

COUNT YOUR  
**BLESSINGS.**  
NAME THEM **ONE BY ONE.**  
COUNT YOUR  
**MANY BLESSINGS**  
SEE WHAT **GOD** HAS DONE.



# Ephesians 1:3

Praise be to the God and  
Father of our Lord Jesus Christ,  
who has blessed us in the heavenly  
realms with every spiritual  
BLESSING IN CHRIST.

**Count Your Blessings**

## **Ephesians 1:4-20**

4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace 8 that he lavished on us. With all wisdom and understanding, 9 he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, 10 to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

11 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, 12 in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. 13 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, 14 who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God’s people, 16 I have not stopped giving thanks for you, remembering you in my prayers. 17 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. 18 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, 19 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.





1. Chosen before the foundation of the world (v. 4).
2. Holy and Blameless (v. 4)
3. In His Love (v. 4)
4. Predestined to Adoption (v. 5)
5. Accepted in the Beloved (v. 6)



---

6. Redemption through His Blood (v.7)

---

7. Forgiveness of Sins (v. 7)

---

8. Riches of His Grace Abound to you (vv. 7-8)

---

9. Made known to You the Mystery of His Will (v. 9)

---

10. Obtained An Eternal Inheritance (v.11)



11. Heard the Word of Truth (v. 13)
12. Sealed with the Holy Spirit of Promise (v. 13)
13. You Know the Hope of His Calling (v. 18)
14. You are the Riches of His Inheritance (v. 18)
15. The Exceeding Greatness of His Power (vv. 19-20)

Take a moment  
to realize how  
blessed you are.



Counting your blessings,  
will give you more  
blessings to count



# Acts 17:25

New International Version Anglicized

And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else.

## Physical Blessings

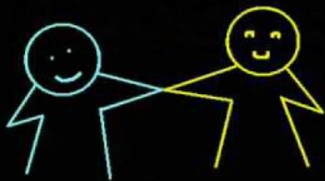
- We have a God who gives life, breath and everything else to us.
- God needs nothing from us.
- God is self-sufficient.
- We need everything from God even life and breath.
- God graciously provides for His children.

# The Blessing of Family and Friends

---



Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!

