WATERMARK WAVES

The Father's Plan of Redemption

Understanding God's Saving Purpose Through Jesus Christ

A six-session companion workbook

Scripture • Reflection • Prayer • Practice

Living an Authentic Life
Through the Holy Spirit.

US Letter | Print at actual size (100%)

Welcome

The Bible tells one unfolding story of God's saving purpose through Jesus Christ. This workbook helps you trace that story, understand your need for redemption, and respond with faith, worship, prayer, and obedience.

This six-session workbook accompanies twelve free Watermark Waves Articles. The full Article text is not included. Internet access is needed for the companion readings. Use your Bible for the passages and write in your own words.

The Father sent His Son, who died for our sins and rose again. Through repentance and faith in Christ, sinners receive forgiveness and life with God. The Holy Spirit gives new life and helps believers grow to become more like Christ. Completing a workbook does not earn salvation.

How to Use This Workbook

• Complete each session in two sittings if that helps you read with care.

• Read each Bible passage in its setting. Include verse references in your answers.

• For difficult passages, compare Bible translations and read the surrounding verses.

• Write down questions. Do not force an answer where Scripture leaves a question open.

• Group discussion is optional. Share only what you choose.

• The PDFs are designed for printing and handwriting; they are not fillable.

Personal Use Permission

This workbook is free for personal use. You may download both paper sizes and print copies for your own use, including when attending a group. Please share the Watermark Waves Study link so others can download their own copy. Do not resell the files, distribute copies, or upload them online. The companion Articles are free to read and share by link.

Your Reading Plan

Session	Focus	Companion Articles
1	Redemption Begins With God	What Is the Plan of Redemption? / Before the Foundation of the World
2	Facing Our Need for Rescue	Why Did God Create Us If He Knew We Would Sin? / Why Did God Allow the Fall?
3	From the First Promise to Christ	Genesis 3:15 Meaning / Redemption Timeline: God's Plan from Creation to Christ
4	Reading One Unfolding Story	What Is Redemptive History? / How the Old Testament Points to Jesus
5	The Father Sends the Son	Why Did God Send Jesus? / Father and Son in Salvation
6	Responding to Love and Hope	God's Love in Salvation / God's Plan of Redemption: From Genesis to Revelation

Each session includes two readings, six Scripture questions, life reflection, a connection table, a practical step, prayer, optional group discussion, and notes.

Optional whole-chapter Bible reading appears at the end of each session.

Open the Father's Plan of Redemption Study.

Session 1: Redemption Begins With God

Before You Begin

When you hear the word redemption, what comes to mind? Bring one question about God's saving work to these readings.

Opening prayer: Father, help me see my need for Your grace. Lead me to trust Jesus Christ and depend on Your Spirit. Let Your Word shape my gratitude and obedience. Amen.

Reading One: What Is the Plan of Redemption?

Read What Is the Plan of Redemption?.

Read in your Bible: **Ephesians 2:1-10; Mark 10:42-45.**

Paul describes our need for rescue and the mercy of God. Salvation is a gift of grace, received through faith in Christ. Good works follow salvation; they do not earn it. In Mark, Jesus contrasts the desire to rule others with His own mission to serve and give His life as a ransom. Read verse 45 within that call to serve.

Look at the Passage

1. How does Ephesians 2:1-3 describe life apart from Christ? What does this show about our need?

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2. What does God do in Ephesians 2:4-7, and what reasons does Paul give for His action?

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3. How do Ephesians 2:8-10 connect grace, faith, and good works? What does Mark 10:45 add about the cost of rescue?

Bring it into your life

Where are you tempted to treat God's acceptance as something you must earn? How could these verses shape your response?

Session 1: Redemption Begins With God

Reading Two: Before the Foundation of the World

Read Before the Foundation of the World: The Father's Plan of Redemption.

Read in your Bible: **Ephesians 1:3-14; 1 Peter 1:18-21.**

Ephesians 1 is praise for God's grace in Christ. Paul connects the Father's purpose with adoption, forgiveness through the Son, and the promised Holy Spirit. Peter describes the cost of redemption and says Christ was foreknown before creation but revealed in history. These passages lead us to gratitude. They do not answer every question about God's eternal purpose or remove our call to trust and obey Him.

