

Living for More: How God Has Already Blessed You With Everything You Need

Many Christians walk through life unaware of what they already have in Christ. Ephesians 1:3-14 lays out a remarkable list of spiritual blessings that belong to every believer. The question is not whether God has given them. The question is whether we are receiving them.

What Does It Mean to Be "Blessed With Every Spiritual Blessing"?

Ephesians 1:3 opens with a sweeping statement: "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." Every spiritual blessing. Not some. Not a few for the especially faithful. Every single one.

These blessings are not something we earn or beg for. They are already ours in Christ. The only condition is that we must be in Christ to receive them. That means being a born-again, converted follower of Jesus.

Think of it this way. Imagine growing up in difficult, broken circumstances and then marrying into a loving, stable, generous family. Everything changes. You have been placed into something entirely new. That is exactly what happens when we come to faith in Jesus. We are transferred out of darkness and into the family of God.

Why Do So Many Christians Not Experience These Blessings?

There is a learning curve when you move into a new family. Consider children adopted from a country of poverty and scarcity. When brought into a home with plenty, they hid food in their drawers because they could not yet comprehend that lack was no longer their reality.

Many believers do the same thing spiritually. We carry the mindset of our old life into our new one. We forget that we no longer live under scarcity. God has provided everything. We simply need to receive it and thank Him for it.

We do not need to beg God for spiritual blessings He has already freely given. We receive them. We thank Him for them. It is counterintuitive to ask God for something He has already placed in our hands.

What Are the Spiritual Blessings Found in Ephesians 1?

1. We Are Chosen in Him

Verse 4 tells us that God "chose us in Him before the foundation of the world, that we would be holy and blameless before Him in love." God had a plan for the church before creation began. You are not an afterthought. You are chosen.

God sees us differently than we see ourselves. We tend to focus on our failures. God sees our potential. When God looked at David, He saw a king while everyone else, including David, saw a shepherd boy. Even on your worst day, God can see you on your best day.

2. We Are Made Holy and Blameless Before Him

God chooses to look at us through the eyes of the finished work of Christ. Because of what Jesus accomplished on the cross, God sees us as holy and blameless. That does not mean we are perfect. It means we are growing. Holiness is an incremental process. As we keep putting the Word in, the old things go out and a new lifestyle takes shape.

We should extend that same grace to others. Instead of focusing on someone's worst day, we can choose to see what they could be on their best day.

3. We Are Adopted Into God's Family

Verse 5 says He "predestined us to adoption as sons through Jesus Christ Himself." In Roman law, which is the cultural backdrop of this passage, an adopted child had every right that a natural-born child had. No stigma. Full inheritance. A completely new identity.

Even more, all previous debts were abolished. The old person no longer existed. That is a picture of what happens when we come to Christ. The old life is severed. The new life begins.

And here is the double blessing: Christians are not only adopted into God's family. We are also born again into it. Two ways of belonging to the same Father.

4. We Are Redeemed Through His Blood

"In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace." (Ephesians 1:7)

Redemption means to be set free by a ransom. The ransom has been paid. We were captive to sin, but the blood of Jesus purchased our freedom. We do not have to bow our knee to sin anymore, whatever that sin may be.

Leviticus 17 tells us there is life in the blood. It was not simply the liquid that saved us. It was the life contained in that blood. True life cancels out death. Jesus defeated death and rose again, and that same life now lives inside every believer. Eternal life does not begin when we die. It begins the moment we accept Jesus Christ as Lord.

5. We Are Forgiven of Our Trespasses

Guilt is a heavy burden. When we feel we have wronged someone, it is hard to be in their presence. Sin works the same way in our relationship with God. But forgiveness removes that barrier. The blood of Jesus does not simply cover our sins. It washes them away completely, as if they were never there.

Hebrews 9 speaks of the power of the blood to cleanse our conscience. Forgiveness brings freedom. We must receive it, not just acknowledge it intellectually, but truly take it in for ourselves.

6. We Have Been Lavished With Grace

Ephesians 1:7-8 says He "lavished on us in all wisdom and insight." Lavish means to have more than enough, to be in excess. Grace is not rationed. God will never run out of it. We never have to budget grace. There is always more than enough.

7. We Have an Inheritance

Verses 11 and 14 speak of an inheritance. An inheritance is not something you work for. It is given to you. You simply go and claim it. Eternal life is part of that inheritance. Everything God has promised is part of that inheritance. It belongs to us because of what Jesus did, not because of what we have done.

8. We Have Been Sealed by the Holy Spirit

"You were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance." (Ephesians 1:13-14)

A seal marks authenticity. The Holy Spirit is the mark that we are genuine believers. He is also described as a pledge, a down payment on everything that is still to come. If the Holy Spirit is the down payment, just imagine what the full inheritance looks like. The best is still ahead.

How Do Perception and Perspective Shape Our Faith?

Perception is what we see right now. Perspective is the big picture, shaped by our core values. As we grow in Christ and build our lives on the Word of God, our perspective changes. What looked impossible at twenty looks different at forty. What felt like a dead end becomes a doorway.

Getting our perception right leads to better perspective. Better perspective leads to a life that reflects what God says is true about us.

What Is the Connection Between Follow Through and Breakthrough?

Breakthroughs happen because of follow through. Follow through is the daily discipline of doing what you know to do, even when nothing seems to be changing. Breakthrough is the sudden shift that comes when you have stayed faithful long enough.

Most people never experience breakthrough because they quit too soon. Keep doing what you know to do. Keep putting the Word in. Keep showing up. Breakthrough is coming. But it requires follow through first.

Life Application

This week, choose one spiritual blessing from Ephesians 1 that you have been struggling to receive. Maybe it is forgiveness. Maybe it is your identity as a chosen and adopted child of God. Maybe it is freedom from a sin that still feels like it has a hold on you. Instead of asking God to give you what He has already provided, spend time each day this week simply thanking Him for it. Speak it out loud. Let it move from your head into your heart.

Ask yourself these questions:

- Am I living like someone who has been adopted into God's family, or am I still hiding food in my drawers, acting as if I am still in a place of lack?
- Do I see myself the way God sees me, through the finished work of Christ, or am I still defining myself by my worst days?
- Where in my life have I stopped following through, and what breakthrough might be waiting on the other side if I keep going?

God has already given you everything you need. The blessings are not on the way. They are already there. The only thing left is for you to receive them.