

# BLESSED ASSURANCE

## BELIEVING IN THE BLESSING

### DEVOTIONAL



**CREATED BY THE  
WOMEN OF VIZION  
FOR THE WOMEN OF  
VIZION**

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# *Blessed Assurance*

EPHESIANS 1:3

## INTRODUCTION

Hi there! On behalf of the entire Vizion Sisterhood team, we are so grateful that you're reading this. During this 4-day devotional, we will be diving deep into the spiritual blessings in Christ found in Ephesians 1:1-14. Please use this as a guide to better understand the assurance that comes from these blessings Paul describes in Ephesians 1:1-14. Utilize the reflection questions and scripture to meditate on throughout the next four days and seek understanding of what God is trying to tell you through His word. Let's get into it!





# EPHESIANS 1:1-14

## Greeting

1 Paul, an apostle of Christ Jesus by the will of God,  
To the saints who are in Ephesus, and are faithful in Christ Jesus:  
2 Grace to you and peace from God our Father and the Lord Jesus Christ.

## Spiritual Blessings in Christ

3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, 4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, 6 to the praise of his glorious grace, with which he has blessed us in the Beloved. 7 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, 8 which he lavished upon us, in all wisdom and insight 9 making known to us the mystery of his will, according to his purpose, which he set forth in Christ 10 as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

11 In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, 12 so that we who were the first to hope in Christ might be to the praise of his glory. 13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, 14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

Ephesians 1:1-14 ESV







# Day 1



When Ephesians 1 says we are predestined for adoption, redeemed by the blood of Jesus, and sealed by the Holy Spirit, it may just sound like words to you. Through this devotional we are going to break each of these down through the lens of Christ and help you believe in each blessing. These Godly blessings are not something you have to ask for, they are readily available to every believer. We are going to uncover the truth that the enemy has tried to hide from you for far too long: you are a daughter of God, your sins are washed away by the Cross, and your soul has a heavenly inheritance.

As women, many of us struggle with placing our identity in Christ. We are quicker to accept what someone else says about us instead of what God says. Our environment and culture today has created the perfect identity crisis for women in the Church. The world is so contradictory in the labels it places on us, we don't even know what to think of ourselves. Are we too skinny or too overweight? Are we too modest or showing too much? Are we confrontational or are we a people pleaser?



The most important thing that Satan has come to steal, kill, and destroy is our faith. If we don't have our shield of faith found in Ephesians 6, then we are defenseless against his fiery arrows! The way he attacks our faith is by planting seeds of doubt in each one of these eternal blessings. It has taken me years to actually trust in what God says about me instead of placing the value of my worth on my circumstances, other people, and my emotions. Our heart behind this weekly devotional is to help you make the daily choice to believe in these spiritual blessings that are found in Ephesians 1.

By the end of these four weeks, I pray that you can confidently say these truths:

**I am chosen to be a child of God.**

**I am forgiven because of the blood of Jesus.**

**I am sealed through the Holy Spirit.**

Reflection Questions:

1. Read Ephesians 1:1-14 again. What are some instances when it's been hard for you to believe in these spiritual blessings that Paul describes?
2. Write down some questions that you have about the meaning of being predestined for adoption, redeemed by the blood of Jesus, and being sealed by the Holy Spirit.
3. In what ways do you struggle with placing your identity in Christ?

Weekly Scripture:

- When you struggle with believing: John 20:27; 1 Peter 1:3-5; Joshua 1:3-4; Colossians 3:1-4





*4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will...*

Ephesians 1:5 ESV

God chose you. Let that sink in. Before the beginning of time or creation of the universe, our Creator wanted you to be a part of what He was about to create. The NLT version of this verse even says “it gave him great pleasure” to adopt us into His family. Contrary to what the world wants you to think, your existence is not an accident. The value and worth that you hold in the Father’s eyes is unmatched to anything we can fathom on earth.

In Romans 8:15, Paul says we are able to call God, “Abba, Father” because of how He has chosen us to be in His family! Verse 16 goes on to say that His spirit joins with ours to make us His children. Now if it’s still not hitting home for you, I’d like you to take a look at your relationship with your earthly father. We usually equate how we view our Heavenly Father to our experience with our earthly father. Just like anyone else in this world, no one can be compared to our God. People will always fail us, yet we have a steady Rock by our side who calls us His daughters.

# Day 2

## SPIRITUAL BLESSING #1:

### ‘PREDESTINED FOR ADOPTION’

This blessing is vital to how we live our lives. Where we place our identity dictates how we act, feel, speak, and love others. We are responsible for believing what Scripture tells us! Lean into this assurance that God wanted you to be a part of His family from the beginning, even knowing the things you would do or haven't done. God chose you.

Reflection Questions:

1. What is holding you back from believing in this blessing?
2. Can you relate to letting your relationship with your earthly father affect your relationship with your Heavenly one?
3. What would change in your life if you truly believed you were chosen to be God's daughter?

Weekly Scripture:

- When you feel abandoned by God: 1 John 3:1-2, 2 Corinthians 6:16-18; Luke 12:6-7; Psalm 139:14
- When your faith needs strengthening: Genesis 15:1-6; Romans 8:15-17





# Day 3

## SPIRITUAL BLESSING #2:

### 'REDEEMED BY THE BLOOD OF JESUS'

*7 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, 8 which he lavished upon us, in all wisdom and insight 9 making known to us the mystery of his will, according to his purpose, which he set forth in Christ 10 as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.*

Ephesians 1:7-9 ESV

Day two, we talked about how as believers we are adopted into God's family and now we're diving into how that can be that case. Firstly, we need to bring up sin. Our sin has consequences. In fact, the wages of sin were so great that Jesus had to shed His blood and die on a cross for us to be washed clean. The price of our freedom was Jesus' life! Now just because the price of our sin is paid doesn't mean we can sin freely. If anything, this blessing should bring reverence to how we flee from sin. This truth should make us disdain gossip, sexual immorality, pride, greed, and jealousy. We are no longer slaves to the sins we've committed in the past (Romans 6:6).