Look at the Passage

4. According to Ephesians 1:4-6, when did God choose His people in Christ, and what purposes does Paul name?

5. What gifts come through the Son in Ephesians 1:7-12? What does Paul say about the Spirit in verses 13-14?

6. What contrast does 1 Peter 1:18-21 make about the price of redemption? What does it say about Christ before creation and His appearance in history?

Bring it into your life

Which gift named in these passages gives you a reason to thank God today? Include a verse reference.

Session 1: Redemption Begins With God

Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

What I learned	My response and verse reference
Our need and God's gift of grace	
Redemption through Jesus Christ	
God's purpose leads to praise and obedience	

Take One Step

A friend says, "I hope I have done enough good things for God to accept me." Write a kind response from Ephesians 2:8-10. Then name one act of service you can offer from gratitude rather than to earn salvation.

Prayer

Thank the Father for His grace, the Son for His saving work, and the Spirit for His presence. Ask for help to trust Christ and walk in the good works God calls you to do.

Session 1: Redemption Begins With God

Optional Group Discussion

• How does Paul describe both our need and God's response in Ephesians 2?

• How do these passages keep Jesus Christ at the center of redemption?

• What changes when we serve from gratitude rather than a desire to earn acceptance?

Listen with patience. Keep the passages open and distinguish what they say from questions they do not settle.

Optional Further Reading

Read the whole chapter: **Ephesians 1.** Notice how Paul's praise in verses 3-14 leads into his prayer in verses 15-23. Consider what he wants believers to know about their hope and Christ's power.

What does this chapter add to what you learned in this session? Include a verse reference.

After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

Notes and Prayer Requests

Session 2: Facing Our Need for Rescue

Before You Begin

What questions about creation, sin, or suffering do you bring to this session? Name them without feeling that you must solve them all today.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: Why Did God Create Us If He Knew We Would Sin?

Read Why Did God Create Us If He Knew We Would Sin?.

Read in your Bible: **Genesis 1:26-31; James 1:13-18.**

Genesis describes people made in God's image and a creation God calls very good. James addresses temptation and warns against blaming God for evil. Read both passages before asking why God permitted sin. They show His goodness and our responsibility, but they do not reveal every reason behind His decision to create.

Look at the Passage

1. What does Genesis 1:26-28 say about human identity and responsibility?

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2. What does God's judgment of His creation in Genesis 1:31 tell you about its beginning?

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3. According to James 1:13-18, where does temptation lead, and what good gifts come from God?

Bring it into your life

How could being made in God's image change the way you treat someone you find difficult?

Session 2: Facing Our Need for Rescue

Reading Two: Why Did God Allow the Fall?

Read Why Did God Allow the Fall?.

Read in your Bible: **Genesis 3:1-13; Romans 5:12-19.**

Genesis 3 records the serpent's deception and humanity's disobedience. Romans 5 contrasts Adam's trespass with Christ's obedient saving work. God's ability to bring rescue does not make rebellion good. We can admit that Scripture leaves some questions open while facing the consequences of sin and receiving the grace offered through Christ.

Look at the Passage

4. How does the serpent challenge God's word in Genesis 3:1-5?

5. What choices and responses appear in Genesis 3:6-13? How do shame, hiding, and blame enter the account?

6. In Romans 5:12-19, how do the effects of Adam's trespass differ from the gift that comes through Jesus Christ?

Bring it into your life

Where are you tempted to hide or shift blame? What would an honest response to God look like?

Session 2: Facing Our Need for Rescue

Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

What I learned	My response and verse reference
God's good creation and human dignity	
Our responsibility for sin	
Christ's obedient work and gift of grace	

Take One Step

Name one wrong choice you need to acknowledge. Confess it to God. If you have harmed someone, plan one step toward repair. Rest your hope in Christ rather than in an excuse or a promise to earn forgiveness.

