



Blessed with Every Spiritual Blessing:
Study of the Truths of Ephesians and Colossians
Retreat/ Group Companion WORKBOOK



BLESSED WITH EVERY SPIRITUAL BLESSING

STUDY OF THE TRUTHS OF EPHESIANS AND COLOSSIANS

Retreat/ Group Companion

WORKBOOK

RICHARD T. CASE





Acknowledgments

I wish to dedicate this course to and thank all of the leaders of our **Ministry: Living Waters—ABIDE Ministries** along with my wife, Linda, who have all walked together with us as we have processed this important truth of the Christian life—that we have already been blessed with Every Spiritual blessing—and that this has been given to us in the heavenlies—which means we live in the actual reality of life—both spiritually now in heaven and on earth—not just the natural on earth. Heaven and earth operate together in the now as a unit. These leaders faithfully have consistently grasped the import of this, as they live out the privilege of these blessings as they personally apply to all of us. All of our lives have been changed and blessed because of our living in these truths. Then, they all have been teaching their groups and friends how to also then understand and also receive and experience these privileged blessings—and that though we have received these, it is possible to deny these by thinking they have not really been given or available to all of us. Now, hundreds of others are now receiving it and giving it away, changing the church universal in a big way. Thank you all for being the blessing:

These leaders are:

Jake & Mary Beckel:

Joe & Leigh Bogar

Rich & Janet Cocchiaro

Larry & Sherry Collet

Scott & Kristen Cornell

David & Melissa Dunkel

Tom & Susanne Ewing

Rick & Kelly Ferris

Joel & Christina Gunn

Scott & Terry Hitchcock

Rick & Nancy Hoover

Tad & Monica Jones

Ed & Becky Kobel

Don & Rachelle Light

Chris and Heidi May

Terry & Josephine Noetzel

Towanda Norton

Steve & Carolyn Van Ooteghem

Preston & Lynda Pitts

Dan & Kathy Rocconi

Bob & Keri Rockwell

John & Michelle Santaferaro

Allyson & Denny Weinberg

Neal & Kathy Weisenburger

Further, it is a joy for me to share this life with my wife, Linda, and family who together are enjoying the privilege of these blessings in our lives together.

*BLESSED WITH EVERY SPIRITUAL BLESSING: STUDY OF THE TRUTHS OF EPHESIANS AND COLOSSIANS
COMPANION WORKBOOK*

PUBLISHED BY ALL FOR JESUS—ABIDE MINISTRIES!

7615 Lemon Gulch Way
Castle Rock, CO 80108

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ISBN: 9798218115326

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Publisher's Cataloging-in-Publication data

Names:

Title:

Description: .

Identifiers: ISBN | LCCN

Subjects:

Printed in the United States of America 2024 — 2nd ed

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LESSON 1: DESCRIPTION OF THE BLESSINGS ALREADY GIVEN TO WE BELIEVERS

Write down what you see as the truths about Spiritual blessings. When given? Where given? For what purpose? Why is this so important for us to understand personally?

Read Ephesians 1:3–5:

Spiritual Blessings in Christ

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴ even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵ he predestined us^[a] for adoption to himself as sons through Jesus Christ, according to the purpose of his will...

For each of the following scriptures, write down what you receive as the blessings that God has already given us. Why is this important to your life?

Read Ephesians 1:7–8:

⁷ In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸ which he lavished upon us, in all wisdom and insight...

LESSON 1:

DESCRIPTION OF THE BLESSINGS ALREADY GIVEN TO WE BELIEVERS

Read Ephesians 1:9–10:

⁹ making known^[a] to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

Read Ephesians 3:1–13:

The Mystery of the Gospel Revealed

3 For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles— ² assuming that you have heard of the stewardship of God's grace that was given to me for you, ³ how the mystery was made known to me by revelation, as I have written briefly. ⁴ When you read this, you can perceive my insight into the mystery of Christ, ⁵ which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. ⁶ This mystery is^[a] that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

⁷ Of this gospel I was made a minister according to the gift of God's grace, which was given me by the working of his power. ⁸ To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, ⁹ and to bring to light for everyone what is the plan of the mystery hidden for ages in^[b] God, who created all things, ¹⁰ so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. ¹¹ This was according to the eternal purpose that he has realized in Christ Jesus our Lord, ¹² in whom we have boldness and access with confidence through our faith in him. ¹³ So I ask you not to lose heart over what I am suffering for you, which is your glory.

