

**Outline of
the Messages for the Full-time Training
in the Spring Term of 2025**

**GENERAL SUBJECT:
THE CRUCIAL POINTS OF THE TRUTH IN PAUL'S EPISTLES—
EPHESIANS**

Message One

The Spiritual Blessings to the Church

Scripture Reading: Eph. 1:3-14

Eph. 1:3-14—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ, ⁴Even as He chose us in Him before the foundation of the world to be holy and without blemish before Him in love, ⁵Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will, ⁶To the praise of the glory of His grace, with which He graced us in the Beloved; ⁷In whom we have redemption through His blood, the forgiveness of offenses, according to the riches of His grace, ⁸Which He caused to abound to us in all wisdom and prudence, ⁹Making known to us the mystery of His will according to His good pleasure, which He purposed in Himself, ¹⁰Unto the economy of the fullness of the times, to head up all things in Christ, the things in the heavens and the things on the earth, in Him; ¹¹In whom also we were designated as an inheritance, having been predestinated according to the purpose of the One who works all things according to the counsel of His will, ¹²That we would be to the praise of His glory who have first hoped in Christ, ¹³In whom you also, having heard the word of the truth, the gospel of your salvation, in Him also believing, you were sealed with the Holy Spirit of the promise, ¹⁴Who is the pledge of our inheritance unto the redemption of the acquired possession, to the praise of His glory.

I. God is the God of blessing—Gen. 1:22, 28; Psa. 115:13:

Gen. 1:22—And God blessed them, saying, Be fruitful and multiply, and fill the waters in the seas, and let the birds multiply on the earth.

Gen. 1:28—And God blessed them; and God said to them, Be fruitful and multiply, and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of heaven and over every living thing that moves upon the earth.

Psa. 115:13—He will bless those who fear Jehovah, Both small and great.

A. The Bible calls God the creating God (Gen. 1:1; Psa. 100:3; Isa. 45:18), the redeeming God (Job 19:25; Psa. 19:14; 78:35), the judging God (Gen. 18:25; Psa. 7:11; 9:7), and the God of blessing (Gen. 1:22, 28; Psa. 115:13).

Gen. 1:1—In the beginning God created the heavens and the earth.

Psa. 100:3—Know that it is Jehovah who is God; It is He who has made us and not we ourselves. *We are* His people and the sheep of His pasture.

Isa. 45:18—For thus says Jehovah, Who created the heavens—He is the God Who formed the earth and made it; He established it; He did not create it waste, *But* He formed it to be inhabited: I am Jehovah and there is no one else;

Job 19:25—But I know that my Redeemer lives, And at the last He will stand upon the earth;

Psa. 19:14—May the words of my mouth and the meditation of my heart Be acceptable before You, O Jehovah, my rock and my Redeemer.

Psa. 78:35—And they remembered that God was their rock, And the Most High God, their Redeemer.

Gen. 18:25—Far be it from You to do such a thing, to put to death the righteous with the wicked, so that the righteous should be as the wicked. Far be it from You! Shall the Judge of all the earth not do justly?

Psa. 7:11—God is a righteous Judge And a God who has indignation every day.

Psa. 9:7—But Jehovah sits *enthroned* forever; He has established His throne for judgment.

Gen. 1:22—And God blessed them, saying, Be fruitful and multiply, and fill the waters in the seas, and let the birds multiply on the earth.

Gen. 1:28—And God blessed them; and God said to them, Be fruitful and multiply, and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of heaven and over every living thing that moves upon the earth.

Psa. 115:13—He will bless those who fear Jehovah, Both small and great.

- B. Blessing is the overflow of God through someone's maturity in life—Gen. 47:7, 10.

Gen. 47:7—And Joseph brought in Jacob his father and set him before Pharaoh, and Jacob blessed Pharaoh.

Gen. 47:10—And Jacob blessed Pharaoh and went forth from Pharaoh's presence.

- C. The first case of blessing in the Bible is Melchizedek's blessing of Abraham—Gen. 14:18-20.

Gen. 14:18-20—And Melchizedek the king of Salem brought out bread and wine. Now he was priest of God the Most High. ¹⁹And he blessed him and said, Blessed be Abram of God the Most High, Possessor of heaven and earth; ²⁰And blessed be God the Most High, Who has delivered your enemies into your hand. And Abram gave him a tenth of all.

- D. Numbers 6:22-27 speaks of being blessed by God:

Num. 6:22-27—Then Jehovah spoke to Moses, saying, ²³Speak to Aaron and to his sons, saying, Thus you shall bless the children of Israel; you shall say to them, ²⁴Jehovah bless you and keep you; ²⁵Jehovah make His face shine upon you and be gracious to you; ²⁶Jehovah lift up His countenance upon you and give you peace. ²⁷So shall they put My name upon the children of Israel, that I Myself may bless them.