Prayer

Ask God for honesty about sin, trust in His goodness, and gratitude for Jesus Christ. Ask the Spirit to guide your next act of obedience.

Session 2: Facing Our Need for Rescue

Optional Group Discussion

• What truths do these passages reveal, and what questions remain unanswered?

• How does blame keep us from facing our need for grace?

• Why must we avoid calling sin good even when God brings good from it?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Genesis 3**. Read the temptation, judgment, promise, and departure from Eden together. Notice both the consequences of sin and God's response to the people who sinned.

What does this chapter add to what you learned in this session? Include a verse reference.

After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

Notes and Prayer Requests

Session 3: From the First Promise to Christ

Before You Begin

Think of a promise that gave you hope during a long wait. What helped you trust the person who made it?

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: Genesis 3:15 Meaning: God's First Promise of a Savior

Read Genesis 3:15 Meaning: God's First Promise of a Savior.

Read in your Bible: **Genesis 3:14-24; Hebrews 2:14-18.**

God speaks to the serpent while announcing judgment after the Fall. Christians read the promise of conflict and victory in Genesis 3:15 in light of Christ's defeat of evil. The verse begins the promise; it does not state the whole Gospel. Hebrews explains how Jesus shares our humanity and acts through His death to free those held by fear of death.

Look at the Passage

1. What conflict and wounds does God describe in Genesis 3:15? Who takes the initiative in this promise?

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2. What consequences and provisions appear in Genesis 3:16-24? How does the setting keep us from treating sin as harmless?

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3. According to Hebrews 2:14-18, why did Jesus share our humanity, and what does His death accomplish?

Bring it into your life

What fear do you need to bring to Jesus, who understands suffering and helps those who are tempted?

Session 3: From the First Promise to Christ

Reading Two: Redemption Timeline: God's Plan from Creation to Christ

Read Redemption Timeline: God's Plan from Creation to Christ.

Read in your Bible: **Genesis 12:1-3; 2 Samuel 7:8-16; Galatians 4:4-7.**

God calls Abraham and promises blessing for the families of the earth. Later He promises David an enduring royal house. These are different moments in Israel's history, not identical promises. Read their original settings before tracing the hope that reaches its fulfillment in Christ. Galatians describes the sending of the Son and Spirit and the gift of adoption.

Look at the Passage

4. What does God call Abraham to do in Genesis 12:1-3, and who is meant to receive blessing?

5. What has God already done for David in 2 Samuel 7:8-9? What future promises appear in verses 12-16?

6. In Galatians 4:4-7, what does the Father send the Son to do, and what relationship do believers receive?

Bring it into your life

Which promise or gift in these passages helps you wait with trust rather than give up?

Session 3: From the First Promise to Christ

Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

What I learned	My response and verse reference
Hope announced after the Fall	
Promises through Abraham and David	
The Son's coming and our adoption	

Take One Step

Write a short sequence using Eden, Abraham, David, and Jesus. Add one Bible reference beside each. Use it to explain how God's promise unfolds without claiming that each passage gives every detail.

Prayer

Thank the Father for keeping His promises. Thank Jesus for sharing our humanity and rescuing sinners. Ask for the Spirit's help to trust God while you wait.

Session 3: From the First Promise to Christ

Optional Group Discussion

• What can we say from Genesis 3:15 itself, and what becomes clearer through later Scripture?

• How do the promises to Abraham and David differ and contribute to the story?

• How does adoption in Galatians 4 make this history personal for believers?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Galatians 4**. Notice the movement from slavery to sonship and Paul's concern that believers not return to bondage. Read the whole argument around verses 4-7.

What does this chapter add to what you learned in this session? Include a verse reference.

After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

Notes and Prayer Requests

Session 4: Reading One Unfolding Story

Before You Begin

Do you tend to read Bible events as separate lessons or as parts of a larger story? Bring one passage you want to understand better.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: What Is Redemptive History?

Read What Is Redemptive History?.

