

# TOO BLESSED TO BE STRESSED!

## Study Guide One

**Passage:** Ephesians 1–2

**Theme:** Remembering our identity and blessings in Christ helps us overcome stress and live in peace.

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### Session Overview

We live in a world that constantly pressures us — to achieve, to prove ourselves, to keep up. But Paul’s letter to the Ephesians reminds us that our worth, peace, and blessings are already secure in Christ.

When we realize how *blessed* we truly are, we find strength to rise above the *stress* of life.

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### Opening Icebreaker (5–10 min)

#### Question:

When you hear the word “*blessed*”, what comes to mind?

- Is it material (house, job, health)?
  - Is it spiritual (peace, forgiveness, salvation)?
- Share one thing you’ve been thankful for this week.
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### Scripture Reading (10 min)

 Read aloud **Ephesians 1:3–14** and **Ephesians 2:1–10**.

(Optional: You can also read the full chapters if your group has time.)

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### Section 1: Blessed Beyond Measure (Ephesians 1:3–14)

Paul opens with praise for the *spiritual blessings* we have in Christ. These are not things we earn — they’re gifts of grace.

#### ✦ Key Blessings Mentioned:

- **Chosen** before the foundation of the world (1:4)
- **Adopted** as sons and daughters (1:5)
- **Redeemed** and **forgiven** (1:7)

- **Given purpose and inheritance** (1:11–12)
- **Sealed with the Holy Spirit** (1:13–14)

### 💡 Discussion Questions:

1. Which of these blessings stands out to you the most — and why?
2. How does knowing you're *chosen* and *redeemed* change the way you handle stress or pressure?
3. In what ways do we sometimes forget these truths in daily life?

### 💡 Reflection Thought:

We often stress because we feel *less than* — not good enough, not successful enough, not strong enough. But Ephesians 1 reminds us we already have *every spiritual blessing in Christ*. We lack nothing that truly matters.

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## Section 2: From Death to Life (Ephesians 2:1–10)

Paul shifts from what we *have* to what God *has done*.

We were spiritually dead, but through His mercy and grace, God made us alive with Christ.

### 💡 Key Truths:

- We were *dead in sin* (2:1–3)
- God, being *rich in mercy*, made us *alive* (2:4–5)
- We are *seated with Christ* in heavenly places (2:6)
- We are *saved by grace through faith*, not by works (2:8–9)
- We are *God's masterpiece*, created for good works (2:10)

### 💡 Discussion Questions:

1. What does it mean to be “made alive” in Christ?
2. How does knowing you're God's *masterpiece* affect your sense of worth and purpose?
3. How might remembering God's grace help you when life feels overwhelming?

### 💡 Reflection Thought:

Stress often comes from striving — trying to earn approval, success, or peace. But grace reminds us: we don't have to *earn* what God freely gives. We can *rest* instead of *striving*.

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### Section 3: Brought Near & Built Together

In this passage, Paul emphasises the radical transformation God has accomplished through Christ. Those who were once far off are now brought near. Jesus Himself is our peace, breaking down barriers and reconciling humanity into one body. As a result, believers are now part of God's household, built on the foundation of the apostles and prophets, with Christ as the cornerstone. The entire community is being joined together to become a holy temple where God dwells.

This section reminds believers that **our blessings in Christ are both personal and corporate**: we are secure individually, and we are united collectively in God's family. Recognising this truth can dramatically reduce stress and isolation because we are never truly alone.

Brought near by the blood of Christ (2:13)

1. Christ Himself is our peace (2:14)
2. Dividing wall destroyed (2:14)
3. Reconciled in one body (2:16)
4. Members of God's household (2:19)
5. Christ the cornerstone (2:20)
6. Joined together as a holy temple (2:21)

#### Discussion Questions:

🔍 **Verse 13:** What does it mean personally to be “brought near by the blood of Christ”? How does this change your understanding of stress, guilt, or separation from God?

🔍 **Verse 14:** How can we live with Christ as our peace in our daily conflicts, both internally and in relationships with others?

🔍 **Verse 14:** Are there “dividing walls” in your life or community that need God's intervention to be torn down?

🔍 **Verse 16:** What does it look like practically for believers from different backgrounds to be reconciled into one body today?

🔍 **Verse 19:** How does belonging to God's household give you security and identity?

🔍 **Verse 20:** Why is it important to have Christ as the cornerstone of our personal lives and our community of faith?

🔍 **Verse 21:** How can we participate in being “joined together as a holy temple” in practical ways in our church or small group?

### Reflective Thought:

Reflect on this: **your peace, your security, and your belonging are not dependent on your performance or circumstances—they are rooted in Jesus.** In a world full of stress, busyness, and division, remembering that you are **too blessed to be stressed** can shift your heart from anxiety to gratitude, from isolation to unity, and from striving to resting in God’s grace.

**Takeaway:** Let the reality of being united in Christ transform how you approach relationships, challenges, and daily stress. You are deeply loved, fully accepted, and eternally secure in Him.

### Section 4: Living “Too Blessed to Be Stressed”

Paul’s words invite us into a new mindset. When we live aware of our blessings, we shift from:

- **Anxiety → Gratitude**
- **Striving → Resting in grace**
- **Self-focus → Christ-focus**

### Discussion Questions:

1. What’s one area of your life where stress tends to take over?
2. How could remembering your identity in Christ bring peace in that area?
3. What’s one practical way you can live “too blessed to be stressed” this week?

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### Practical Application Challenge

This week, each day:

- Read **Ephesians 1:3–14** or **2:1–10** slowly.
- Write down *one spiritual blessing* you see there.
- Thank God for it — and ask Him to help you live from that truth instead of your stress.

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### Closing Prayer (5 min)

Father, thank You for blessing us with every spiritual blessing in Christ.  
Help us to remember that we are chosen, loved, forgiven, and secure in You.  
Teach us to rest in Your grace when life feels heavy.  
Remind us that we are too blessed to be stressed.