

**Made New**  
**Chosen and Sealed**  
**May 31<sup>st</sup>, 2026**

**READ**

Ephesians 1:1–23; Acts 19; 2 Peter 3:9; 1 John 1:9; 2 Corinthians 5:17–18

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**KEY POINTS**

- Your Identity Is Found in Christ - The world offers countless labels and identities, but our identity is not based on performance, possessions, or pedigree. We are defined by our position in Christ.
  - God Chose You Before You Chose Him - Before the foundation of the world, God established a plan of redemption through Jesus. His desire is reconciliation, adoption, and relationship.
  - Jesus Gives Us Every Spiritual Blessing - Through Christ we receive forgiveness, redemption, adoption into God’s family, a new vision for life, and a new standing before God. We are defined by His grace, not our past.
  - The Holy Spirit Seals and Empowers Believers - God marks His children with the Holy Spirit as a guarantee of our inheritance. The Spirit reminds us that we belong to God and empowers us to live according to our new identity.
  - Our Lives Are Meant to Bring Glory to God - God’s plan is not merely to save us, but to transform us into people whose lives point others toward Jesus. We are to reflect His goodness, grace, and power.
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**QUESTIONS**

1. Our identity is not based on performance, possessions, or pedigree. What area of your life most reveals a tension between the identity God has given you and the identity the world encourages you to pursue? What would it look like to surrender that area more fully to Christ this week?

2. What stands out to you most about the truth that God chose and loved you before the foundation of the world? How does knowing that God adopted you into His family change the way you view your relationship with God and other believers?
  3. What is the difference between simply knowing you are forgiven and living in the freedom of that forgiveness? How has the Holy Spirit helped convict, guide, encourage, or strengthen you to walk in that freedom?
  4. Throughout Ephesians 1, Paul roots the believer's identity, blessings, and purpose "in Christ." Why do you think this truth is so essential to understanding the Christian life? As you reflect on your own life, where do you see God's transforming work producing fruit, and where is He still inviting you to grow for His glory?
  5. If someone watched your life for a week, what evidence would they see that your identity is rooted in Jesus rather than in the world?
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## **LIFE APPLICATION**

- Replace False Labels with Biblical Truth - Spend time this week identifying labels you have accepted from the world, your past, or your failures. Replace each one with a truth from Ephesians 1 about who you are in Christ.
- Read Ephesians 1 Daily - Highlight a different blessing, promise, or truth about your identity each day and pray through it.
- Live Like a Child of God - Ask yourself each morning: "If I truly believed I was chosen, adopted, forgiven, and sealed by God, how would I live differently today?" Then intentionally take one step of obedience.
- Reflect Christ to Others - Pray for opportunities to share the grace, forgiveness, encouragement, and hope you have received in Christ with someone else this week. Allow your new identity to impact both your life and the lives of those around you.

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## **PRAYER**

Heavenly Father,

Thank You for choosing us, loving us, and adopting us into Your family through Jesus Christ. Thank You for the forgiveness, grace, and spiritual blessings that are ours in Him. Help us to see ourselves the way You see us, not through the lens of the world, but through the finished work of Christ. Teach us to live confidently in our identity as Your children and to rely on the power of the Holy Spirit each day. Transform our hearts so that our lives bring praise and glory to You. Help us walk in holiness, extend grace to others, and boldly share the hope we have found in Jesus.

May our identity in Christ shape every decision we make and every relationship we have this week.

In Jesus' name,

Amen.