How do we believe that we're actually forgiven though? It took me a long time to really believe that God didn't see my past when He looked at me, resulting in me hiding my shame. How could the Holy of Holies see me as a new creation after all that I've done? Sister, if you're feeling this way, let me tell you that Jesus' ultimate sacrifice was so much greater than whatever you may have done. Paul, the author of Ephesians himself, was a known persecutor of Christians with innocent blood on his hands and is a testament of what God can redeem! If He can use murderers, adulterers, lepers, and even a donkey to advance His kingdom - He can and will use your testimony for His goodness.

The Lord's forgiveness is always waiting for us when we make a mistake (Luke 15:31-32). It wasn't until I forgave myself for the things I've done that I was able to accept His forgiveness. God has opened the prison doors and set the captives free, so why are you still sitting in your jail cell? It's time to walk in freedom and receive the wisdom that comes from uniting with our Savior.

#### Reflection Questions:

1. What is one thing holding you back from believing this blessing?
2. How could you show grace to others knowing that God has given you an abundance of grace through Christ?
3. What is something you need to forgive yourself or someone else for?

#### Weekly Scripture:

- When you feel unclean/tainted/stained: Colossians 2:13-17; 1 John 1:9-10; 2 Corinthians 5:17; Hebrews 10:19-25, Jeremiah 30:8-9, Romans 8:9-14
- When it's hard to forgive others and yourself: Matthew 7:1-5; Romans 12:9-10; 2 Corinthians 5:14-17





# Day 4

## SPIRITUAL BLESSING #3:

### ‘SEALED BY THE HOLY SPIRIT’



*13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, 14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.*

Ephesians 1:13-14 ESV

These past few days we’ve gone over what it really means to believe that you are wanted and redeemed by God. Today, we’ll go over what it means to be sealed by the Holy Spirit. When Paul uses the word “seal”, he is indicating that the Holy Spirit is the mark on our souls left behind from when we heard and believed in the Good News. God has placed His fingerprint on us through the Holy Spirit as a promise of our heavenly reward to come. Think of this as a security deposit on an apartment or a down payment on a home. While we are waiting on Christ’s second return, the Holy Spirit is our assurance that there is much more to come!



In this world, we are guaranteed to suffer but with the Holy Spirit we have a better chance of hearing God’s gentle voice leading us through the storms. We are marked as His. He has gifted us with an advocate and guide to lean on in times of trouble so that we can share light in the midst of darkness (1 Peter 2:9).



At the end of last year, I was walking my dog early in the morning and was assaulted by someone who had a track record of this behavior. After working with the police on the investigation I found out he was arrested two days later for doing the same thing to another girl. There were so many things going through my head at this time.



My first reaction was thinking that I should've known better than to walk by him, essentially blaming myself for the situation. Then came the feeling of injustice. The police were not able to link my case to the one he got arrested for, resulting in them having to close it unsolved. This seemingly random act on a Friday at 7:00 in the morning, changed the next few weeks of my life. This person robbed me of my sense of safety, joy, and trust in other people. The worst part was I couldn't see the purpose.

I asked God many times why that happened? What was the point? I could feel myself slipping into a depression while I was screaming for God to answer me and hearing nothing. I felt defeated with how things were handled and didn't think I could get any closure. I wanted to go to court and make my offender hurt as much as he hurt me but that option was stolen from me.

I could already see how my anger was hurting my relationship with God. I was demanding answers from Him when all He wanted to do was comfort His daughter. I was looking at my circumstances waiting for someone to tell me what I went through was as big as I thought it was. Meanwhile, the Lord was patiently waiting for me to come to Him with a soft heart so He could validate everything I was feeling. I came to a crossroads where I could see two options laid out in front of me: I could choose to sit in these feelings of bitterness and being insignificant or I could choose to trust God.

Choosing to believe in God's promises isn't easy. Instead of trying to shake Jesus awake in the midst of our storms like the disciples did in Mark 4:38-40, we can trust that if He's sleeping it's all under control. Making an active choice to trust Him can look like changing your mindset from "why is this happening to me?" to "Lord I don't understand but Your word says that you care about what's happening to me so I trust You". After these last few days, I pray that you feel equipped to make the daily choice of placing your hope in God and believe in the blessings He has bestowed upon us.



Now that we're wrapping up, I pray that you can now confidently say these truths:

I am chosen to be a child of God.

I am forgiven because of the blood of Jesus.

I am sealed through the Holy Spirit.

Don't just take it from me - dive deeper on your own. Seek the Lord's will and ask Him to speak to you. How could you choose to believe in these blessings that He has laid out for you? What does that really look like? Keep seeking and He will answer.

#### Reflection Questions:

- 1.What is one thing holding you back from believing this blessing?
- 2.How could you change your mindset when you're stuck in the midst of a storm?
- 3.How could these blessings encourage you when you're in a good season?
- 4.Look back at the questions you wrote about these blessings during the first week, how has God answered them?





*Sisterhood*

# *Blessed Assurance*

EPHESIANS 1:3

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**ISSUE NO.04**