

Recap of 10/18/26 message by Chris Sommerfield
("Bless the LORD") Ephesians 1:1-14

- In Ephesians 1:1–14, Paul emphasizes the abundant blessings God bestows upon believers through their union with Christ, highlighting themes of predestination, redemption, and the ultimate reconciliation of all things in Christ. God's abundant blessings in Christ lead us to wholeheartedly bless Him in return, recognizing our transformed identity and purpose in His divine plan. We need to understand our position in Christ to appreciate our purpose and thus put into practice our faith in our lives.

- We see the triune God at work in this passage: In verses 3-6 we see that the Father selected you. In verses 7-12 we see that the Son sacrificed for you. Finally, in verses 13-14 we see that the Spirit seals you. Verses 3-14 comprise the longest sentence in the entire New Testament composed of 202 words in the original language. It is as if Paul is overcome by the awesome beauty of God and His plan of redemption that the words pour out of him. One writer says it like this, "In one sense the language is exalted and extravagant and yet, in another, the very repetition of phrases reveals its poverty and inadequacy to do justice to its subject: what God has done, is doing, and will do on the grandest scale and broadest canvas."

- The first three chapters of Ephesians builds our understanding of our position in Christ. This first section should bring us to our knees to "bless the LORD." In Hebrew, the word for "bless" when used in this context comes from the root word meaning to bend the knee or to kneel. When we think about God and what He has done, is doing, and will do, our response should be praise for the only one worthy of our praise, God in heaven! Let us kneel before Him together in adoration as we bless Him!