

“IN CHRIST” is the most frequently used phrase in the book of Ephesians

Christians are saints in Christ (1:1); blessed in Christ (1:3); chosen in Christ (1:4); adopted in Christ (1:5); lavished with love in Christ (1:6); redeemed and forgiven in Christ (1:7); participants in God’s good plan in Christ (1:11); glorified in Christ, sealed with the Holy Spirit (1:12–13); made alive in Christ (2:5–6); created in Christ (2:10); brought near to God in Christ (2:13); growing in Christ (2:21); built in Christ (2:22); and share in God’s promise in Christ (3:6).

Paul, an apostle of Jesus Christ by the will
of God,
To the saints who are in Ephesus, and
faithful in Christ Jesus:

EPHESIANS 1:1

Grace to you and peace from God our
Father and the Lord Jesus Christ.

EPHESIANS 1:2

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,

EPHESIANS 1:3

And whatever you do, do it heartily, as to the Lord and not to men,

COLOSSIANS 3:23

knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

COLOSSIANS 3:24

For the love of Christ compels us, because we judge thus: that if One died for all, then all died;

II CORINTHIANS 5:14

and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.

II CORINTHIANS 5:15

Paul, an apostle of Jesus Christ by the will
of God,
To the saints who are in Ephesus, and
faithful in Christ Jesus:

EPHESIANS 1:1

Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.

ROMANS 8:30

Declaring the end from the beginning,
And from ancient times things that are not
yet done,
Saying, 'My counsel shall stand,
And I will do all My pleasure,'

ISAIAH 46:10

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

II CORINTHIANS 5:17

Grace to you and peace from God our
Father and the Lord Jesus Christ.

EPHESIANS 1:2

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,

EPHESIANS 1:3

“We are not sitting here, and groaning, and crying, and fretting, and worrying, and questioning our own salvation. He has blessed us; and therefore we will bless him. If you think little of what God has done for you, you will do very little for him; but if you have a great notion of his great mercy to you, you will be greatly grateful to your gracious God.”

SPURGEON

“Our thanks are due to God for all temporal blessings; they are more than we deserve. But our thanks ought to go to God in thunders of hallelujahs for spiritual blessings. A new heart is better than a new coat. To feed on Christ is better than to have the best earthly food. To be an heir of God is better than being the heir of the greatest nobleman. To have God for our portion is blessed, infinitely more blessed than to own broad acres of land. God hath blessed us with spiritual blessings. These are the rarest, the richest, the most enduring of all blessings; they are priceless in value.”

SPURGEON

“If we have no appreciation for spiritual blessing, then we live at the level of animals. Animals live only to eat, sleep, entertain themselves, and to reproduce. We are made in the image of God and He has something much higher for us, yet many choose to live at the level of animals. God wants us know every spiritual blessing in the heavenly places in Christ.”

GUZIK

Moreover, brethren, I declare to you the gospel which I preached to you, which also you received and in which you stand,

I CORINTHIANS 15:1

by which also you are saved, if you hold fast that word which I preached to you— unless you believed in vain.

I CORINTHIANS 15:2

For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures,

1 CORINTHIANS 15:3

and that He was buried, and that He rose
again the third day according to the
Scriptures,

I CORINTHIANS 15:4

Come to Me, all you who labor and are heavy laden, and I will give you rest.

MATTHEW 11:28

Take My yoke upon you and learn from Me,
for I am gentle and lowly in heart, and you
will find rest for your souls.

MATTHEW 11:29

For My yoke is easy and My burden is light.”

MATTHEW 11:30

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

PHILIPPIANS 4:6

casting all your care upon Him, for He
cares for you.

I PETER 5:7

Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.

PROVERBS 3:5

You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.

ISAIAH 26:3