LESSON 1:

DESCRIPTION OF THE BLESSINGS ALREADY GIVEN TO WE BELIEVERS

For each of the following scripture verses, write out the truths regarding how we are called to experience the blessings. Are you experiencing this? Why or why not?

Read Colossians 1:12–20:

¹² giving thanks^[a] to the Father, who has qualified you^[b] to share in the inheritance of the saints in light. ¹³ He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, ¹⁴ in whom we have redemption, the forgiveness of sins.

The Preeminence of Christ

¹⁵ He is the image of the invisible God, the firstborn of all creation. ¹⁶ For by^[c] him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. ¹⁷ And he is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. ¹⁹ For in him all the fullness of God was pleased to dwell, ²⁰ and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

LESSON 1:

DESCRIPTION OF THE BLESSINGS ALREADY GIVEN TO WE BELIEVERS

Read Colossians 1:24–27:

Paul's Ministry to the Church

²⁴ Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ's afflictions for the sake of his body, that is, the church, ²⁵ of which I became a minister according to the stewardship from God that was given to me for you, to make the word of God fully known, ²⁶ the mystery hidden for ages and generations but now revealed to his saints. ²⁷ To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

Read Colossians 1:1–10:

Greeting

1 Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother,

² To the saints and faithful brothers^[a] in Christ at Colossae:

Grace to you and peace from God our Father.

Thanksgiving and Prayer

³ We always thank God, the Father of our Lord Jesus Christ, when we pray for you, ⁴ since we heard of your faith in Christ Jesus and of the love that you have for all the saints, ⁵ because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel, ⁶ which has come to you, as indeed in the whole world it is bearing fruit and increasing—as it also does among you, since the day you heard it and understood the grace of God in truth, ⁷ just as you learned it from Epaphras our beloved fellow servant.^[b] He is a faithful minister of Christ on your^[c] behalf ⁸ and has made known to us your love in the Spirit.

LESSON 1:

DESCRIPTION OF THE BLESSINGS ALREADY GIVEN TO WE BELIEVERS

⁹ And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰ so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God...

For each of the following scriptures, continue to write down what you receive as the blessings that God has already given us. Why is this important to your life?

Read Ephesians 1:11–12:

¹¹ In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹² so that we who were the first to hope in Christ might be to the praise of his glory.

LESSON 1:

DESCRIPTION OF THE BLESSINGS ALREADY GIVEN TO WE BELIEVERS

Read Ephesians 1:13–14:

¹³ In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴ who is the guarantee^[a] of our inheritance until we acquire possession of it,^[b] to the praise of his glory.

Read Ephesians 2:1–9:

By Grace Through Faith

2 And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body^[a] and the mind, and were by nature children of wrath, like the rest of mankind.

^[b]⁴ But^[c] God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.



LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS



“He says that He can’t afford for us to be spending time worrying about what we did because it’s already been forgiven.”

As in Lesson 1, for each of the following scriptures write down what you receive as the blessings that God has already given us. Why is this important to your life?

Read Colossians 2:11–15:

¹¹ In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ, ¹² having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead. ¹³ And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, ¹⁴ by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. ¹⁵ He disarmed the rulers and authorities^[a] and put them to open shame, by triumphing over them in him.^[b]

LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 2:11–18:

One in Christ

¹¹ Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands— ¹² remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴ For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵ by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶ and might reconcile us both to God in one body through the cross, thereby killing the hostility. ¹⁷ And he came and preached peace to you who were far off and peace to those who were near. ¹⁸ For through him we both have access in one Spirit to the Father.

LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 2:19–22:

¹⁹ So then you are no longer strangers and aliens,^[a] but you are fellow citizens with the saints and members of the household of God, ²⁰ built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, ²¹ in whom the whole structure, being joined together, grows into a holy temple in the Lord. ²² In him you also are being built together into a dwelling place for God by^[b] the Spirit.

Read Ephesians 4:7–14:

⁷ But grace was given to each one of us according to the measure of Christ's gift. ⁸ Therefore it says,

“When he ascended on high he led a host of captives,
and he gave gifts to men.”^[a]

⁹ (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth?^[b] ¹⁰ He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds^[c] and teachers,^[d] ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood,^[e] to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS

For each of these scripture verses, write down what you receive as your response and responsibility to experience the blessings from God? Are you fulfilling these? Why or why not? If not, what is causing you difficulty?

