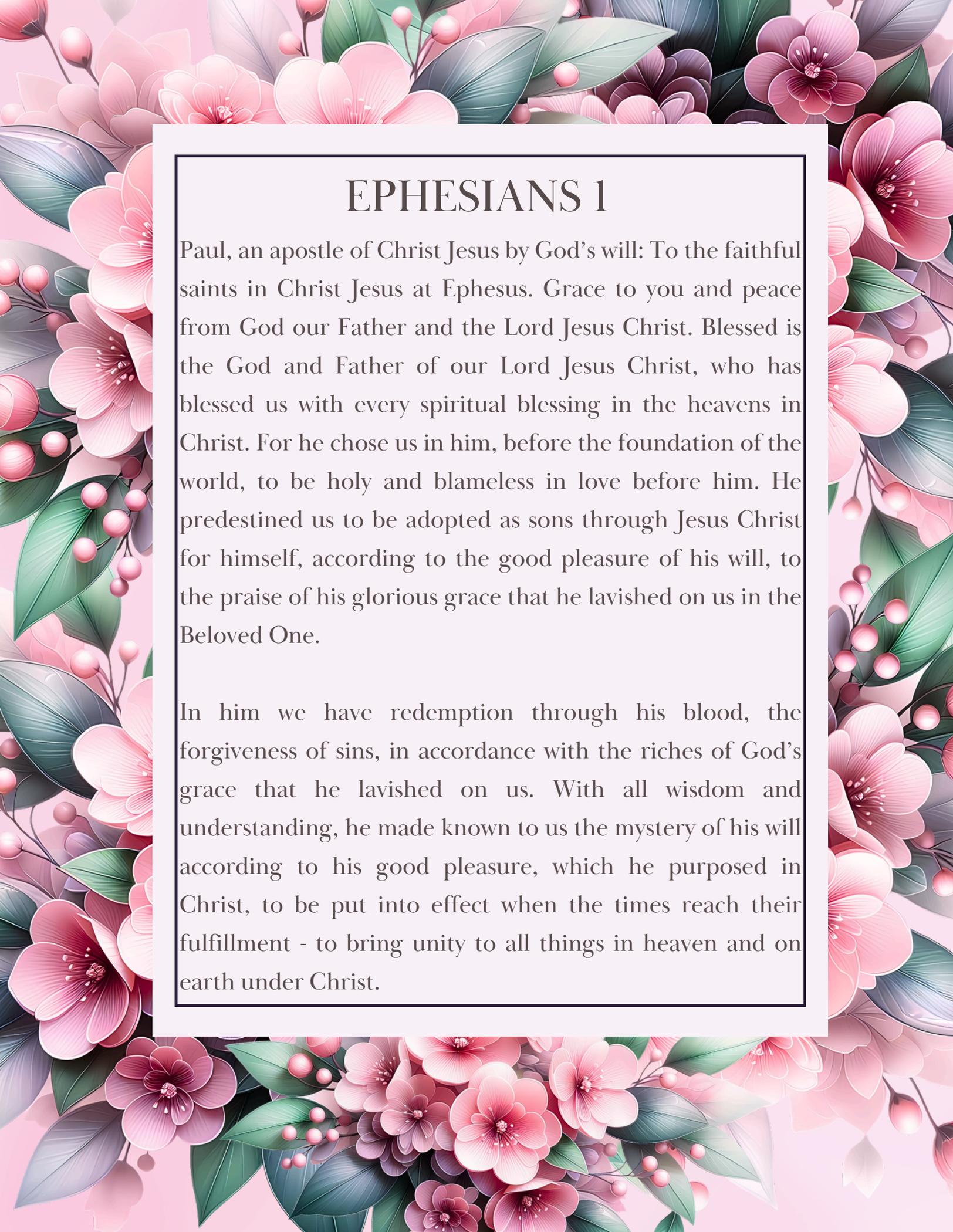




EPHESIANS  
LOVE &  
HEALTH

*devotional*



# EPHESIANS 1

Paul, an apostle of Christ Jesus by God's will: To the faithful saints in Christ Jesus at Ephesus. Grace to you and peace from God our Father and the Lord Jesus Christ. Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens in Christ. For he chose us in him, before the foundation of the world, to be holy and blameless in love before him. He predestined us to be adopted as sons through Jesus Christ for himself, according to the good pleasure of his will, to the praise of his glorious grace that he lavished on us in the Beloved One.