1. In the Father—"Jehovah bless you and keep you"—v. 24.

2. In the Son—"Jehovah make His face shine upon you and be gracious to you"—v. 25.

3. In the Spirit—"Jehovah lift up His countenance upon you and give you peace"—v. 26.
 4. "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all"; this blessing in 2 Corinthians 13:14 is actually the same as that in Numbers 6:23-26.
Num. 6:23-26—Speak to Aaron and to his sons, saying, Thus you shall bless the children of Israel; you shall say to them, ²⁴Jehovah bless you and keep you; ²⁵Jehovah make His face shine upon you and be gracious to you; ²⁶Jehovah lift up His countenance upon you and give you peace.
- E. Through His shepherding, the Lord brings us into the enjoyment of His blessing and causes us to become a source of blessing under the showers of blessing—Ezek. 34:26-27a, 29; Zech. 10:1.
Ezek. 34:26-27—And I will make them and the places around My hill a blessing, and I will cause the showers to come down in their season; there will be showers of blessing. ²⁷And the trees of the field will yield their fruit, and the earth will yield its increase, and they will be secure in their land; then they will know that I am Jehovah, when I break the bars of their yoke and deliver them from the hand of those who enslaved them.
Ezek. 34:29—And I will raise up for them a planting place of renown, and they will no longer be consumed with famine in the land and no longer bear the disgrace of the nations.
Zech. 10:1—Ask rain of Jehovah At the time of spring rain, *Of Jehovah who makes the lightning, And He will give them showers of rain, To everyone herbage in the field.*
- F. We bless God because God has blessed us—Eph. 1:3.
Eph. 1:3—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ,
- G. Hebrews 7:7 says, "But without any dispute the lesser is blessed by the greater":
 1. In this verse we see the principle of blessing: the greater blesses the lesser.
 2. To be greater or lesser is a matter of the measure of Christ.
- H. We need to treasure God's blessing—Deut. 28:2-8; Psa. 84:4-5.
Deut. 28:2-8—And all these blessings will come upon you and overtake you if you listen to the voice of Jehovah your God. ³Blessed shall you be in the city, and blessed shall you be in the field. ⁴Blessed shall be the fruit of your womb and the fruit of your ground and the fruit of your animals, the offspring of your cattle and the young of your flock. ⁵Blessed shall be your basket and your kneading bowl. ⁶Blessed shall you be when you come in, and blessed shall you be when you go out. ⁷Jehovah will cause your enemies, who rise up against you, to be struck down before you; on one road they will come out against you, but on seven roads they will flee before you. ⁸Jehovah will command the blessing upon you in your storehouses and in all your undertakings; and He will bless you in the land which Jehovah your God is giving you.
Psa. 84:4-5—Blessed are those who dwell in Your house; They will yet be praising You. Selah ⁵Blessed is the man whose strength is in You, In whose heart are the highways to Zion.

II. “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ”—Eph. 1:3:

A. Ephesians 1:3-14 reveals God’s threefold blessing to the church:

Eph. 1:3-14—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ, ⁴Even as He chose us in Him before the foundation of the world to be holy and without blemish before Him in love, ⁵Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will, ⁶To the praise of the glory of His grace, with which He graced us in the Beloved; ⁷In whom we have redemption through His blood, the forgiveness of offenses, according to the riches of His grace, ⁸Which He caused to abound to us in all wisdom and prudence, ⁹Making known to us the mystery of His will according to His good pleasure, which He purposed in Himself, ¹⁰Unto the economy of the fullness of the times, to head up all things in Christ, the things in the heavens and the things on the earth, in Him; ¹¹In whom also we were designated as an inheritance, having been predestinated according to the purpose of the One who works all things according to the counsel of His will, ¹²That we would be to the praise of His glory who have first hoped in Christ, ¹³In whom you also, having heard the word of the truth, the gospel of your salvation, in Him also believing, you were sealed with the Holy Spirit of the promise, ¹⁴Who is the pledge of our inheritance unto the redemption of the acquired possession, to the praise of His glory.

1. The Father chose us with the intention of imparting, dispensing, His holy nature into us to make us holy (v. 4), and He predestinated us in order to impart His life into us to make us His sons in life and nature (v. 5).

Eph. 1:4—Even as He chose us in Him before the foundation of the world to be holy and without blemish before Him in love,

Eph. 1:5—Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will,

2. God’s blessing to the church is also in His redemption in the Son (v. 7) and in making us His inheritance by imparting His element into our being (v. 11).

Eph. 1:7—In whom we have redemption through His blood, the forgiveness of offenses, according to the riches of His grace,

Eph. 1:11—In whom also we were designated as an inheritance, having been predestinated according to the purpose of the One who works all things according to the counsel of His will,

3. God has also blessed the church by sealing us with the Spirit as the consummation of the Triune God (v. 13).

Eph. 1:13—In whom you also, having heard the word of the truth, the gospel of your salvation, in Him also believing, you were sealed with the Holy Spirit of the promise,

- B. In verses 3 through 14 are the Father’s selection and predestination, speaking forth God’s eternal purpose (vv. 3-6); the Son’s redemption, speaking forth the accomplishment of God’s eternal purpose (vv. 7-12); and the Spirit’s sealing and pledging, speaking forth the application of God’s accomplished purpose (vv. 13-14).

