

SESSION  
**2**

THE CONVERSATION STARTER

# “Gatorade Shower”

PRAISE GOD FOR HIS SPIRITUAL BLESSINGS

Launch your study with this  
**CONVERSATION STARTER**

Watch the video or read it below.



## READ

Before the study, take a moment to read Ephesians 1:3-14.



## BONUS RESOURCE

Feel free to listen to **Weekly episode #183, “Onions On My Salad”** before your study, as an example of a conversation led by this study guide.

[biblegeeks.fm/183](https://biblegeeks.fm/183)



**W**hy do players love to dump orange coolers of icy-cold sports drink all over their coach? That's just what you do when you're full of joy and appreciation after a giant win! As silly as a Gatorade shower might seem, here in Eph. 1:3-14, as God *lavishes* the *riches of his grace* on us (Eph. 1:7-8), we see Paul *gushing* out poetic words of praise for those bountiful spiritual blessings.



## THE BIG IDEA

**Jesus brings us together into a new spiritual family who lives to honor God for his incredible salvation.**

A mystery since the beginning, God's plan for Christ was to reunite what was previously separated (Eph 1:9-10; c.f. John 12:27). Whereas we were once lost in our sins — outcasts — now God has lovingly adopted us into his family through Jesus' sacrifice (Eph 1:4). And, if being welcomed into a loving and intimate relationship with God wasn't enough, we confidently look forward to a heavenly inheritance someday (Eph. 1:11, 14)!

Wow — God definitely didn't hold back from us! And how do we express our joy and appreciation? Paul says that we should aim to live every day blamelessly, in holiness (Eph. 1:4), and *"to the praise of his glorious grace"* (Eph. 1:6). A high standard of living for the high price paid for our salvation.

But this section also leads us to wrestle with our understanding of some important questions:

1. What does "in Christ" mean?
2. How are we "chosen" or "predestined" today?
3. What makes these blessings "spiritual"?
4. What's the Holy Spirit's role in our salvation?

A lot to chew on in these verses. A sweeping and poetic start to the letter, Paul's words inspire joyful appreciation of God's saving grace towards us!



## THE BIG QUESTION

**Have you been adopted into the Lord's family, united with God through Christ?**

# Spiritual Blessings

EPHESIANS 1:3-14

## INTRODUCTION

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Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Watch "Gatorade Shower" – [biblegeeks.fm/ephesians/2](https://www.biblegeeks.fm/ephesians/2) ▶▶▶



**ICE BREAKER** — Get everyone engaged and talking.

When was the last time you were so excited about something you had to tell someone about it?

## ACT I

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**FINDING JESUS** — Ephesians 1:3-14

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

# Spiritual Blessings

EPHESIANS 1:3-14

## ACT II

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### DO YOU UNDERSTAND — Ephesians 1:3-14

We identified four questions in the Conversation Starter ("Gatorade Shower") to contemplate, research, and discuss. Prepare to get into and answer the topics below.

**1. What does "in Christ" mean?**

**2. How are we "chosen" or "predestined" today?**

**3. What makes these blessings "spiritual"?**

**4. What's the Holy Spirit's role in our salvation?**

# Spiritual Blessings

EPHESIANS 1:3-14

## ACT III

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**REACH OUT** — Connect with each other with this question.

When do you struggle most to remember the blessings God pours into your life?

## WRAP UP

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**THE CHALLENGE** — Ready to put it into practice?

Ask a friend what spiritual blessings they're most grateful for.



**REQUEST** — Go to God in a closing prayer.

For example: "O God and Father, may you be praised forever for your glorious grace" (Eph. 1:3, 6).



**NEXT SESSION** — Enlightened Hearts

Prepare by reading Ephesians 1:14-23