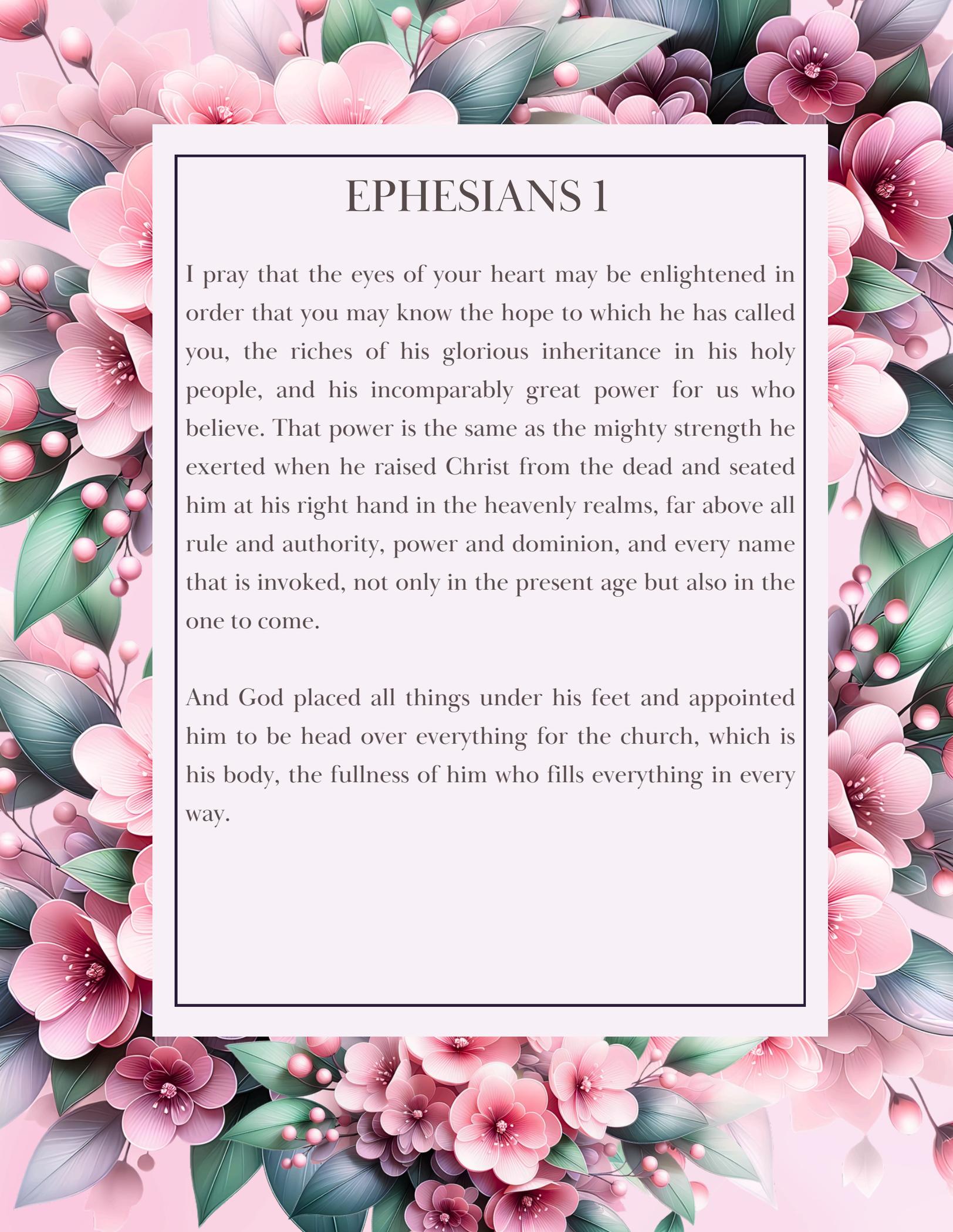
In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment - to bring unity to all things in heaven and on earth under Christ.

