

Ephesians Part 3...Oct.30<sup>th</sup> 2016  
Chapter 1:6-10

**As we study Ephesians my goal is not to just give the theological side of the book but also to give you the applicable side of it.**

In our world today there is a health crisis.

When I say health crisis I am not talking about the cost of health insurance which by the way is ridiculous.

**I am speaking of mental health.**

There are more and more people of all ages, successful, wealthy and well-known committing suicide.

**The world health organization** in a worldwide research reports that more deaths are caused by suicide every year than homicide or war.

I was told that one the youngest people to commit suicide was an 8 year old.

**There are many reasons for this...**

One reason is because the world we live in is filled with **pressure** of all kinds.

**Loyalty** is a thing of the past and **respect** is nearly non- existent.

I was in a factory the other day and I said good morning to some people in the break- room and I was informed it wasn't a good morning.

They told me they had been bought out and the plant was closing this coming Monday and they didn't have any prospects of a job.

Most of the employees had worked there for 10 or more years but the new owners had no need for that plant.

**Divorces** are at an all time high both in the non-Christian and Christian marriages.

More and families breaking up and more and more **kid swap stations** are now along the highway.

Divorce...job losses...plant shut downs all work on a person's mental health.

**The main problem behind the mental health crisis is the devil.**

He works hard to destroy a person's mental health.

**John 10:10** says the thief does not come except to steal, kill and destroy.

And a person's mental health is satan's main target.

**He started in the Garden of Eden by playing mind games with Eve.**

Questioning her with questions that brought confusion...did God really say?

Playing with her mind by attacking her worth...by implying God was keeping the best back from her.

The devil went after her mind and targeted her self-worth.

And since that day he has constantly attacked people's self-worth or self-esteem.

**Why does he go after a person's self-worth?**

**Self-worth and esteem have a major impact on our lives and choices.**

- A person's self-value is the source of mental health.
- Self-esteem is how valuable and important you think you are.
- Self-esteem and self-worth is how we respect ourselves as a person.

When a person does not respect themselves they will not respect others and others won't respect you either.

- Low self worth and self esteem has been linked to violent behavior... school drop -out rates...
- Teenage pregnancy, overeating and low academic achievement and as I said earlier suicide.
- Low or no self worth and self esteem is the universal common denominator among literally all people suffering from addictions to any and all mind altering substances.
- Self-esteem and self-worth have a profound effect on thinking, emotions, happiness, desires, values and goals.
- Self-esteem and self-worth cause a person to assume responsibility for their actions.

- Self-esteem and self-worth give the clarity needed to recognize qualities and the ability to see you are lovable and capable.

***When a person knows they are of worth they behave accordingly.***

- Self-esteem, self-worth is a person's set of perceptions or beliefs upon which he or she basis a sense of self-significance.
- Self- esteem and self-worth is the understanding that as individuals we each are of value and have purpose.

**Self esteem and self worth give freedom.**

**Freedom from self- doubt...**

The more confident we become the freer we become of the mental torture of doubting ourselves...

**Freedom from fear and anxiety...**

Self worth brings confidence and the more confident we become the more we can accept, handle, learn, gain, and benefit from any situation circumstance or outcome.

**Freedom from social anxiety...** self worth causes to be less concerned with what you feel others think of you.

*Freedom from these things naturally translates into greater peace of mind and a more stress free life.*

Which results in more energy and motivation to achieve things you want to achieve.

And it also results in better social interactions.

- Self worth is the part of our personality that determines personal value and importance...
- Self-worth strongly influences our attitudes and the behaviors that influence our success or failure.

**There is a reason why I am giving you all this information and here is the reason...**

It is said that 85% of people in the world deal with low or no self worth or self esteem.

But a study was done by three doctors all with Phd's Dr. Yong Dai...Dr. Rebecca Nolan and Dr. Zeng.

And that study revealed that those who attend church or other religious institutions are more likely to have a higher self esteem than those who have no religious affiliation.

The study suggests that religious institutions play a part in teaching people self worth-self esteem and a healthy view of themselves.

**On Friday as I was studying for today and reading these verses in Ephesians I realized self-worth is a major point of Paul's writing Ephesians.**

As I said earlier the devil always attacks the mind like he did Eve.

The outcome of the attack is to make us feel useless, of no value and no one cares.

**But in John 10:10 Jesus not only says the thief comes to steal kill and destroy He goes on to say...**

*But I have come that they may life and that they may have it more abundantly.*

**Paul combats the enemy in these verses.**

He starts out in verse 3 praising God for every spiritual blessing.

**Then in verse 4** he begins building his case to prove the devil is liar and showing the value a person has.

He tells us we were elected by God and that He chose us...

*You choose something when you see value in it.*

Then God predestined us to adoption or a child of God.

**And then he tells us why God did what He did...**it or we bring him pleasure.

**Today we start at verse 7 and we pick up some things that should cause us to see our value and why the devil messes with our minds.**

*Verse 7...In Him we have redemption.*

**Every believer can say they have been redeemed...**

**But not every believer understands redemption...**

*Redemption means deliverance by the payment of a price.*

**Redemption needs to be properly understood as it relates directly to self-worth and self-esteem.**

**In the N.T. there are two words from the Greek language for redemption.**

Agorazo and it means marketplace.

It means to buy out of or purchase something from the marketplace.