Read in your Bible: **Exodus 6:2-8; Jeremiah 31:31-34.**

In Exodus, God speaks to Moses while Israel remains enslaved in Egypt. He promises deliverance and a relationship with His people. Jeremiah later speaks of a new covenant with Israel and Judah, including forgiveness and God's instruction written on their hearts. Each promise belongs to its own setting while contributing to the Bible's unfolding account of God's saving work.

Look at the Passage

1. What past promise does God remember in Exodus 6:2-5? What present need has He heard?

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2. What does God promise to do in Exodus 6:6-8? How does rescue lead to belonging to Him?

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3. According to Jeremiah 31:31-34, how will the new covenant address the failures of the former covenant?

Bring it into your life

How could remembering God's faithfulness lead you to trust and obey rather than treat His rescue as permission to go your own way?

Session 4: Reading One Unfolding Story

Reading Two: How the Old Testament Points to Jesus

Read How the Old Testament Points to Jesus.

Read in your Bible: **Luke 24:25-27, 44-49; Hebrews 10:1-14.**

After His resurrection, Jesus explains how the Scriptures point to His suffering and glory. Hebrews describes the limits of repeated sacrifices and the sufficiency of Christ's offering. These passages give us grounds to read the Old Testament with Christ in view. They do not permit us to invent a hidden meaning for every object or detail.

Look at the Passage

4. How does Jesus connect the Scriptures with His suffering and glory in Luke 24:25-27?

5. What message and mission does Jesus describe in Luke 24:44-49?

6. In Hebrews 10:1-14, what could repeated sacrifices not accomplish, and how does Christ's offering differ?

Bring it into your life

What passage would you like to reread in its setting before connecting it with Christ's work?

Session 4: Reading One Unfolding Story

Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

What I learned	My response and verse reference
God rescues a people who belong to Him	
The promise of forgiveness and a changed heart	
Jesus fulfills Scripture through His saving work	

Take One Step

Choose one passage from this session. Write what it meant in its first setting, then explain how a New Testament passage connects it with Jesus. Keep your explanation tied to the text.

Prayer

Ask the Father to help you read His Word with care. Thank Jesus for His sufficient sacrifice and ask the Spirit to shape your understanding and obedience.

Session 4: Reading One Unfolding Story

Optional Group Discussion

• How is redemptive history more than putting events in date order?

• What do Exodus and Jeremiah reveal about rescue and relationship?

• How can we keep Christ central without inventing meanings that Scripture does not support?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Luke 24**. Follow the resurrection witnesses, the journey to Emmaus, and Jesus' teaching and commission. Notice how real events and the witness of Scripture belong together.

What does this chapter add to what you learned in this session? Include a verse reference.

After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

Notes and Prayer Requests

Session 5: The Father Sends the Son

Before You Begin

What do you think Jesus came to accomplish? Ask God to help you see His mission through His words and saving work.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: Why Did God Send Jesus?

Read Why Did God Send Jesus?.

Read in your Bible: **John 3:14-21; 1 Peter 3:18.**

Jesus speaks of the Son being lifted up and of the Father's love in sending Him. Read the promise of life alongside the call to believe and the warning about rejecting the light. Peter names Christ's purpose in suffering for sins: to bring us to God. Salvation addresses guilt and restores relationship; it is more than moral advice.

Look at the Passage

1. What connection does Jesus make between being lifted up and eternal life in John 3:14-15?

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2. According to John 3:16-21, why did God send His Son, and how do belief and rejection differ?

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3. What contrasts appear in 1 Peter 3:18? What goal does Peter give for Christ's suffering?

Bring it into your life

Are you treating Jesus as a helpful example or trusting Him as the Savior who brings you to God? Explain your response in your own words.

Session 5: The Father Sends the Son

Reading Two: Father and Son in Salvation: Their Roles in God's Plan

Read Father and Son in Salvation: Their Roles in God's Plan.

Read in your Bible: **John 6:35-40; John 10:14-18; Ephesians 2:18.**

Jesus describes the Father's will and His promise to receive those who come to Him. He also speaks of laying down His life and taking it up again. The Father and Son act in united love; neither is reluctant to save. Their distinct roles do not make the Son less divine. Ephesians includes the Spirit in the access believers have to the Father through Christ.