# EPHESIANS 1



In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the Gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession - to the praise of his glory.

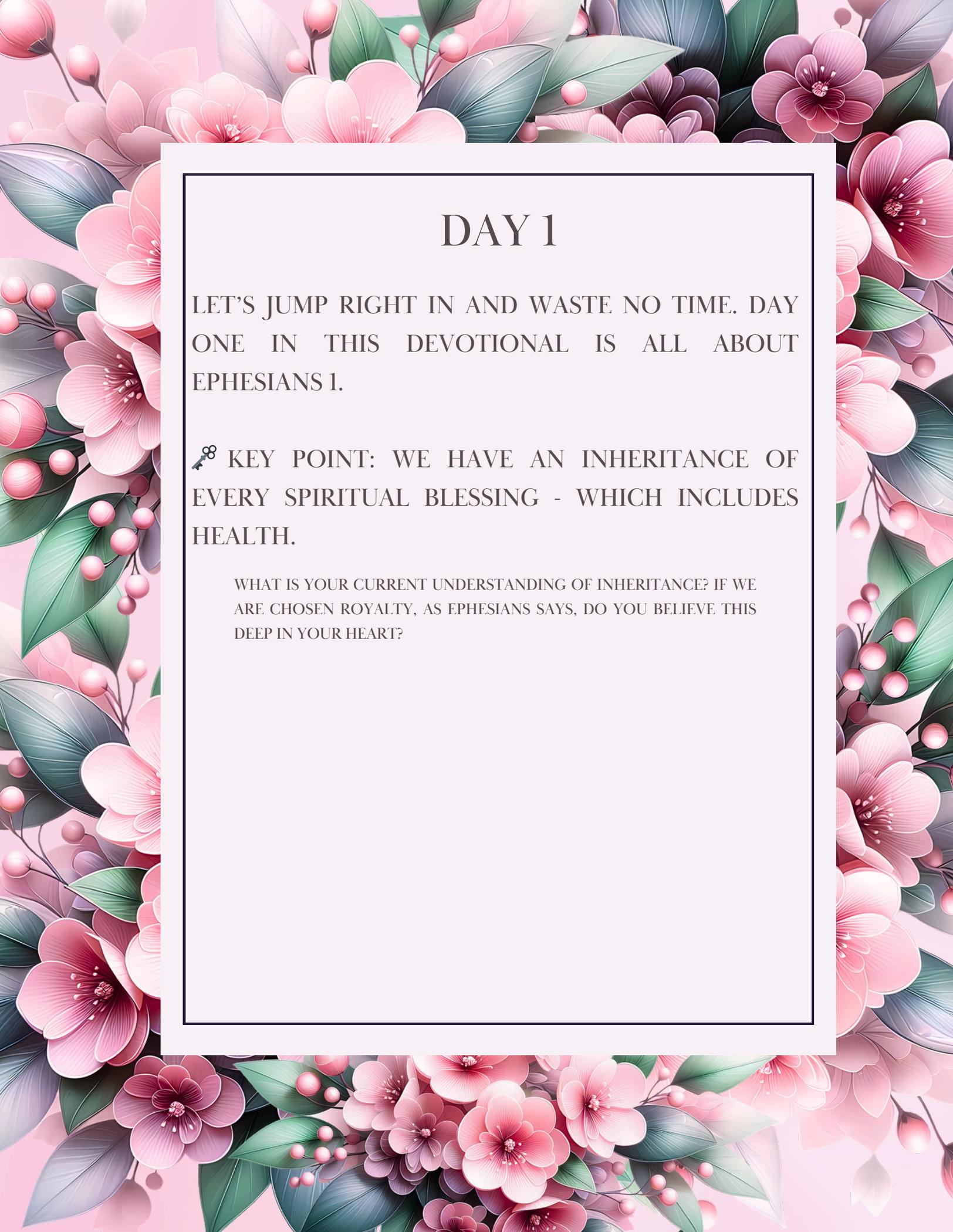
For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the Glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.



