

In Ephesians 4:1 Paul writes, “I urge you to live a life worthy of the calling you have received.” Paul explains this calling in the first three chapters of Ephesians. He wants to impress upon us the wonder of that calling to move us to action. In the last three chapters, Paul explains what it means to live a life worthy of that calling. These last three chapters are merely good works without the first three. God doesn’t want rigidity and legality, but a response to His grace. Our goal is to live a life that matches up to that calling, in response to it.

In explaining what the calling is, Paul gives 11 ways God indulged us in His calling. God rewards us first, hoping that our response will be to live a life that matches. The first thing, in verse 3, is that God “**blessed** us in the heavenly realms with every spiritual blessing in Christ.” Notice that the blessings are from heavenly realms and they are spiritual. I often hesitate to use the word “blessing” in reference to material earthly things because in the Bible it is clear that when God blesses us, His primary focus is spiritual blessings. And God gives every single one to us for free. Whatever spiritual blessing you can come up with, God gave it and more.

Secondly, in verse 4, Paul writes, “He **chose** us in him before the creation of the world to be holy and blameless in his sight.” This reminds us of where we started, unholy and guilty. We were sinful and condemned because of it, but God took us from that and chose us and made us blameless and holy.

Thirdly, in verse 5, God “predestined us to be **adopted** as his sons through Jesus Christ.” He freely gave us the privilege and full authority as His children. Once I met a Caucasian couple who had three children already but also adopted three Chinese girls. To my surprise, they mentioned that they had to change their will every time they adopted a child. Even though the child was a stranger, she got an equal share to the inheritance upon adoption. This is what God does for us. We were like strangers, but he adopted us and gave us all the rights of His child.

Fourthly, in verse 6, God chose us, “to the praise of his glorious grace, which he has **freely given** us in the One he loves.” In the original language, “freely given” is the verb form of the noun grace. In essentially saying that God “graced us with grace,” Paul is emphasizing that God’s gift to us is undeserved and free.

Fifthly and sixthly, in verse 7, “in him we have **redemption** through his blood, the **forgiveness** of sins.” Through Moses, God redeemed the Israelites from slavery in Egypt.

Similarly, God paid the blood of His only son to redeem us from the captivity of sin and death. And because of this, we are also forgiven. When God sees us, He no longer sees our sins, but instead the righteousness of His son Jesus, who paid the price for our sins.

Seventhly, in verse 8, God “**lavished** on us with all wisdom and understanding.” He spoiled us by giving us wisdom. He did not keep us in the dark about his plan of salvation, but revealed it to us. Eighthly, in verse 9, God “**made known** to us the mystery of his will.” God’s will was once concealed, but God made it known to us. This mystery is vital to us, and I will explain what it is later on.

Ninthly, in verse 11, “In him we were also **chosen**.” This is a different word for choosing than in verse 4. The idea is that God picked us as his prize. In Deuteronomy 32:8-9, God chose Jacob as his allotted inheritance. It must be mentioned that we, Gentiles, were not the “first to hope in Christ,” as Paul says in v. 12. God chose the Jews specifically as His prize, as they were the ones first to hope in Christ. Yet, tenthly, we, Gentiles, are also included in God’s prize as well. Verse 13 states, “And you also were **included** in Christ when you heard the word of truth.” Even though salvation was first for the Jews, God included us into His favor.

Lastly, in verse 14, we were given the Holy Spirit, “who is a deposit **guaranteeing** our inheritance.” The Spirit is the down payment, the proof that God will fulfill all His promises. God gave us everything. He blessed us, chose us, adopted us, graced us, redeemed us, forgave us, lavished wisdom on us, revealed the mystery of His will to us, selected us as His prize, included us, and guaranteed to us the fulfillment of His promises. God gave His only Son and His very own Spirit. What else could God have done for us? I hope the knowledge of the many ways God has given grace to us moves you to live a life worthy of the calling you received.