

TAPPED IN OR UNTAPPED?

"Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ." - Ephesians 1:3 KJV

"Every spiritual blessing in the heavenly realm has already been lavished upon us as a love gift from our wonderful heavenly Father, the Father of our Lord Jesus—all because he sees us wrapped into Christ. This is why we celebrate him with all our hearts!" Ephesians 1:3 KJV TPT

Every Spiritual Blessing in Christ

YOUR IDENTITY: Who You Are in Christ

- Every spiritual blessing in the heavenly realm has already been lavished upon me (Ephesians 1:3)
- I am chosen by God before the foundation of the world (Ephesians 1:4)
- I am holy and blameless in His sight (Ephesians 1:4)
- I am deeply loved by God (Ephesians 1:4-5)
- I am adopted as God's own child (Ephesians 1:5)
- I am accepted in the Beloved (Ephesians 1:6)
- I am God's masterpiece, created for good works (Ephesians 2:10)
- I am a new creation—the old has gone, the new has come (2 Corinthians 5:17)
- I am a chosen people, a royal priesthood, a holy nation, God's special possession (1 Peter 2:9)
- I am now part of the people of God (1 Peter 2:10)
- I belong to Christ (1 Corinthians 3:23)

YOUR POSITION: Where You Stand

- I am seated with Christ in the heavenly realms (Ephesians 2:6)
- I have been raised up with Christ (Ephesians 2:6)
- I am a citizen of heaven (Ephesians 2:19, Philippians 3:20)
- I am a member of God's household (Ephesians 2:19)
- I am an heir of God and co-heir with Christ (Romans 8:17)
- I have become the righteousness of God in Christ (2 Corinthians 5:21)
- I have been made complete in Him (Colossians 2:10)
- I have fullness in Christ (Colossians 2:10)

YOUR SECURITY: What Cannot Be Taken

- I have redemption through Christ's blood (Ephesians 1:7)
- I have complete forgiveness of all my sins (Ephesians 1:7, Colossians 2:13-14)
- I am sealed with the promised Holy Spirit (Ephesians 1:13)
- I have the Spirit as a guarantee of my inheritance (Ephesians 1:14)
- I have no condemnation (Romans 8:1)
- I cannot be separated from the love of God in Christ (Romans 8:38-39)
- I have been made alive with Christ (Ephesians 2:5)
- I have been saved by grace through faith—not by my works (Ephesians 2:8-9)
- I have been made perfect forever by Christ's sacrifice (Hebrews 10:14)
- I have an inheritance that can never perish, spoil, or fade (1 Peter 1:4)
- I am being shielded by God's power (1 Peter 1:5)
- I have been rescued from the dominion of darkness (Colossians 1:13)
- I have been brought into the kingdom of God's beloved Son (Colossians 1:13)

YOUR ACCESS: What You Can Approach

- I have peace with God (Ephesians 2:14, Romans 5:1)
- I have access to the Father through the Holy Spirit (Ephesians 2:18)
- I can call God "Abba, Father" (Romans 8:15)
- I have confidence to enter the Most Holy Place by the blood of Jesus (Hebrews 10:19)
- I can approach God's throne of grace with confidence (Hebrews 4:16)
- I have been brought near to God by Christ's blood (Ephesians 2:13)
- I have freedom from the law of sin and death (Romans 8:2)

YOUR INHERITANCE: What You Receive

- I have an inheritance in Christ (Ephesians 1:11)
- I have been lavished with God's grace (Ephesians 1:7-8)
- I have been given wisdom and understanding (Ephesians 1:8-9)
- I have been made part of God's eternal plan (Ephesians 1:9-10)
- I have been given everything I need for life and godliness (2 Peter 1:3)
- I have been given great and precious promises (2 Peter 1:4)
- I can participate in the divine nature (2 Peter 1:4)
- I have been enriched in every way in Christ (1 Corinthians 1:5)
- I lack no spiritual gift (1 Corinthians 1:7)
- I have all things working together for my good (Romans 8:28)
- I have been born again to a living hope (1 Peter 1:3)
- I have been called, justified, and glorified (Romans 8:30)

YOUR POWER: What You Can Do

- I have been strengthened with power through His Spirit in my inner being (Ephesians 3:16)
- I have access to God's power that works within me—power that can do immeasurably more than I can ask or imagine (Ephesians 3:20)
- I have the Spirit of God living in me (Romans 8:9-11)
- I have the Spirit testifying that I am God's child (Romans 8:16)
- I have God for me—no one can stand against me (Romans 8:31)
- I have the mind of Christ (1 Corinthians 2:16)
- I am God's temple—His Spirit dwells in me (1 Corinthians 3:16)
- I have been given grace according to the measure of Christ's gift (Ephesians 4:7)