# EPHESIANS 1

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.

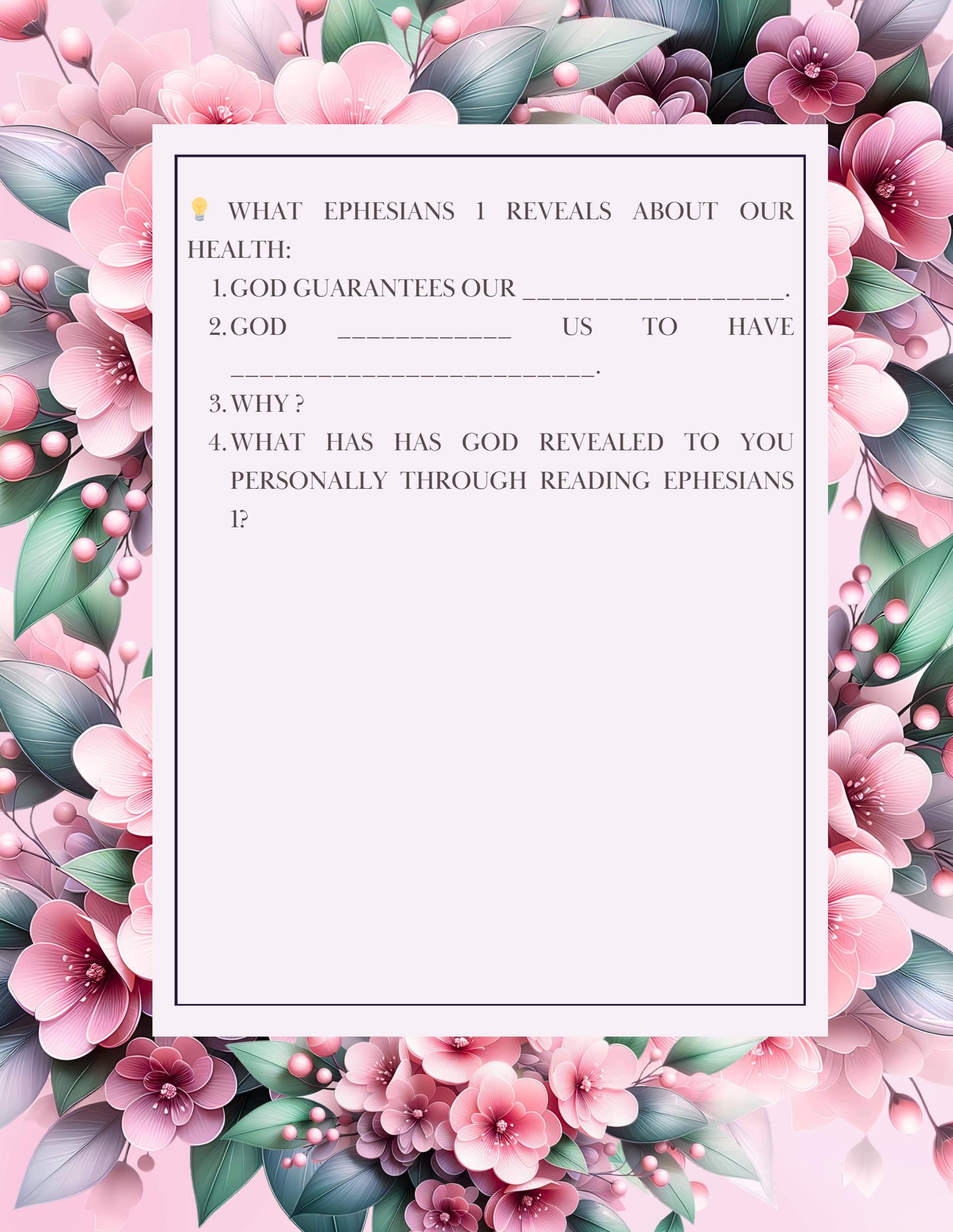


# DAY 1

LET'S JUMP RIGHT IN AND WASTE NO TIME. DAY ONE IN THIS DEVOTIONAL IS ALL ABOUT EPHESIANS 1.

🔑 KEY POINT: WE HAVE AN INHERITANCE OF EVERY