

61 Benefits of Sitting with Christ Ephesians 1-3

Meditate on each benefit. Journal your thoughts, and the experiences you will have as a result of each benefit. Create a longer list of benefits.

Grace and Peace - Ephesians 1:2
Every spiritual blessing - Ephesians 1:3
Holiness, blamelessness, and love - Ephesians 1:4
Acceptance - Ephesians 1:6
Redemption, forgiveness of sins, rich grace - Ephesians 1:7
Abundant grace - Ephesians 1:8
Being gathered together - Ephesians 1:10
Inheritance, predestined (being included in His plan of salvation) - Ephesians 1:11
Salvation, Sealed with the HS of promise - Ephesians 1:13
Spirit of wisdom, and knowledge of God - Ephesians 1:17
Hope and calling - Ephesians 1:18
Exceedingly great power - Ephesians 1:19
Made alive - Ephesians 2:1
Mercy, great love - Ephesians 2:4
Made alive, saved, raise up, sit together with Christ - Ephesians 2:5
Kindness - Ephesians 2:7
Grace, saved - Ephesians 2:9
His workmanship, good works - Ephesians 2:10
Brought near - Ephesians 2:13
Peace - Ephesians 2:14
Enmity abolished - Ephesians 2:15
Reconciled, putting to death the enmity - Ephesians 2:16
Peace - Ephesians 2:17
Access to the Father - Ephesians 2:18
Citizenship, members of the household of God - Ephesians 2:19
Fit together, growth together - Ephesians 2:21
Being Built together - Ephesians 2:22
Fellow heirs, the same body, partakers of His promise - Ephesians 3:6
Become ministers - Ephesians 3:7
Boldness, access, confidence - Ephesians 3:11
Riches of His glory, strengthened with might - Ephesians 3:16
Christ in our hearts, rooted, grounded in love - Ephesians 3:17
Comprehend the length and depth and breadth of God's love - Ephesians 3:18
Know God's love, be filled with all the fullness of God - Ephesians 3:19
A God who can do exceedingly abundantly above all that we could ever ask or even think - Ephesians 3:20