YOUR PURPOSE: What You're Called To

- I have been predestined to be conformed to the image of Christ (Romans 8:29)
- I have been given the ministry of reconciliation (2 Corinthians 5:18)
- I have been called out of darkness into His wonderful light (1 Peter 2:9)
- I am being built into a dwelling place for God (Ephesians 2:22)
- I have received mercy (1 Peter 2:10)

YOUR EXPERIENCE: What You Can Know

- I have Christ dwelling in my heart through faith (Ephesians 3:17)
 - I have the ability to comprehend the breadth, length, height, and depth of Christ's love (Ephesians 3:18)
 - I can be filled with all the fullness of God (Ephesians 3:19)
 - I have an anchor for my soul, firm and secure (Hebrews 6:19)
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WHEN TO USE EACH BLESSING

WHEN I AM BEING ACCUSED OR CONDEMNED

Remember:

- I am holy and blameless in His sight (Ephesians 1:4)
- I have complete forgiveness of all my sins (Ephesians 1:7)
- I have no condemnation (Romans 8:1)
- I am accepted in the Beloved (Ephesians 1:6)

WHEN I AM FEELING ANXIOUS OR WORRIED

Remember:

- I have peace with God (Ephesians 2:14)
- I have access to the Father through the Holy Spirit (Ephesians 2:18)
- I can approach God's throne of grace with confidence (Hebrews 4:16)
- I have been brought near to God by Christ's blood (Ephesians 2:13)

WHEN I AM FEELING INSECURE OR INADEQUATE

Remember:

- I am strengthened with power through His Spirit in my inner being (Ephesians 3:16)
- I have access to God's power that works within me—power that can do immeasurably more than I can ask or imagine (Ephesians 3:20)
- I am God's masterpiece, created for good works (Ephesians 2:10)
- I have the mind of Christ (1 Corinthians 2:16)

WHEN I AM FEELING UNLOVED OR REJECTED

Remember:

- I am deeply loved by God (Ephesians 1:4-5)
- I am adopted as God's own child (Ephesians 1:5)
- I am chosen by God before the foundation of the world (Ephesians 1:4)
- I have the ability to comprehend the breadth, length, height, and depth of Christ's love (Ephesians 3:18)
- I cannot be separated from the love of God in Christ (Romans 8:38-39)

WHEN I AM FEELING POWERLESS OR DEFEATED

Remember:

- I am seated with Christ in the heavenly realms (Ephesians 2:6)
- I have been raised up with Christ (Ephesians 2:6)
- I have God for me—no one can stand against me (Romans 8:31)
- I have all things working together for my good (Romans 8:28)

WHEN I AM DOUBTING MY SALVATION

Remember:

- I am sealed with the promised Holy Spirit (Ephesians 1:13)
- I have the Spirit as a guarantee of my inheritance (Ephesians 1:14)
- I have been saved by grace through faith—not by my works (Ephesians 2:8-9)
- I have been made perfect forever by Christ's sacrifice (Hebrews 10:14)

WHEN I AM FEELING SPIRITUALLY DRY OR EMPTY

Remember:

- I can be filled with all the fullness of God (Ephesians 3:19)

- I have Christ dwelling in my heart through faith (Ephesians 3:17)
- I am being built into a dwelling place for God (Ephesians 2:22)
- I have the Spirit of God living in me (Romans 8:9-11)

WHEN I NEED WISDOM OR DIRECTION

Remember:

- I have been given wisdom and understanding (Ephesians 1:8-9)
- I have been lavished with God's grace (Ephesians 1:7-8)
- I have been made part of God's eternal plan (Ephesians 1:9-10)
- I have the mind of Christ (1 Corinthians 2:16)

WHEN I AM FEELING LIKE I DON'T BELONG

Remember:

- I am a citizen of heaven (Ephesians 2:19)
- I am a member of God's household (Ephesians 2:19)
- I am now part of the people of God (1 Peter 2:10)
- I have been called out of darkness into His wonderful light (1 Peter 2:9)

WHEN I AM STRUGGLING WITH MY PAST

Remember:

- I am a new creation—the old has gone, the new has come (2 Corinthians 5:17)
 - I have redemption through Christ's blood (Ephesians 1:7)
 - I have been rescued from the dominion of darkness (Colossians 1:13)
 - I have received mercy (1 Peter 2:10)
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HOW TO ACCESS YOUR BLESSINGS

1. KNOW WHAT YOU HAVE

You can't use what you don't know exists. Study scripture. Understand your identity in Christ. Read this list regularly.

2. REMEMBER WHAT YOU HAVE

When struggles come, recall these truths. Post them where you can see them. Meditate on them daily.

3. DECLARE WHAT YOU HAVE

Speak these blessings over your life. Use them in prayer. Remind yourself out loud of who you are in Christ.