SPIRITUAL BLESSING - WHICH INCLUDES HEALTH.

WHAT IS YOUR CURRENT UNDERSTANDING OF INHERITANCE? IF WE ARE CHOSEN ROYALTY, AS EPHESIANS SAYS, DO YOU BELIEVE THIS DEEP IN YOUR HEART?



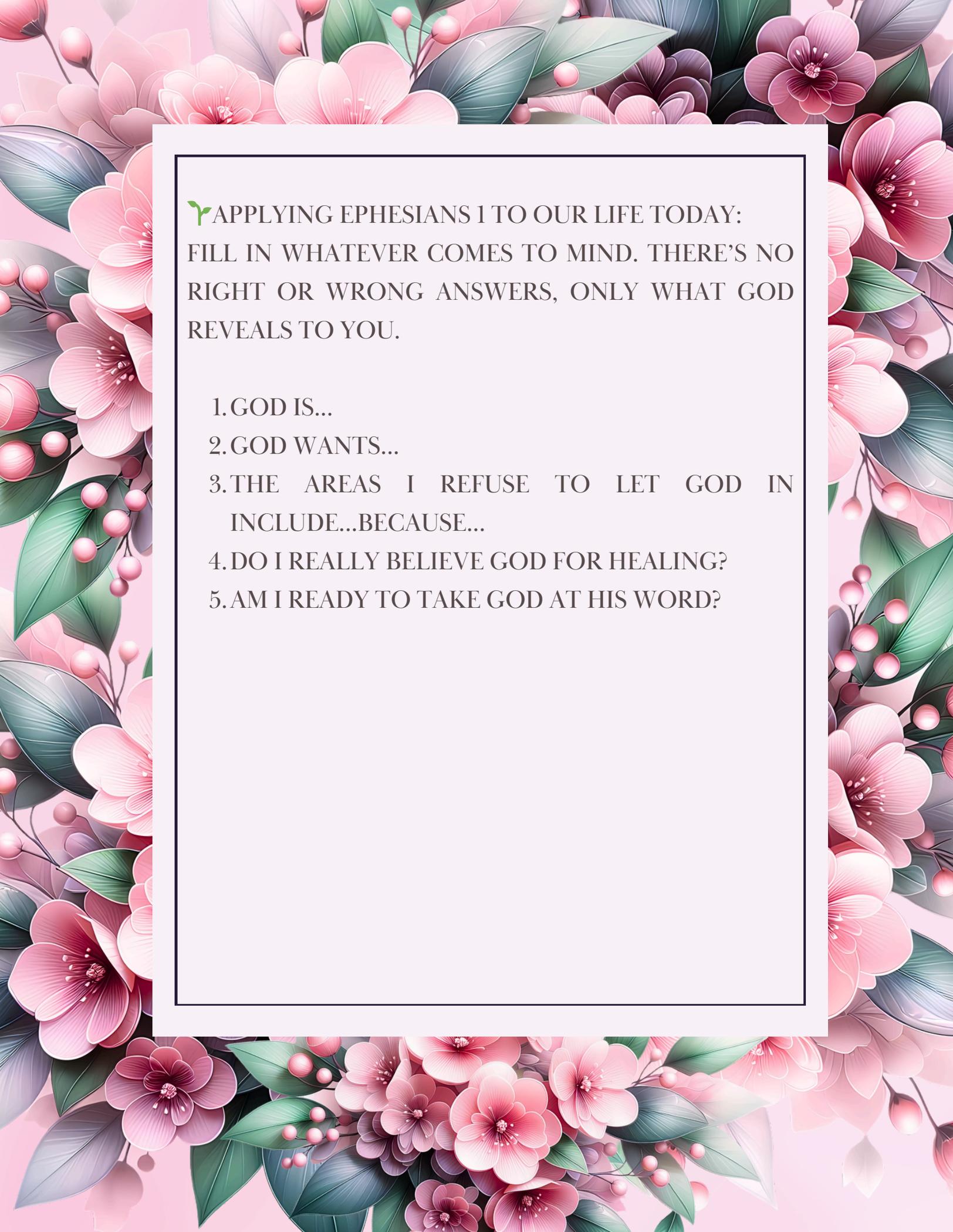
💡 WHAT EPHESIANS 1 REVEALS ABOUT OUR HEALTH:

