

BIBLE LIFE MESSAGES

The Cure for Inferiority Complexes

Ephesians 1:3-14

1 What is the cure for inferiority complexes?

2 What is an inferiority complex? An inferiority complex is a lack of self-worth, a doubt and uncertainty, and feelings of not measuring up to standards. ¹ "Everything is against me". "Everything in my life is going wrong". "I can't do anything right". "I always make wrong decisions".

Life does get tough. Things do go wrong. You're out driving and you're in a hurry. All the signals are red! You're about to go on vacation and you're summoned for jury duty. You lose your job about the time your car breaks down and your wife is leaving you.

How do you react to those things? When I was stationed at Fort Rucker, Alabama, one of my soldiers committed suicide. I tried to comfort a grieving wife and children. The soldier, a high ranking NCO, ² drinking heavily, got in a fight. He was court martialed

¹ Wikipedia, [Inferiority Complex](#).

² NCO = Non Commissioned Officer.

and was going to be dishonorably discharged his last year before retirement. He couldn't handle it.

When life makes you think you are in the gutter you need to remember who you were created to be. This passage of scripture tells us what that is. ³

Ephesians, Chapter 1, verses 3 through 14, says, Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ^{3 4}

For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will — to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. ^{4 5}

³ v3.

⁴ v4-8.

And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times will have reached their fulfillment — to bring all things in heaven and on earth together under one head, even Christ. In him we were also 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 hope in Christ, might be for the praise of his glory. ⁵ ₆

And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of his glory. ⁶

So, who are you created to be? Verses 3 through 6 tell us about . . . ₇

⁵ v9-12.

⁶ v13-14.

I. God, the Father's, Plan for You - v3-6

God, the Father's, plan for you.

Notice in verse 3 ⁷ ; ⁸ God intends for you to be blessed. ⁹ The word blessed ⁸, in the original language, means to be spoken well of. ¹⁰ In addition to the Lord blessing you, He intends for you to be a spiritual blessing to others on earth. ¹¹ God wants you, as a redeemed person, to be the showcase of God's intention for mankind. ¹²

In the Book of Job, Chapters 1 and 2, we get a perspective about God's intentions that poor, suffering Job didn't have. We discover that the reason God allowed Job to go through his trials was to showcase Job's character to all the heavenly hosts! What I see here is you are the pinnacle of God's creation. He takes pride bragging about you. ¹³

⁷ v3 - Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

⁸ εὐλογέω.

Now, notice verse 4 ⁹ ; God intends for you to be holy and blameless. ¹⁴

The word holy ¹⁰ means to be separate, different from ordinary things, set apart for a divine purpose. In ancient times, this word described an object dedicated to Greek gods. So they became different from the ordinary. ¹⁵ You are not to be like the world but different from the world in the way you behave. ¹⁶ Rather than being politically correct to fit in, you are to be godly enough to make a spiritual influence on the people around you. ¹⁷

The word blameless ¹¹ means without any blemishes. ¹⁸ To the Jews, before an animal could be used as a sacrifice on the altar it had to be inspected by the priests. It had to be a male one year old and in perfect condition. It usually was the best from the flock. If it had any blemishes it could be disqualified as an

⁹ v4 - For he chose us in him before the creation of the world to be holy and blameless in his sight.

¹⁰ ἅγιος.

¹¹ ἄμωμος.

offering to God. ¹⁹ He wants to mold you into the perfect offering. Romans, Chapter 12, verse 1, states, **Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship.** ²⁰

How has God made this possible for you? ²¹ In verse 7 ¹² He provided for your past by forgiving your sins. ²² In verses 13 and 14 ¹³ He provides for your present by indwelling you with His Holy Spirit. ²³ He will provide for your future by glorifying you. Colossians, Chapter 3, verse 4, **When Christ, who is your life, appears, then you also will appear with him in glory.** ²⁴

¹² v7 - In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding.

¹³ v13-14 - And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of his glory.

Now, see verse 5 ¹⁴ ; God intends for you to live as adopted children in His family. In Roman society the adopted person was considered a new person beginning a new life and was not responsible for his past debts. He was the property of his adopted father.

