**3** Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, **4** even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love **5** he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, **6** to the praise of his glorious grace, with which he has blessed us in the Beloved. **7** In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, **8** which he lavished upon us, in all wisdom and insight **9** making known to us the mystery of his will, according to his purpose, which he set forth in Christ **10** as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

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**11** In him
 we have obtained an inheritance,
 having been predestined
 according to the purpose of him who works all things
 according to the counsel of his will,
 **12** so that we who were the first to hope in Christ might be to the praise of his glory.
**13** In him you also,
 when you heard the word of truth, the gospel of your salvation, and
 believed in him,
 were sealed with the promised Holy Spirit,
 **14** who is the guarantee of our inheritance
 until we acquire possession of it,
 to the praise of his glory.