1. GOD GUARANTEES OUR \_\_\_\_\_.

2. GOD \_\_\_\_\_ US TO HAVE \_\_\_\_\_.

3. WHY?

4. WHAT HAS HAS GOD REVEALED TO YOU PERSONALLY THROUGH READING EPHESIANS 1?



✚ APPLYING EPHESIANS 1 TO OUR LIFE TODAY:  
FILL IN WHATEVER COMES TO MIND. THERE'S NO  
RIGHT OR WRONG ANSWERS, ONLY WHAT GOD  
REVEALS TO YOU.

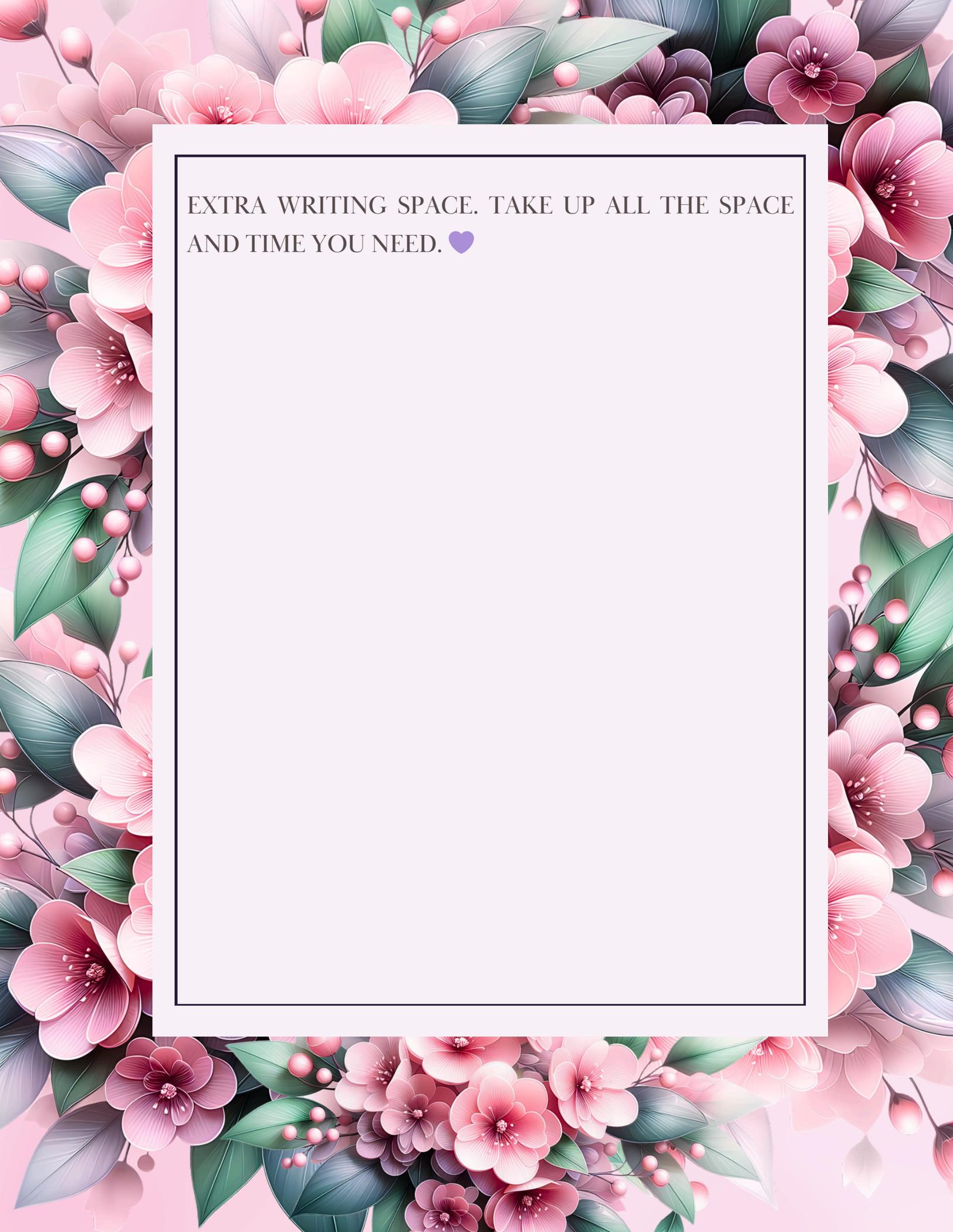
1. GOD IS...