Remember the movie "Ben Hur"? As a galley slave Ben Hur saved the life of the Roman Admiral Arias during the sea battle. Arias takes Ben Hur to Rome and adopts him as his son. He was no longer a slave but a son. When he returned to Jerusalem his status was changed. He was now an equal to the commander of the Roman garrison who had him imprisoned. ²⁵

God had this status provided for you. In First Peter, Chapter 2, verse 9, we read, **But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.** ²⁶

¹⁴ v5 - In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will

Now verse 6 ¹⁵ ; God intends for you to live as ones who have received grace. Grace is unmerited favor. You don't earn it, you are not worthy of it; you simply receive it as a gift. Lord Jesus provided that grace to you when He died on the cross!

You may not know the story of Mary Fitzpatrick. During the Carter administration Mary Fitzpatrick moved into the White House and became Amy's private nurse. Miss Fitzpatrick had been a convicted murderer! That's grace!

Now that you have seen God, the Father's, plan for you in verses 3 through 6, let's see how that plan is fulfilled in . . . 27

¹⁵ v6 - . . . to the praise of his glorious grace, which he has freely given us in the One he loves.

II. God, the Son's, Provision for You - v7-14

God, the Son's, provision for you. ²⁸

In verse 7; ¹⁶ Lord Jesus provides for you redemption. ²⁹ Redemption ¹⁷ means release affected by the paying of a ransom. ³⁰ This was the common term used in ancient time for the purchasing of a slave from a slave block. You are a slave needing redemption from your sin life. You can't pay that ransom because only a sin free life is the price that will do. ³¹ Jesus paid that price for you when He died on the cross! ³²

In verses 8 through 10 ¹⁸ we discover that Lord Jesus provides for you an abundant life. ³³ Having wisdom and understanding the mystery of God's will is a part of that abundant life. ³⁴ The phrase "made known" ¹⁹ is

¹⁶ v7 - In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.

¹⁷ ἀπολύτρωσις.

¹⁸ v8-10 - . . . that he lavished on us with all wisdom and understanding. And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times will have reached their fulfillment - to bring all things in heaven and on earth together under one head, even Christ.

¹⁹ γνωρίζω. It is related to the verb γινώσκω.

knowledge gained by experience. There are two words in the New Testament for know. One means to know by observation. You see stuff, you read stuff and you hear stuff. So you learn stuff. This word, though, means that you learn by actually experiencing it. The abundant life is something He wants you to personally experience! ³⁵

Verse 10 assures us that Lord Jesus has everything in control. ³⁶ Epicurus once said, "God regards nothing but leaves all things to chance." This is false! There is no such thing as luck for the Christian. ³⁷ What the world calls luck the believer calls God's grace. ³⁸

In verses 11 and 12 ²⁰ ; Lord Jesus provides for you an inheritance. ³⁹ I Peter, Chapter 1, verse 4 ²¹ , tells us the inheritance is kept in heaven and will not perish,

²⁰ v11-12 - In him we were also 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 hope in Christ, might be for the praise of his glory.

²¹ I Peter 1:4 - . . . and into an inheritance that can never perish, spoil or fade — kept in heaven for you . . .

spoil or fade. ⁴⁰ Colossians, Chapter 3, verse 24 ²² says it is a reward for surrendering to the Lord. ⁴¹ The ones who are predestined to receive this inheritance are those of us who "hope in Christ"; those of you who have chosen Jesus as your Lord! ⁴²

In verses 13 and 14 ²³ ; Lord Jesus provided for you His seal. ⁴³

Who are the sealed? They are those who heard the gospel, the word of truth and believe it; verse 13. ⁴⁴

What is the seal? Verse 14; ⁴⁵ God's down payment is the indwelling Holy Spirit which you received when you repented and were baptized ²⁴ .

²² Colossians 3:24 - . . . since you know that you will receive an inheritance from the Lord as a reward.

²³ v13-14 - And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of his glory.

²⁴ Acts 2:38 - Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.

So, what do you remember when you get down on yourself and think you're worthless? You are a jewel in God's jewelry box. You may need to be polished - but you're there!

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