

- ❖ *“In whom we have redemption through His blood...”* (1:7) **I am redeemed. This is why Jesus came—for me.**
- ❖ *“The forgiveness of sins...”* (1:7) **All my sins are forgiven. If your sins are not forgiven, right now ask God to forgive your sins. Stop. Pray.**
- ❖ *“Wherein He hath abounded toward us...”* (1:8) **God came for us, for me.**
- ❖ *“Having made known unto us the mystery of His will...”* (1:9) **The knowledge of His will is in the Scriptures of which I own a copy. Our purpose in life, found in Ephesians 1, is that we should be to the praise of His glory, who first trusted in Christ (1:12). The first thing is to trust Christ. Trust Him for eternal life, salvation from sin, and death. You say, “I want to trust Him, but it is hard.”**
- ❖ *“In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation...”* (1:13) **The Word of truth is the Bible. Faith and trust come through reading or hearing the Word of God, listening to Bible preaching and teaching in church, or Bible studies. Go to a Bible-preaching church, do the Bible studies, and then trusting God will be easier.**
- ❖ *“In whom also after that ye believed...”* (1:13) **Who are you believing? Are you believing God**

or are you swallowing the lies of the Devil? It is the Devil that is telling you that you are no good. It is the Devil telling you to destroy yourself with drugs, to take those pills, to drown your sorrows with alcohol. Do not listen to the Devil. He wants to kill you. God wants to save you. Do not kill yourself. Believe the TRUTH. “Thy Word is truth” (John 17:17). Jesus is TRUTH: “I am the way, the truth, and the life...” (John 14:6). Do not believe the Devil. You are very valuable to God. Believe God.

- ❖ *“After that ye believed, ye were sealed with that Holy Spirit of promise...”* (1:13) **When a person believes, he gets the Holy Spirit. The Holy Spirit will teach him the truth (John 16:13) from the Bible when a person wants to know God’s will. The Holy Spirit is also the Comforter (John 16:7), the Teacher (John 16:13), the Helper (Romans 8:27), and the Intercessor (Rom. 8:27).**

I have a work to do for God. People are depending on me. God is seeking me. Thinking about these Scriptures every day has changed my perspective. Denying negative thoughts, resisting the Devil and submitting to God daily (James 4:7), praying till the sad feeling changes: this brings relief from depression. Do not believe lies. Do not cut yourself down.

You are God’s habitation, God’s workmanship, His child, His love.

ENSLAVED, THEN SET FREE!



BY
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**I was enslaved by my emotions.
I was depressed.**

The Lord has provided many spiritual blessings for me. For many years I did not realize what they were, nor did I understand because my mind was blocked. I was free in Christ and yet I was in bondage to my emotions which were down. I would look on the negative side. I was a pessimist. My husband tried very hard to get me to see the bright side of things, but I could not because I was enslaved to the habit of depression.

The battle was in my mind. It is interesting how your thoughts affect the body, emotions, and the spirit. My thoughts were against me—daily. Every day I would tell myself, “You are no good. You are a great sinner.” Whenever I would say something wrong, I would reflect on it for hours: “I should not have said that. Now look at what you caused. This person is hurt or offended because I said that.”

If I did something (maybe not sinful but unwise), I would think, “This situation is made difficult because I did that.”

Thoughts, thoughts, thoughts—cyclical, meditating on all my sins. “My husband does not come to me because I said this or did that.

I deserve it. I know I am saved. I asked the Lord to forgive me. Yet this cloud of darkness prevails. If you think it in your heart even once,” I would say to myself, “then you are guilty. So I am guilty of adultery and murder. Those are the worst sins, so I am an adulterer and a murderer.”

How did I get out of this bondage? The battle is in the mind. I needed to change my thought pattern. Because this negative downing of myself was a habit, I needed to change this habit. At first it was hard to recognize and stop at the beginning of the downward spiral. I would say, “Stop it! You are cutting yourself down. Think about Jesus.”

My mind was now trying to focus on Jesus. I was quoting Scripture, reading Scripture, singing happy praises to God, and praying. The negative feelings did not go instantly away, but as I reflected on Jesus, the feelings would slowly leave.

I did not realize the extent of cleansing that God had given me as a result of the sacrifice of Jesus on the cross. O the depth of God’s love that He would love me—a sinner. As I studied Ephesians chapters one and two, I realized who I am in Christ. I realized God has given me many spiritual blessings.

SPIRITUAL BLESSINGS

- ❖ *“According as He hath chosen us in Him before the foundation of the world...”* (Ephesians 1:4) **I _____ (insert your name) was chosen by God. He wanted me. He chose me.**
- ❖ *“That we should be holy and without blame before Him in love...”* (1:4) **God has made me holy. I am no more a dirty, rotten sinner. I am holy. Although the Devil would seek to blame us before God, yet God recognizes me without blame.**
- ❖ *“Having predestinated us unto the adoption of children by Jesus Christ to Himself...”* (1:5) **I am adopted by Jesus. Now a person who is adopted is wanted. God wants me! He picked me.**
- ❖ *“According to the good pleasure of His will...”* (1:5) **It pleased God to choose me. I give God pleasure.**
- ❖ *“To the praise of the glory of His grace, wherein He hath made us accepted in the beloved...”* (1:6) **I am accepted. God has made me acceptable. My purpose in life is to praise Him. I am to glorify God with my life to show His grace to others.**