2. GOD WANTS...

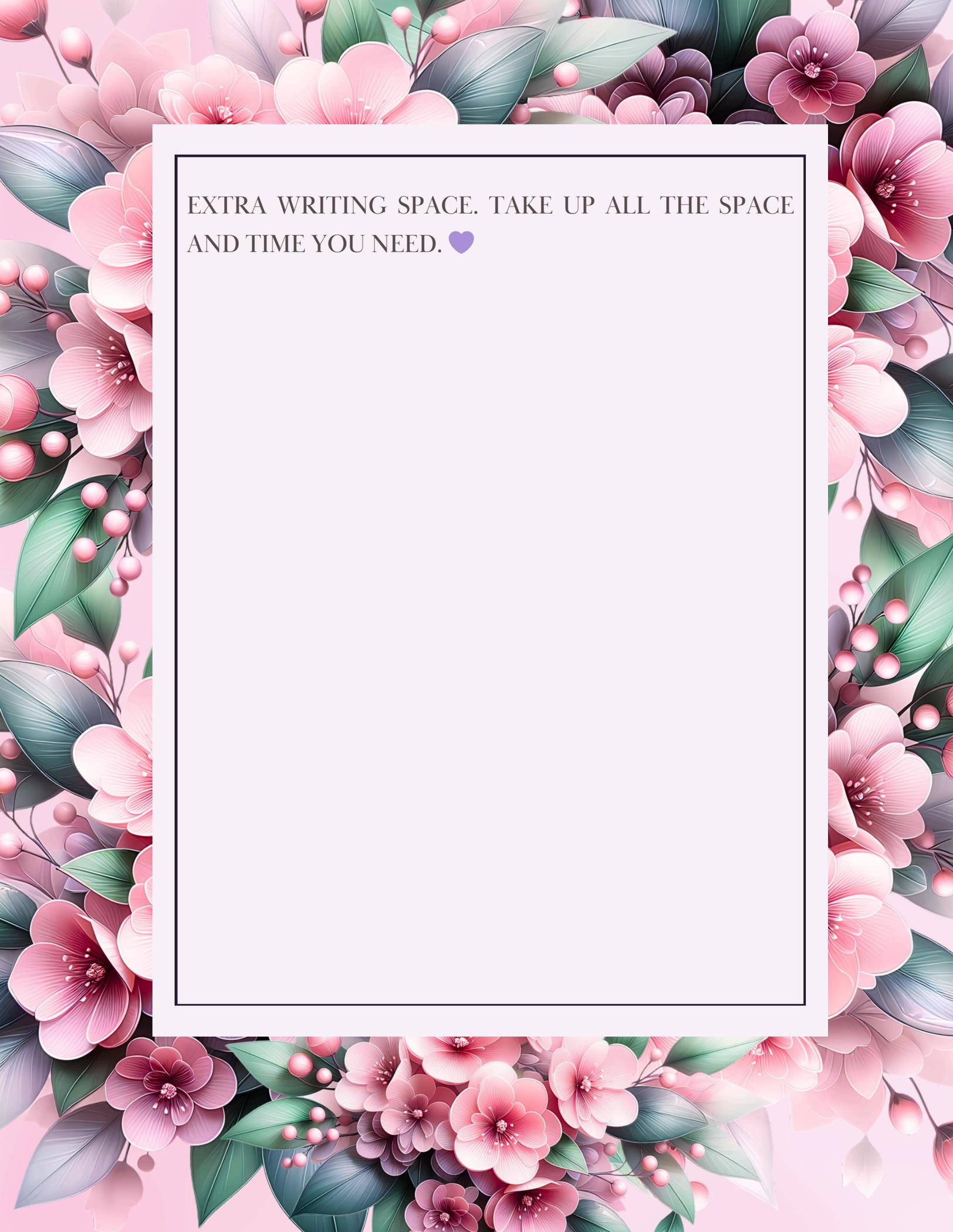
3. THE AREAS I REFUSE TO LET GOD IN  
INCLUDE...BECAUSE...

