

Ephesians 1:3, By James Moriello, 2026

Ephesians 1:3 (NKJV): “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ.”

1. “Blessed...blessed”, Men (as Paul here, inspired) bless God in word, and God blesses men in deed (by His actions, His works).
2. “every spiritual blessing”, invoking the Third Person in the Godhead, God the Holy Spirit
3. “in the heavenly *places*”, note in our translations that “*places*” is italicized, indicating that is not found in the Greek text but supplied by translators for clarification of the sense of the Greek
 - a. Given the definite article here, the primary reference is the third heaven, the Abode of God.
 - b. Elsewhere in Ephesians, we have this kind of language (1:20, 2:6, 3:10, 6:12). It is helpful to read these also.
4. “in Christ”, these blessings are conferred positionally to those who are truly His elect from “before the foundation of the world” (Ephesians 1:4)
5. Conclusions and Applications
 - a. First, a note that Ephesians 1:3-14 is one sentence and cannot be divorced from itself. Paul provides a ‘high level’ view of salvation. It is at this high level that the blessings have originated.
 - b. The blessings which have originated in the third heaven are a positional reality (once elect, saved, and once saved, always saved). Christ “has blessed us” is in the past tense.
 - c. Not only has God blessed us, He continues to do so, as Psalm 68:19 and Ephesians 1:11 clearly state. This is the outworking of “spiritual blessing” in our lives.
 - d. So, our text is focused on the origination of the spiritual blessing by God of the inheritors of salvation. The rest of the “sentence” of Ephesians 1:3-14 runs the gamut from the origination of the blessing and its place of origination (the third heaven) to the present and the future specially conferred personal blessings by the Triune God upon His people.