

Praise be to the God and Father of our Lord Jesus Christ, who has blessed me in the heavenly realms with every spiritual blessing **in Christ.**

For He chose me **in Christ** before the creation of the world to be holy and blameless in His sight.

In love He predestined me for adoption to sonship through Jesus Christ, in accordance with His pleasure and will— to the praise of His glorious grace, which He has freely given me **in Christ, the One He loves.**

In Christ I have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace that He lavished on me.

With all wisdom and understanding, He made known to me the mystery of His will according to His good pleasure, which He purposed **in Christ**, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

In Christ I am chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will, in order that we, who were the first to put our hope **in Christ**, might be for the praise of His glory.

And I also was included **in Christ** when I heard the message of truth, the gospel of my salvation. When I believed, I was marked **in Christ** with a seal, the promised Holy Spirit, who is a deposit guaranteeing my inheritance until the redemption of those who are God's possession—to the praise of His glory.

Praise be to the God and Father of our Lord Jesus Christ, who has blessed you in the heavenly realms with every spiritual blessing **in Christ.**

For He chose you **in Christ** before the creation of the world to be holy and blameless in His sight.

In love He predestined you for adoption to sonship/daughtership through Jesus Christ, in accordance with His pleasure and will— to the praise of His glorious grace, which He has freely given you **in Christ**, the One He loves.

In Christ you have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace that He lavished on you.

With all wisdom and understanding, He made known to you the mystery of His will according to His good pleasure, which He purposed **in Christ**, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

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