4. DO I REALLY BELIEVE GOD FOR HEALING?

5. AM I READY TO TAKE GOD AT HIS WORD?

A decorative border of pink flowers, green leaves, and small pink berries surrounds the central text area.

EXTRA WRITING SPACE. TAKE UP ALL THE SPACE  
AND TIME YOU NEED. ♥

A decorative border of pink flowers, green leaves, and small pink berries surrounds the central text area.

EXTRA WRITING SPACE. TAKE UP ALL THE SPACE  
AND TIME YOU NEED. ♥

## ♥ PRAYER

STUDIES HAVE SHOWN THAT PLACING YOUR HAND ON YOUR HEART CAN RELEASE ENDORPHINS SIMILAR TO GETTING A HUG. (LOOK IT UP - BUT AFTER YOU PRAY 😊) PLEASE TRY PLACING YOUR HAND OVER YOUR HEART AND PRAY OUT LOUD.

GOD, THANK YOU FOR YOU AND THANK YOU FOR ME. THANK YOU FOR ALL YOU ARE AND ALL YOU HAVE CREATED ME TO BE. I'M SORRY FOR ANYTHING IVE DONE OR THOUGHT THAT HAS LED ME AWAY FROM YOU OR THAT HAS COME INBETWEEN US. FORGIVE ME FOR MY IGNORANCE, NAIVETY, DISTRUST AND HATRED TOWARDS YOU AND MYSELF. PLEASE LEAD ME INTO WISDOM, UNDERSTANDING, HEALING AND HEALTH. I DON'T KNOW WHAT YOU ENVISON FOR MY LIFE AND HEALTH, BUT I BELIEVE YOU WILL LEAD ME TO AND THROUGH YOUR BEST PLAN FOR MY LIFE. GIVE ME FAITH TO BELIEVE AND TRUST YOU. SHOW ME HOW REAL YOU ARE. REVEAL WITH COMPASSION WHAT YOU WILL, AND COVER AND PROTECT AND FAVOR ME. JESUS AND HOLY SPIRIT, I ASK YOU TO PRAY AND INTERCEDE FOR ME, ON BEHALF OF ME.



EXTRA SPACE 

EXTRA SPACE 



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