the Right Hand of God. We **know** He is higher than all created beings and fills the universe. We **know** He can and **will** deliver on His promises. That’s what gives Christians the hope to go on. That’s the proof His promises are sure and we are secure.

What is our reaction to all this about Heaven? We receive more insight from Paul.

“For we know that if our earthly house, *this* tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven, if indeed, having been clothed, we shall not be found naked. For we who are in *this* tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life. Now He who has prepared us for this very thing *is* God, who also has given us the Spirit as a guarantee. So *we are* always confident, knowing that while we are at home in the body we are absent from the Lord. For we walk by faith, not by sight. We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord. Therefore we make it our aim, whether present or absent, to be well pleasing to Him.” 2 Corinthians 5:1-9

Bottom line: God continually blesses us in Heaven. Our blessings are eternal. We are going to be with Him forever. Our goal should always be to please Him. That's our response to His promise.

## Blessings Are In Christ

“Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ.” Ephesians 1:3

The Apostle Paul used the phrase “in Christ” more than 160 times in his letters. He used “in Christ” and its variations at least 35 times in Ephesians. The concept is an important one to understand who we are and what we have as followers of Jesus Christ. The Greek words are *en Christo*. The root meaning of the preposition *en* is “within, in the sphere of.” In the context of Ephesians 1:3, it means that God has blessed us in the heavenly realms with every spiritual blessing within the sphere of Christ. Our blessings come from our having an intimate relationship with Christ. It is **because of Christ** that God speaks well of us. It is **because of Christ** that we are blessed with every spiritual blessing in the heavenly places.

Christians have an extraordinary relationship with the living God. We live “**in**” Him and He lives “**in**” us! God places His Holy Spirit “**in**” us and the Spirit places us “**in**” Christ. One commentator wrote: “This mystic relation is likened to the air that is in us and yet we are in it.” We could not exist if air was not in us and we were not in air. The same is true spiritually. We have spiritual life because we are “**in**” Christ and He is “**in**” us.

Here are several things God did for **YOU** “in Christ.” (Taken from the many writings of the Apostle Paul)

- Chose you
- Redeemed you
- Reconciled you
- Forgave you
- Blessed you
- Gave you faith
- Gave you peace
- Made you holy
- Made you alive
- Sanctified you
- Loved you
- Justified you
- Gave you freedom
- Gave you eternal life
- Seated you in the heavenly realms
- Made you a part of His Spiritual Family
- Showed you His kindness
- Gave you His grace
- Taught you

Being “in” Christ means we’re **safe!** Christ is all around us. He surrounds us with His love and grace. Christ is our safe harbor. He protects us. No one or no thing can get to us unless it first goes through Christ and he allows it. We are “in” Him. It is a very safe and

kind place to live.

One of my favorite verses along that line of thinking is Philippians 4:6-7.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

The Greek rendering is that God places an elite guard around our emotions and thoughts and protects us within the safe sphere of Christ. That “guard” is strong around us and nothing can penetrate it. Our part is not to be anxious about anything, but to pray believing in God’s protection and provision. God gives us His peace, a peace that goes beyond anything we can grasp and understand. His peace guards our emotions and our thoughts “in” Christ Jesus.

All blessings flow from our relationship with Christ. Protection and peace come from our position of being “in Christ.” Christians are eternally “in” Christ, but many of us get into trouble when we forget that and try to deal with life on our own, outside His protection. That’s like running out of air and forgetting to inhale the air that’s around us. **We are in Christ!** He is all around us. We are “in” Him and He is “in” us. Breathe deeply! You are safe. You are protected. You are **in Christ!**

# Blessings Are Ours!

“Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ.” Ephesians 1:3

Christians are a “blessed” people. Here’s a list of some of the Heavenly Blessings we find in Paul’s Letter to the Ephesians ...

