



We studied Ephesians 1:3-6 today and learned that God paid a high price to adopt us and make us His children.

“How blessed is God! And what a blessing he is! He’s the Father of our Master, Jesus Christ, and takes us to the high places of blessing in him. Long before he laid down earth’s foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son,” (Ephesians 1:3-6 MSG).

1. Which part of this verse sticks out the most to you and why?

2. Did your parents instill value in you? Were they glad that you came along? Did they encourage and celebrate your uniqueness?

3. How does hearing that God adopted you into His family make you feel?

4. “I am a daughter of God. I am kind, confident, beautiful, and strong. I am changing the world with my actions and words. I was born to do the impossible.” Which part of this word declaration is the easiest for you to believe about yourself? Which is the hardest?

5. Listen to Rita Springer’s song, *Defender*, and spend some time seeking God. Ask Him to show you what He sees when He looks at you. What image are you reflecting to Him?
