



WHAT DOES IT MEAN?

Ephesians 1: 7-10

*⁷In Him **we have redemption** through His blood, the forgiveness of our trespasses, according to the riches of His grace ⁸which He lavished on us.*

*In all wisdom and insight ⁹**He made known to us the mystery of His will**, according to His kind intention which He purposed in Him ¹⁰with a view to an administration suitable to the fullness of the times, that is, the summing up of all things in Christ, things in the heavens and things on the earth.*

EPHESIANS 1:7-10 NASB

1. We have been redeemed.
 - You are **free**.
 - You are **valuable**. (1 Corinthians 6:19-20)
2. The mystery of God's will has been revealed to us.
 - You are **needed**.
 - You are **worthy**.

Is that how you see yourself?

Assignments

1. What does being redeemed mean in your life and relationships according to 1 Corinthians 6:19-20 and 1 Peter 1:17-19?

2. Write one sentence in the first person that expresses how valuable you are to Jesus and how important you are to His mission.

3. PRAYER: Ask God to help you see yourself as infinitely valuable and loved just for who you are.
4. OPTIONAL: For deeper understanding, read pages 65-68 of the **Discover Your True Self** book or listen to the Day 7 audiobook excerpt.