(Keep in mind that only “saved” people have these blessings)

1. 1:3 – “every spiritual blessing”
2. 1:4 – “God chose us”
3. 1:4 – “God chose us to be holy”
4. 1:5 – “God marked us out beforehand to be adopted as sons”
5. 1:7 – “We have redemption through Christ’s blood”
6. 1:8 – “God has lavished His grace upon us with all wisdom and understanding”
7. 1:9 – “He has made known to us the mystery of His will”
8. 1:13 – “When we believed, we were marked with a seal, the promised Holy Spirit”
9. 1:17 – “God has made a Spirit of wisdom and revelation available to us”
10. 1:18-19 – “God has given us heart-eyes to see the hope to which He has called us”
11. 1:22-23 – “God has made us part of His Body, vitally connected to its Head, Jesus Christ”
12. 2:4 – “God loved us enough to change us from objects of wrath

- to objects of mercy”
13. 2:6 – “God raised us up with Christ and seated us in the heavenly places with Him”
  14. 2:8-9 – “God saved us in such a way as to bring entire credit to Himself”
  15. 2:10 – “In saving us, God gave each of us a ministry of good works to be done for the good of others to the glory of God”
  16. 2:11-16 – “God has made one new man out of two old men through Christ” (Jew & Gentile)
  17. 2:17-18 – “We have access to the Father by one Spirit”
  18. 2:19 – “We are no longer foreigners and aliens, but fellow citizens”
  19. 2:22 – “We are being built together to become a dwelling in which God lives”
  20. 3:5 – “We know the Mystery of God that was hidden for ages that through the Gospel the Gentiles are heirs together with Israel, members together of one Body, and sharers together in the promise in Christ Jesus”
  21. 3:10 – “God makes known His eternal purpose through us to the rulers and authorities in the heavenly realms”
  22. 3:12 – “We may approach God with freedom and confidence”
  23. 3:16-17 – “We can be strengthened with power through the Holy Spirit in our inner beings, so that Jesus may feel at home in our lives”
  24. 4:1 – “We can live a life worthy of the calling we’ve received”
  25. 4:2-3 – “We can be completely humble and gentle, patient, bear

- with one another in love and make every effort to keep the unity of the Spirit through the bond of peace”
26. 4:4-6 – “We have the blessings of being part of one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father of all”
  27. 4:7 – “We have received the Grace of Christ”
  28. 4:8 – “We have received gifts from Christ”
  29. 4:11-12 – “Christ gave His Body gifted people for the purpose of equipping every Christian for works of service, so that the whole Body will be built up”
  30. 4:13-15 – “The Lord gave each of us the potential of maturity in our daily walk with Him”
  31. 4:16 – “As each one of us does his part, the Body is built up in love”
  32. 4:17-33 – “We are blessed with the potential for change. We can put off the old self, which is being corrupted by its deceitful desires, and put on the new self, created to be like God in true righteousness and holiness. We can change what goes into our minds and out of our mouths.”
  33. 5:1 – “We are able to imitate God and love the way He does”
  34. 5:8-14 – “We were once darkness, but God made us light. We have the ability to shine light in darkness and make everything visible.”
  35. 5:15-16 – “We can make the most of every opportunity”
  36. 5:18 – “We can be filled and controlled by God’s Holy Spirit”
  37. 5:19 – “We can sing and make music in our hearts to the Lord”
  38. 5:20 – “We can pray to God in Christ’s Name”

39. 5:21-33 – “We can have a successful marriage”
40. 6:1-4 – “We can have a successful family”
41. 6:5-9 – “We can have successful relationships with others”
42. 6:10-17 – “We have received the secret to spiritual warfare. We can use the full armor of God. We can battle with evil successfully.”
43. 6:18-20 – “We can pray in the Spirit for other Christians and their success in life and service”
44. 6:23-24 – “We have God’s peace, grace, and undying love through Jesus Christ our Lord”

I pray our brief study has been a blessing to you. Please revisit it anytime you want a reminder of the great things God has done for you.

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