

## **Blessing the Blessor**

### **Ephesians 1:3**

3 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,

Although we are going to only talk about verse 3 this morning, I want us to read the entire sentence. It begins in verse 3 and goes through verse 14. Some English translations divide the sentence into three or more parts yet in the Greek Paul puts all of this together in one wonderful sentence.

So we want to read the entire sentence to get the whole idea of what he is saying.

Ephesians 1:3-14 (NKJV) 3 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, 4 just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, 5 having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, 6 to the praise of the glory of His grace, by which He has made us accepted in the Beloved. 7 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace 8 which He made to abound toward us in all wisdom and prudence, 9 having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself, 10 that in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth--in Him. 11 In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will, 12 that we who first trusted in Christ should be to the praise of His glory. 13 In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, 14 who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

Now some have called verse 3 the summation of the entire book of Ephesians.

And they are correct. This verse covers most of what we see in the book and covers our primary directive.

I. We are to bless God

A. How can we bless God?

1. We cannot add anything to Him.
2. Psalms 50:10 For every beast of the forest is Mine, And the cattle on a thousand hills.
3. Job 41: 11 ¶ Who has preceded Me, that I should pay him? Everything under heaven is Mine.
4. 1 Kings 8:27 "But will God indeed dwell on the earth? Behold, heaven and the heaven of heavens cannot contain You. How much less this temple

which I have built!

5. Hag 2:8 ‘The silver is Mine, and the gold is Mine,’ says the LORD of hosts.
- B. When He blesses us we are the better for it but when we bless Him He remains the same.
1. That is the idea of Him blessing us is that we are the better off for it.
  2. But we cannot make Him better off, nor add to Him.
- C. The word then has the idea for us to praise Him to worship Him.
1. Paul spends a great deal of time praising God throughout his epistles.
  2. 2Co 1:3 ¶ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,
  3. 1Pe 1:3 ¶ Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead,
- D. “Praise be to” (eulogetos) is used exclusively of God (Father or Son) in the NT to indicate the One who alone is worthy of worship. “Blessed be God . . .” was the customary introduction to a Jewish ascription of praise. *The Expositor’s Bible Commentary*
- II. We bless all the trinity
- A. For the eternal covenant, God’s divine purpose.
1. All three persons of the trinity have a part in the eternal covenant for our redemption.
  2. The Father designed it before creation.
  3. The Son agreed to pay for it before the creation.
  4. And the Holy Spirit agreed to execute it before the creation.
- III. God has blessed us with every spiritual blessing.
- A. **Hath blessed:** “The past tense, hath blessed, is used because the apostle contemplates his readers as actually redeemed, and in present possession of the unspeakable blessings which Christ has procured. These blessings are spiritual not merely because they pertain to the soul, but because derived from the Holy Spirit, whose presence and influence are the great blessing purchased by Christ.” Charles Hodge, *A Commentary on the Epistle to the Ephesians* (New York: Robert Carter and Brothers, 1858), 28.
- B. **Us:** Not just Paul, but all Christians.

C. These are spiritual blessings.

1. “Therefore the prevailing usage in the New Testament warrants us in saying, that these blessings are termed spiritual from their connection with the Holy Spirit.” John Eadie
  - a. Romans 1:11 (NKJV) 11 For I long to see you, that I may impart to you some spiritual gift, so that you may be established—
  - b. 1 Corinthians 12:1 (NKJV) 1 Now concerning spiritual gifts, brethren, I do not want you to be ignorant:
  - c. 1 Corinthians 14:1 (NKJV) 1 Pursue love, and desire spiritual gifts, but especially that you may prophesy.
  - d. 1 Corinthians 2:15 (NKJV) 15 But he who is spiritual judges all things, yet he himself is rightly judged by no one.
  - e. 1 Corinthians 14:37 (NKJV) 37 If anyone thinks himself to be a prophet or spiritual, let him acknowledge that the things which I write to you are the commandments of the Lord.
  - f. Galatians 6:1 (NKJV) 1 Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.
  - g. Romans 7:14 (NKJV) 14 For we know that the law is spiritual, but I am carnal, sold under sin.
  - h. Ephesians 5:19 (NKJV) 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,
  - i. Colossians 3:16 (NKJV) 16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.
  - j. 1 Corinthians 2:13 (NKJV) 13 These things we also speak, not in words which man's wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual.
2. “There are certain things which a man can find and discover for himself; but there are other things which are beyond his obtaining. A man by himself can attain to a certain skill in a craft or science; he can attain to a certain position in the world; he can amass a certain amount of this world's goods. But by himself he can never attain to goodness or to peace of mind. God chose us to give us those things which He alone can give.” *William Barclay*