**The second word is lutroo** and it means to pay a price to free somebody from bondage.

**When Paul wrote this there were over 6 million slaves in the Roman Empire.**

It was a common thing to see and a common thing to do was buy a slave.

Sometimes someone bought a slave that they knew and loved and set them free.

**So redemption means to buy a person and set them free.**

Redemption is the deliverance by the payment of a price.

**It is important to understand everyone in the world is or has been captive.**

Romans 6:17 says men are slaves to sin...

Every person in the world is or has been a slave to sin.

Sin is the captor that holds people.

Sin is a small word with a powerful impact.

Sin doesn't just go away...you don't just decide to quit sinning and then go to heaven.

**Sin has a price that has to be paid to satisfy it and release its victims.**

**Romans 6:23 says...***The wages of sin is death, the price of sin is death.*

In order for sin to be dealt with it requires death.

This means the price or the required satisfaction to sin is death.

**We see that in Hebrews 9:22 in the Words..***Without the shedding of blood...*

The words shedding of blood is another way to say death.

So it means without death there is no remission of sin.

**Paul says in verse 7...***In Him or Jesus we have the redemption through His blood.*

Jesus redeemed us meaning Jesus paid the price of sin to free the slave and set him free.

**Gal. 1:4** tells us *Jesus gave Himself.*

**Gal. 1:3** says *Who gave Himself for our sins that He might deliver us from the present evil age.*

**This all means Jesus has delivered us from evil...**

Jesus has delivered us from the yoke of bondage...

Jesus has delivered us according to **Col.1:13** *from the power of darkness and translated us into the Kingdom of His dear Son.*

**Romans 6:18** says *Being then made free from sin you became servants of righteousness free from this evil age, free from corruption, free from the yoke of bondage, free from sin.*

**Gal. 5:1** says *for freedom Christ has set us free therefore stand fast and be not entangled again with the yoke of bondage.*

That's redemption.

**Hebrews 2:14**...*For as much then as children are partakers of flesh and blood He also Himself took part of the same that is Christ became a man in order that He might destroy him that had the power of death that is the devil...*

Verse 15 goes on to say...*and release those who through fear of death were all their lifetime subject to bondage.*

The bondage of sin and death holds men captive.

And Jesus came to buy us out by paying the price and that is what redemption is.

The redemptive price was His blood.

**The wages of sin is death so it means somebody had to die.**

This means Jesus couldn't just cut Himself and bleed on someone and redeem them.

This simply means Jesus poured His life out.

**It speaks of a sacrificial, substitutionary, violent death for sin.**

Jesus poured His life out for the sinner.

The blood of Jesus paid the price for the sin of slaves bought them out of captivity and set them free and made them sons of God.

**You feeling any self worth yet?**

**Then in verse 7 we see the results of redemption.**

*The forgiveness of sin according to the riches of His grace.*

**I really want us to understand what forgiveness means.**

**In Israel on the Day of Atonement there were two goats that were used by the high priest.**

The blood of one goat was sprinkled on the altar and the other goat the priest would lay his hands on the goats head.

With his hands on the goats head the priest would confess all of the people's sins.

Then the goat was taken out to the wilderness where it could never find its way back again.

*It symbolized the taking of sin and sending it away where it would never be seen again.*

**That is an illustration of forgiveness which means to send away and never return.**

**It means when God forgives He sends our sins away and they never return.**

**Psalm 103:12** tells where He sends them *as far as the east is from the west.*

The east never meets the west so that refers to infinity.

**Isaiah 44:22** says *I have blotted out like a thick cloud your transgressions and like a thick cloud I have redeemed you.*

**Micah 7:18** says *Who is a God like to you who pardons iniquity, passes by the transgression of the remnant and delights in mercy.*

Verse 19 goes on the tells us *He casts our sins into the midst of the sea.*

**Jesus does for us what He did for the woman at the well He says neither do I condemn you go and sin no more...**

**And Romans 8:1** tells us there is therefore no win Christ no condemnation.

**Our sins when confessed and repented of are sent away, dismissed and will never be brought up by God.**

*This means God accepts us and He values us and since God accepts us we need to accept ourselves.*

It's not what people say we are but by what God says we are...

God says I am valuable and He is preparing a place for me and one day this child is going home to the Father.

*God knows you are worth something and the devil knows you are worth something and valuable.*

So it's high time you know you are worth something.

We matter to God and since we matter to God no one else's opinion of us should matter.

It is all a matter of knowing of what God has done for us and in us.

**Notice in verse 7 how much forgiveness...**

*According to the riches of His grace.*

It's all of grace it's based on His love.

*When God gives He doesn't give out of His riches He gives according to His riches.*

Or in other words He always gives abundantly.

**Verse 8...another result...***which He made to abound toward us in all wisdom and prudence.*

Wisdom and insight is given to us by God... meaning God gives us what we need to understand Him and to walk through this world in a day to day basis.

What God has chosen to hide from the wise He makes known to us.

**Why does God redeem and forgive and give to us...**

**Verse 9...***Having made known to us the mystery of His will according to His good pleasure which He purposed in Himself.*

**Verse 10**...*That in the dispensation of the fullness of the times He might gather together in one all things in Christ both which are in heaven and which are on earth in Him.*

**God redeems and forgives and gives in order that He might gather everything to Himself.**

That refers to the day Paul spoke of in Philippians when he said every knee shall bow and every tongue confess that Jesus Christ is Lord.