



# Daily Reflections

**October 13, 2016**

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## Scripture

### **Ephesians 1:1-14**

Paul, an Apostle of Christ Jesus by the will of God,  
to the holy ones who are in Ephesus  
and faithful in Christ Jesus:  
grace to you and peace from God our Father and the Lord Jesus Christ.  
Blessed be the God and Father of our Lord Jesus Christ,  
who has blessed us in Christ  
with every spiritual blessing in the heavens,  
as he chose us in him, before the foundation of the world,  
to be holy and without blemish before him.  
In love he destined us for adoption to himself through Jesus Christ,  
in accord with the favor of his will,  
for the praise of the glory of his grace  
that he granted us in the beloved.  
In Christ we have redemption by his Blood,  
the forgiveness of transgressions,

in accord with the riches of his grace that he lavished upon us.  
In all wisdom and insight, he has made known to us  
the mystery of his will in accord with his favor  
that he set forth in him as a plan for the fullness of times,  
to sum up all things in Christ, in heaven and on earth.

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## **Our Scripture Reflection**

Although the letter to the Ephesians was written it would seem to one specific church located in Asia Minor, Paul's message is applicable to all churches. For Paul, the church is a gift from God through His Son Jesus Christ, a people purchased by His blood. The church is, therefore, intrinsically united to Christ as His Body and must imitate Him by the way we live. We are united in this mission and purpose.

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## **Food for your Journey**

I have found that the more we are identified with Christ, the more freedom we have from the pressures of other people's images of us.

-- Nancy Cole

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## **Prayer from the Heart**

Precious Lord, Please give me the Grace I need to imitate You in all that I say and do. Amen.

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