

# REALITY CHECK

Ephesians 1:1-6  
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## 1. I am a saint

Paul, an apostle of Christ Jesus by the will of God. To the **saints** who are in Ephesus, and are faithful in Christ Jesus. Ephesians 1:1

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:8-10

But just as he who called you is holy, so be holy in all you do; <sup>16</sup>for it is written: "Be holy, because I am holy." 1 Peter 1:15

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Ephesians 5:3

## 2. I am blessed

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. Ephesians 1:3

## 3. I am chosen

Even before he made the world, God loved us and **chose** us in Christ to be holy and without fault in his eyes. Ephesians 1:4

And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified. Romans 8:28-30

## 4. I am predestined to be adopted

In love he **predestined** us for **adoption** to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. Ephesians 1:5-6

## 5. I am redeemed

In him we have **redemption** through his blood... Ephesians 1:7

The Son of Man came not to be served but to serve, and to give his life as a ransom for many. Matthew 20:28

## 6. I am forgiven

...the **forgiveness** of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight Ephesians 1:7

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9