



# EQUIPPED TO SERVE

## LESSONS FROM EPHESUS

### EQUIPPED TO SERVE | “OVERFLOWING PRAISE!”

February 1, 2026

#### Ephesians 1:1–14(NIV)

Paul, an apostle of Christ Jesus by the will of God,  
To God’s holy people in Ephesus, the faithful in  
Christ Jesus:

<sup>2</sup> Grace and peace to you from God our Father and  
the Lord Jesus Christ.

<sup>3</sup> Praise be to the God and Father of our Lord Jesus  
Christ, who has blessed us in the heavenly realms  
with every spiritual blessing in Christ. <sup>4</sup> For he  
chose us in him before the creation of the world  
to be holy and blameless in his sight. In love <sup>5</sup> he  
predestined us for adoption to sonship through  
Jesus Christ, in accordance with his pleasure and  
will— <sup>6</sup> to the praise of his glorious grace, which he  
has freely given us in the One he loves. <sup>7</sup> In him we  
have redemption through his blood, the forgiveness  
of sins, in accordance with the riches of God’s  
grace <sup>8</sup> that he lavished on us. With all wisdom and

understanding, <sup>9</sup> he made known to us the mystery  
of his will according to his good pleasure, which he  
purposed in Christ, <sup>10</sup> to be put into effect when the  
times reach their fulfillment—to bring unity to all  
things in heaven and on earth under Christ.

<sup>11</sup> In him we were also chosen, having been  
predestined according to the plan of him who works  
out everything in conformity with the purpose of  
his will, <sup>12</sup> in order that we, who were the first to put  
our hope in Christ, might be for the praise of his  
glory. <sup>13</sup> And you also were included in Christ when  
you heard the message of truth, the gospel of your  
salvation. When you believed, you were marked in  
him with a seal, the promised Holy Spirit, <sup>14</sup> who  
is a deposit guaranteeing our inheritance until the  
redemption of those who are God’s possession—to  
the praise of his glory.

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#### Notes:

“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.”

Ephesians 4:1

“For you were once darkness, but now you are light in the Lord. Live as children of light.” Ephesians 5:8

Bird's eye view of early Christian themes: God, the world, Jesus, the church, the means of salvation, Christian behaviour, marriage and the family, and spiritual warfare.

“[Paul] establishes what is after all the appropriate context for all Christian prayer, reflection and exhortation: the worship and adoration of the God who has lavished his love upon us.”

—*NT Wright*, “Ephesians for Everyone”

“The rhythm, recurring phrases, and exalted theology make this doxology one of the most impressive expressions of praise ever written. Its purpose is praise to God for binding us to himself by the grace he has shown in Christ.” —*NIV Appl Commentary*, online in Olive Tree vible software

Ephesians 1:3–6

Ephesians 1:7–10

Ephesians 1:11–14