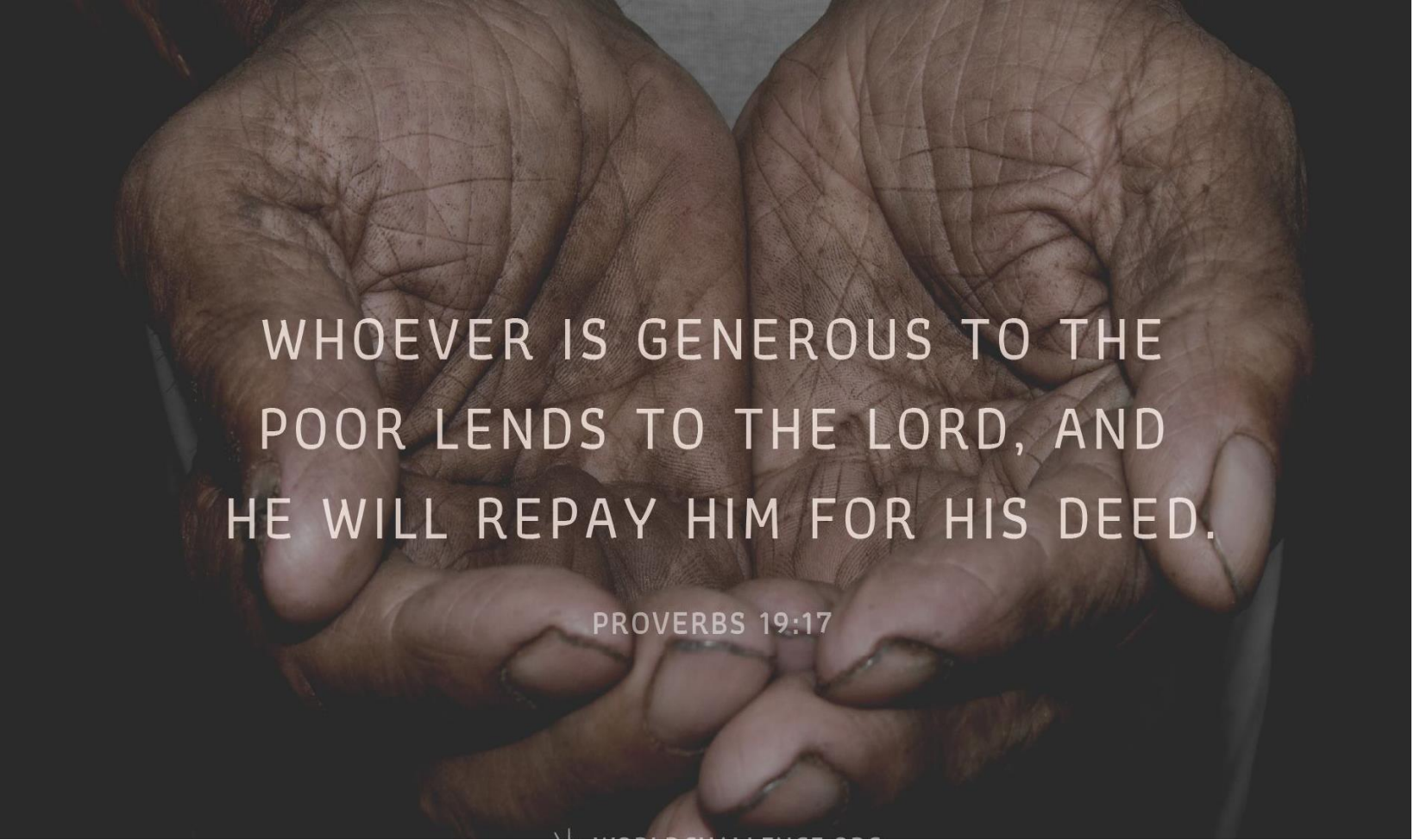


Ecclesiastes 4:9-10

*Children are a heritage*  
from the LORD,  
offspring a *reward* from him.  
Like arrows in the hands of a *warrior*  
are children born in one's youth.  
*Blessed* is the man whose  
quiver is *full of them*.

Psalm 127:3-5

# The Blessing of Being Able to Help People




WHOEVER IS GENEROUS TO THE  
POOR LENDS TO THE LORD, AND  
HE WILL REPAY HIM FOR HIS DEED.

PROVERBS 19:17



# The Blessing of All God Has Created



"Lift up your eyes and look to the  
heavens: Who created all these?  
He who brings out the starry host one  
by one and calls forth each of them by  
name. Because of his great power and  
mighty strength, not one of them is  
missing."

Isaiah 40:26, NIV

Bless the LORD, O my soul; And all that  
is within me, bless His holy name!  
Bless the LORD, O my soul, And forget  
not all His benefits: Who forgives all  
your iniquities, Who heals all your  
diseases, Who redeems your life from  
destruction, Who crowns you with  
lovingkindness and tender mercies,  
Who satisfies your mouth with good  
things, So that your youth is renewed  
like the eagle's.  
Psalms 103:1-5

## Five Great Blessings



Forgiveness (103:3a)



Healing (103:3b)



Protection (103:4a)



Love (103:4b)



Satisfaction (103:5a)

# Discussion/Questions

1. Are you seeking to see your blessings daily?
2. Do you praise/bless the Lord throughout the day for all the Lord has done in your life?
3. Please spend a little time making a list of your blessings. Think about the blessings that are not so obvious. What was the most surprising thing for which you are thankful?
4. How did creating your list affect you? Did you have more or less items than you thought you would have?
5. Of all the things on your list, which is most significant for you and why?