Eph. 1:3-6—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ, ⁴Even as He chose us in Him before the foundation of the world to be holy and without blemish before Him in love, ⁵Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will, ⁶To the praise of the glory of His grace, with which He graced us in the Beloved;

Eph. 1:7-12—In whom we have redemption through His blood, the forgiveness of offenses, according to the riches of His grace, ⁸Which He caused to abound to us in all wisdom and prudence, ⁹Making known to us the mystery of His will according to His good pleasure, which He purposed in Himself, ¹⁰Unto the economy of the fullness of the times, to head up all things in Christ, the things in the heavens and the things on the earth, in Him; ¹¹In whom also we were designated as an inheritance, having been predestinated according to the purpose of the One who works all things according to the counsel of His will, ¹²That we would be to the praise of His glory who have first hoped in Christ,

Eph. 1:13-14—In whom you also, having heard the word of the truth, the gospel of your salvation, in Him also believing, you were sealed with the Holy Spirit of the promise, ¹⁴Who is the pledge of our inheritance unto the redemption of the acquired possession, to the praise of His glory.

- C. God “has blessed us with every spiritual blessing in the heavenlies in Christ”—v. 3b:

Eph. 1:3—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ,

1. All the blessings with which God has blessed us, being spiritual, are related to the Holy Spirit—4:30:

Eph. 4:30—And do not grieve the Holy Spirit of God, in whom you were sealed unto the day of redemption.

- a. The Spirit of God is not only the channel but also the reality of God’s blessings.
 - b. God the Father, God the Son, and God the Spirit are all related to the blessings bestowed on us.
2. Literally, *blessing* means “good speech, utterance, well-speaking, fair speech”; Ephesians 1:4-14 is an account of such speakings, such blessings.

Eph. 1:4-14—Even as He chose us in Him before the foundation of the world to be holy and without blemish before Him in love, ⁵Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will, ⁶To the praise of the glory of His grace, with which He graced us in the Beloved; ⁷In whom we have redemption through His blood, the forgiveness of offenses, according to the riches of His grace, ⁸Which He caused to abound to us in all wisdom and prudence, ⁹Making known to us the mystery of His will according to His good pleasure, which He purposed in Himself, ¹⁰Unto the economy of the fullness of the times, to head up all things in Christ, the things in the heavens and the things on the earth, in Him; ¹¹In whom also we were designated as an inheritance, having been predestinated according to the purpose of the One who works all things according to the counsel of His will, ¹²That we would be to the praise of His glory who have first hoped in Christ,

¹³In whom you also, having heard the word of the truth, the gospel of your salvation, in Him also believing, you were sealed with the Holy Spirit of the promise, ¹⁴Who is the pledge of our inheritance unto the redemption of the acquired possession, to the praise of His glory.

3. All these blessings are spiritual, in the heavenlies, and in Christ—v. 3b.
Eph. 1:3—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ,
4. These spiritual blessings are in the heavenlies:
 - a. *Heavenlies* here indicates not only the heavenly place but also the heavenly nature, state, characteristic, and atmosphere of the spiritual blessings with which God has blessed us.
 - b. The believers in Christ are enjoying on earth these heavenly blessings, which are spiritual as well as heavenly.
 - c. The blessings bestowed on us are of God the Father, in God the Son, through God the Spirit, and in the heavenlies.
5. These spiritual blessings are in Christ:
 - a. Everything God has given us is in Christ—v. 3.
Eph. 1:3—Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ,
 - b. Christ is the position in which God blesses the church—2:6.
Eph. 2:6—And raised *us* up together with *Him* and seated *us* together with *Him* in the heavenlies in Christ Jesus,
 - c. Christ is the virtue, the instrument, and the sphere in which God has blessed us.
 - d. In Christ God has blessed us with every spiritual blessing in the heavenlies.
6. The main thing that issues from this threefold blessing is the sonship—1:5.
Eph. 1:5—Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will,

III. “Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will”—v. 5:

- A. The first item of God’s blessing is being chosen to be holy—v. 4.
Eph. 1:4—Even as He chose us in Him before the foundation of the world to be holy and without blemish before Him in love,
- B. Being predestinated unto sonship is the second item of God’s blessing—v. 5:
Eph. 1:5—Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will,
 1. In eternity past God predestinated us unto sonship, marking out a destiny for His chosen ones before the foundation of the world.
 2. The goal of God’s predestination is sonship.
 3. We were predestinated to be sons of God even before we were created.

4. As God's creatures, we need to be regenerated by Him so that we may participate in His life to be His sons.
5. God chose and predestinated us according to His foreknowledge—1 Pet. 1:2.
1 Pet. 1:2—Chosen according to the foreknowledge of God the Father in the sanctification of the Spirit unto the obedience and sprinkling of the blood of Jesus Christ: Grace to you and peace be multiplied.
6. God has predestinated us unto sonship through Jesus Christ—Eph. 1:5:
Eph. 1:5—Predestinating us unto sonship through Jesus Christ to Himself, according to the good pleasure of His will,
 - a. *Through Jesus Christ* means through the Son of God, the Redeemer.
 - b. Through Him we were redeemed to be the sons of God, having the life and position of God's sons.
7. God predestinated us unto sonship according to the good pleasure of His will, which is His purpose.