- D. **Every spiritual blessing:** ““Every spiritual blessing” (eulogia) refers to every spiritual enrichment needed for the spiritual life. Since these benefits have already been bestowed on believers, they should not ask for them but rather appropriate them by faith. Similarly Joshua was not to ask for land since God had already promised it to him (Josh. 1:3–4). But he was to enter into the enjoyment of that provision. *Harold W. Hoehner, “Ephesians,” in The Bible Knowledge Commentary: An Exposition of the Scriptures, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 616.*
1. 2 Corinthians 4:18 (NKJV) 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.
  2. Colossians 3:1-4 (NKJV) 1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.
- E. That He chosen us to save us.
1. “It would not be so wonderful that man should choose God: the wonder is that God should choose man.” *William Barclay*
  2. Joh 15:16 "You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.
  3. John 15:19 (NKJV) 19 If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.
- F. That He called us out of sin and into His kingdom.
1. Col 1:13 He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,
- G. He has provided forgiveness.
1. Ac 10:43 "To Him all the prophets witness that, through His name, whoever believes in Him will receive remission of sins."
- H. He extends grace and mercy to us.
1. Ephesians 1:7 (NKJV) 7 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace
  2. Ro 5:15 But the free gift is not like the offense. For if by the one man’s offense many died, much more the grace of God and the gift by the grace of the one Man, Jesus Christ, abounded to many.

3. Ro 11:6 And if by grace, then it is no longer of works; otherwise grace is no longer grace. But if it is of works, it is no longer grace; otherwise work is no longer work.
4. Ephesians 2: 4 ¶ But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus, 7 that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.
  - I. That He came to us in our spiritual death and made us alive.
    1. Ephesians 2:1 And you He made alive, who were dead in trespasses and sins,
  - J. That He selected us to adopt us as His sons.
    1. Eph 1:5 having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will,
  - K. He has a very specific blessing in mind. That He predestined us to be conformed to the image of His Son.
    1. Romans 8:27-30 (NKJV) 27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. 28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose. 29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. 30 Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.
  - L. That He justified us.
  - M. That He sanctified and continues to sanctify us.
  - N. That He has glorified us.
  - O. That He has made us to sit in heavenly places. Eph 2:6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,
- IV. All of this in Christ and Him alone.
  - A. Jesus has no assistant.
    1. The Greek verb eulogeo might possibly hint that they are brought to us through the Word (logos) of God. There is a repetition of three different derivations: *eulogetos*, *eulogesas*, and *eulogia*. *The Expositor's Bible*

*Commentary*; See also John Eadie

2. Paul uses this formula in Christ Jesus about 164 times in His writings.
  3. There is one Savior and that is Christ Jesus.
    - a. Mt 1:21 "And she will bring forth a Son, and you shall call His name JESUS, for He will save His people from their sins."
  4. There is one Mediator and that is Christ Jesus.
    - a. 1Ti 2:5 For there is one God and one Mediator between God and men, the Man Christ Jesus,
  5. There is one Redeemer and that is Christ Jesus.
  6. There is one High Priest and that is Christ Jesus.
  7. There is one sacrifice for sin and that is Christ Jesus.
    - a. Behold the Lamb of God that takes away the sin of the world.
  - B. He alone provides all these blessing by the atonement He has provided for us.
    1. Acts 4:12 (NKJV) 12 Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved."
- V. And where has He blessed us, in heavenly places
- A. The idea is not that we will have all this someday in the future.
  - B. But it is that we have them now.
  - C. We sit with Jesus in the heavenlies.
    1. Eph 2:6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,

---

v-4 The verb "chose" (*exelexato*) is the usual one employed in LXX in connection with God's choice of Israel. It implies the taking of a smaller number out of a larger. *The Expositor's Bible Commentary*

The contents of verses 3–14 make one long sentence, possibly the longest sentence of connected discourse in existence. Here we have some of the most important doctrinal words and profoundest and richest truths regarding what God has done for the saints. in all the Pauline writings. *Kenneth S. Wuest, Wuest's Word Studies from the Greek New Testament: For the English Reader (Grand Rapids: Eerdmans, 1997), Eph 1:3.*

The apostle Paul said, "My God will meet all your needs according to his glorious riches in Christ Jesus" (Phil. 4:19). But these material provisions are relatively unimportant when measured against spiritual riches. Besides, although in this life we may have more or less material possessions, in spiritual terms we have not merely some but all blessings in Christ. *James Montgomery Boice, Ephesians: An Expository Commentary (Grand Rapids, MI: Ministry*

*Resources Library, 1988), 10.*