



EPHESIANS: declared free – Week 1

Personal Devotional

Sermon: ***Chosen Before You Chose***

Theme: Before we acted, believed, or achieved anything, God chose us, adopted us, and blessed us in Christ. This devotional will help you rest in grace rather than strive for acceptance.

Estimated Time: 15–20 minutes

WORSHIP – Resting in What God Has Done

Begin by slowing down. Take a few deep breaths and become aware of God's presence. You are not coming to earn anything—you are coming to receive what has already been given.

Reflect quietly:

Do you tend to view your relationship with God as something you must maintain or something you receive?

Where do you feel pressure to prove yourself spiritually?

What would it look like to rest in God's love today?

Read this truth slowly, even out loud:

"In Christ, I am chosen, not because of what I have done, but because of what God has done."

Thank Jesus that your story began with His grace, not your effort.

WORD – What Has God Declared Over Me?

Read:

Ephesians 1:3–6

Ephesians 1:7–10

Ephesians 1:13–14

As you read, notice what God has already done:

He has blessed you
He has chosen you
He has adopted you
He has redeemed and forgiven you
He has sealed you with His Spirit

Reflect:

Which part of this passage is hardest for you to believe personally?

What does it mean that God chose you before you ever chose Him?

How would your daily life change if you truly believed you were already accepted?

Core Gospel Truth:

“Your identity is not built by your effort—it is given by God’s grace.”

PRAYER – Living From Grace, Not Performance

Confession:

“Father, I confess that I often try to earn what You have already freely given.”

Pause and let the Spirit gently highlight where this is happening.

Receiving Prayer:

“Jesus, thank You that You chose me before I could choose You. Thank You that I am adopted, forgiven, and secure in You. Teach me to live from grace, not striving.”

Surrender:

“Lord, I surrender my need to prove myself. Help me walk today as someone who is already loved, already chosen, and already secure.”

Amen.

Closing Encouragement

Before you believed, before you performed, and before you achieved anything—God chose you.

This is where your story begins: with grace!