

FEARLESS
and Free

Chosen



Opening Prayer

The Armor of God

introduction pg 19




Belonging


Ephesians 1:1-4



Belonging

E p h e s i a n s 1 : 1 - 4

Where are you today? Are you sitting with this Bible study feeling disqualified on some level? 

Do you look at your past and feel defined by your mistakes? Have you ever compared yourself to another woman and thought “she is chosen; she belongs. God can use her. But me? That’s another story”? Do you feel you don’t belong? 

Belonging

E p h e s i a n s 1 : 1 - 4

In which area of your life are you longing for peace?

Do you see yourself hustling to prove your worth or numbing out in order to try to find peace?

Adoption

R o m a n s 8 : 1 4 - 1 7



Adoption

R o m a n s 8 : 1 4 - 1 7

IN PARTNERS

Describe what it means to be adopted
children of God



Lavish Grace

Ephesians 1:7 - 10


Lavish Grace

E p h e s i a n s 1 : 7 - 1 0

DISCUSS IN PARTNERS

Jesus' blood purchased your freedom. Yet how many of us live out of that reality? Are there areas of your life where you feel enslaved, stuck, or powerless? Are there patterns of sin that you wish you could break away from, but you feel unable to do so?

(List these in your journal, paper or book)



What does Ephesians 1:9-10 say that God has made known to us?

In Ephesians, “mystery” refers to God’s great rescue plan revealed through Jesus after being hidden in the past. As we grow in wisdom, we come to appreciate this plan more deeply. This transforming knowledge is available to us (God’s beloved daughters), but it must be pursued. If we fill ourselves with distractions like social media or entertainment, we may lose our hunger for eternal truth. The choice to seek it is ours.



Destiny

E p h e s i a n s 1 : 1 1 - 1 6

Destiny

Ephesians 1:11-16



- Which two words are used to describe us in Ephesians 1:11?
- According to verse 11, to what end is God accomplishing all things?

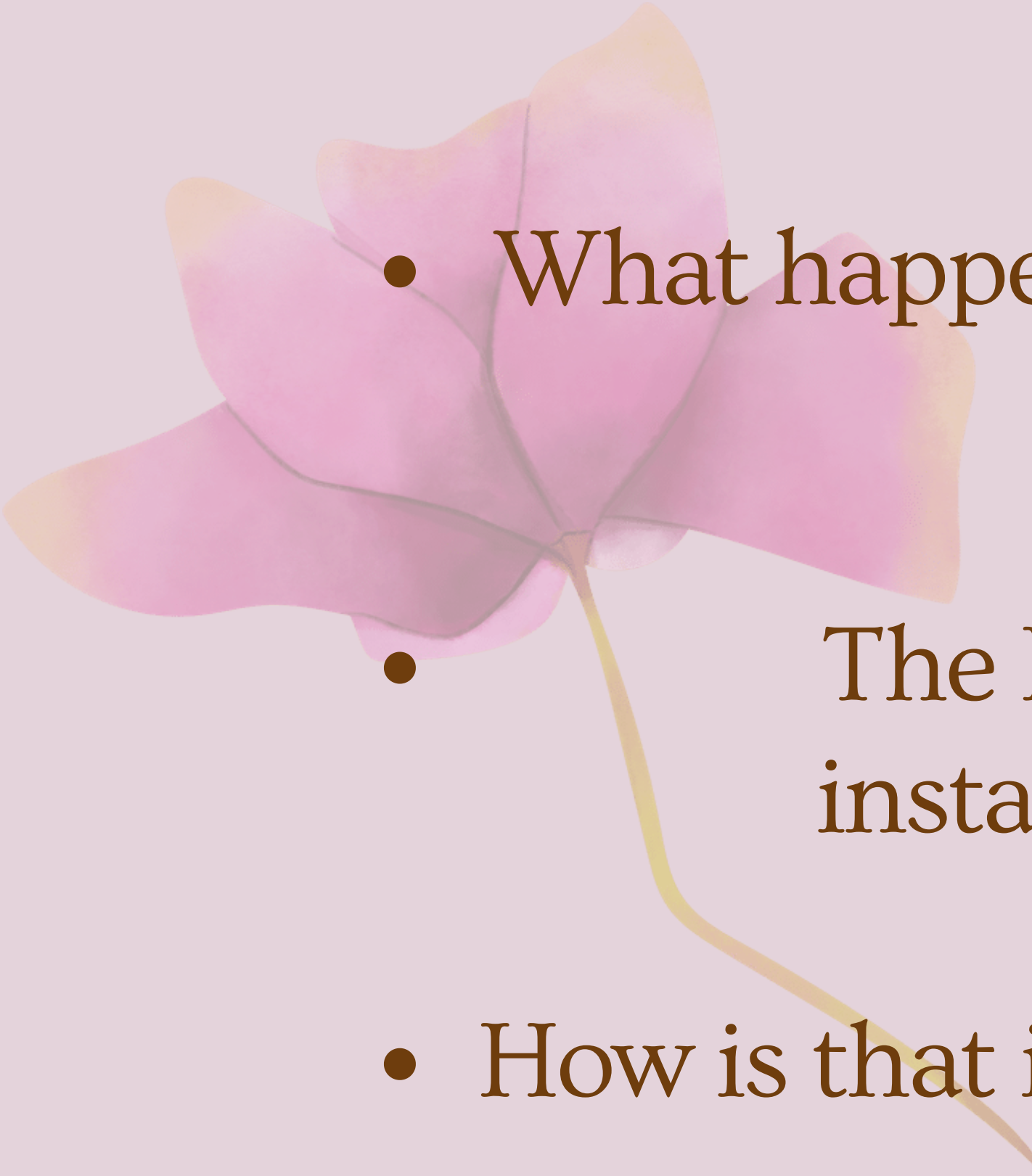
Destiny

Why is God accomplishing
all things according to His
will? Ephesians 1:12



Destiny

Ephesians 1:11-16

- 
- What happens to us when we hear the word of truth and believe in Christ?
 - The Holy Spirit is given to us as the first installment or down payment for what?
 - How is that inheritance described in 1 Peter 1:4?



Enlightenment
E p h e s i a n s 1 : 1 7 - 2 3

Enlightenment (confident expectations)

E p h e s i a n s 1 : 1 7 - 2 3

Paul teaches us the spirit of wisdom and revelation. What three truths Paul wants us to know?



Enlightenment (confident expectations)

E p h e s i a n s 1 : 1 7 - 2 3

Paul wants us to know three things:

- the hope that belongs to God
- the riches of His glorious inheritance
- the surpassing greatness of His power

Enlightenment (confident expectations)

E p h e s i a n s 1 : 1 7 - 2 3

DISCUSS with a PARTNER

Is there an area of your life where you are lacking hope in the way we have just defined it?

Can you list it? Follow it with a prayer, asking God to help you fix your eyes on all He has promised you in eternity.

Enlightenment (confident expectations)

In your journal

1. Where do you need His power in your life?
2. List it...
3. Then write out 1 John 4:4 beneath those words.
4. Follow with a prayer, asking God for the grace to see what most people don't see - the divine power hidden within your soul. Ask Him to help you live out that reality.



My Resolution

A watercolor illustration of several golden-brown, elongated leaves with pointed tips, arranged in two clusters. The top cluster is positioned above the text, and the bottom cluster is positioned below it. The leaves have a soft, painterly texture with subtle gradients of yellow and brown.

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