Read Ephesians 1:15–21:

Thanksgiving and Prayer

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love^[a] toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹ and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might ²⁰ that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹ far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come.

LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 3:14–21:

Prayer for Spiritual Strength

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family^[a] in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Read Colossians 1:9–11:

⁹ And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰ so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; ¹¹ being strengthened with all power, according to his glorious might, for all endurance and patience with joy...

LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 5:1–20:

Walk in Love

5 Therefore be imitators of God, as beloved children. ² And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

³ But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ⁴ Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. ⁵ For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. ⁶ Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. ⁷ Therefore do not become partners with them; ⁸ for at one time you were darkness, but now you are light in the Lord. Walk as children of light ⁹ (for the fruit of light is found in all that is good and right and true), ¹⁰ and try to discern what is pleasing to the Lord. ¹¹ Take no part in the unfruitful works of darkness, but instead expose them. ¹² For it is shameful even to speak of the things that they do in secret. ¹³ But when anything is exposed by the light, it becomes visible, ¹⁴ for anything that becomes visible is light. Therefore, it says,

“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.”

LESSON 2:

OUR REQUIREMENTS TO RECEIVE AND EXPERIENCE THESE BLESSINGS

¹⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ...

Read Colossians 4:2–6:

Further Instructions

² Continue steadfastly in prayer, being watchful in it with thanksgiving. ³ At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison— ⁴ that I may make it clear, which is how I ought to speak.

⁵ Walk in wisdom toward outsiders, making the best use of the time. ⁶ Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.



LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS



“We are His workmanship. We enter into that workmanship when we receive Christ, with Him directing us to good works.”

As in Lesson 2, for each of these scripture verses, write down what you receive as our response and responsibility to experience the blessings from God? Are you fulfilling these? Why or why not? If not, what is causing you difficulty?

Read Ephesians 2:10:

¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Read Ephesians 4:1–6:

Unity in the Body of Christ

4 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit—just as you were called to the one hope that belongs to your call— ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all and through all and in all.

LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 4:15–16:

¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Read Ephesians 4:25–32:

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 5:22–33:

Wives and Husbands

²² Wives, submit to your own husbands, as to the Lord. ²³ For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. ²⁴ Now as the church submits to Christ, so also wives should submit in everything to their husbands.

²⁵ Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. ^{[a]28} In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body. ³¹ “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” ³² This mystery is profound, and I am saying that it refers to Christ and the church. ³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS

Read Ephesians 4:17–24:

The New Life

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self,^[a] which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

Read Colossians 2:16–23:

Let No One Disqualify You

¹⁶ Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. ¹⁷ These are a shadow of the things to come, but the substance belongs to Christ. ¹⁸ Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions,^[a] puffed up without reason by his sensuous mind, ¹⁹ and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS

²⁰ If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— ²¹ “Do not handle, Do not taste, Do not touch” ²² (referring to things that all perish as they are used)—according to human precepts and teachings? ²³ These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

Read Colossians 3:1–11:

Put On the New Self

3 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth. ³ For you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your^[a] life appears, then you also will appear with him in glory.

⁵ Put to death therefore what is earthly in you:^[b] sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶ On account of these the wrath of God is coming.^[c] ⁷ In these you too once walked, when you were living in them. ⁸ But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹ Do not lie to one another, seeing that you have put off the old self^[d] with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹ Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave,^[e] free; but Christ is all, and in all.

LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS

For the following scripture verses, write out the elements of our spiritual armor. In what ways are you using these elements? For those that elements that you have not used, why not? What do you now understand as what God is calling you to use?

Read Ephesians 6:10–20:

The Whole Armor of God

¹⁰ Finally, be strong in the Lord and in the strength of his might. ¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹² For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴ Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵ and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷ and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸ praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, ¹⁹ and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, ²⁰ for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

LESSON 3:

OUR CALLING TO SERVE OTHERS IN HELPING THEM RECEIVE AND EXPERIENCE THESE BLESSINGS

As we come to the end of our study, write out from the following summary verses in Colossians the keys to receiving every spiritual blessing? What has God asked you to fully understand and how are you to adjust your life to receive every spiritual blessing?

Read Colossians 3:12–17:

¹² Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³ bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. ¹⁴ And above all these put on love, which binds everything together in perfect harmony. ¹⁵ And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. ¹⁶ Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. ¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