Look at the Passage

4. In John 6:35-40, what does Jesus promise those who come to Him, and what does He say about the Father's will?

5. How does John 10:14-18 describe Jesus' relationship with His sheep and His willingness to give His life?

6. According to Ephesians 2:18, how do believers come to the Father? How are the Son and Spirit involved?

Bring it into your life

How could Jesus' promise to receive those who come to Him shape the way you pray when you feel unworthy?

Session 5: The Father Sends the Son

Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

What I learned	My response and verse reference
The Father's love in sending the Son	
The Son's willing saving work	
Access to the Father through Christ in the Spirit	

Take One Step

Write a short Gospel explanation: our need, what Christ did, and the call to repent and believe. Then pray for one person with whom you might share that message. Speak with care and listen to their questions.

Prayer

Thank the Father for sending His Son and Jesus for giving Himself. Ask the Spirit to help you trust Christ, approach the Father, and speak of the Gospel with love.

Session 5: The Father Sends the Son

Optional Group Discussion

• Why is Jesus' mission more than teaching people to be good?

• What guards us against picturing a reluctant Father or an unwilling Son?

• How does access through Christ in the Spirit shape Christian prayer?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **John 10**. Read Jesus' teaching about the Shepherd alongside the questions and opposition that follow. Notice His care, authority, and relationship with the Father.

What does this chapter add to what you learned in this session? Include a verse reference.

After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

Notes and Prayer Requests

Session 6: Responding to Love and Hope

Before You Begin

Looking back over these sessions, what has changed in how you understand God's saving purpose? Name one truth you want to carry into daily life.

Opening prayer: Father, help me listen to Your Word, trust Your Son, and depend on Your Spirit. Shape my life through what I learn. Amen.

Reading One: God's Love in Salvation: Why the Father Sent His Son

Read God's Love in Salvation: Why the Father Sent His Son.

Read in your Bible: **Romans 5:6-11; 1 John 4:7-12, 19.**

Paul describes Christ dying for the ungodly and reconciliation for those who were God's enemies. John connects the sending of the Son with God's initiative in love and our call to love one another. God's love does not excuse sin. It provides rescue through Christ and shapes the life of those who receive His grace.

Look at the Passage

1. How does Romans 5:6-8 describe the people for whom Christ died? What does His death demonstrate?

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2. What does Romans 5:9-11 say about justification, reconciliation, and hope through the living Christ?

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3. According to 1 John 4:7-12 and 19, how has God shown His love, and what response does He call for?

Bring it into your life

Who could receive a concrete act of love from you this week because God first loved you?

Session 6: Responding to Love and Hope

Reading Two: God's Plan of Redemption: From Genesis to Revelation

Read God's Plan of Redemption: From Genesis to Revelation.

Read in your Bible: **Romans 8:18-25; Revelation 21:1-8.**

Romans 8 describes suffering, creation's groaning, and the hope of bodily redemption. Revelation pictures a new heaven and earth and God dwelling with His people. The promise of renewal gives hope without minimizing present pain. Read the invitation and warning in Revelation 21:6-8 too: the hope of new creation does not mean that every person is saved apart from Christ.

Look at the Passage

4. What do creation and believers await in Romans 8:18-25? How does Paul describe waiting in hope?

5. In Revelation 21:1-5, what will change when God dwells with His people?

6. What invitation, promise, and warning appear in Revelation 21:6-8? How do they keep hope connected with a response to God?

Bring it into your life

What grief or struggle do you need to bring to God? How can the promise of renewal sustain trust without pretending the pain is small?

Session 6: Responding to Love and Hope

Connect the Two Readings

Hold the passages together. Write what each contributes and include a verse reference.

What I learned	My response and verse reference
God's love shown to undeserving sinners	
Love expressed through our response to grace	
Hope for bodily redemption and new creation	

Take One Step

Choose one act of love and one habit that will help you remember Christian hope. Write when you will do them. If you have not trusted Christ, name your questions and respond to the Gospel through repentance and faith rather than relying on completing this workbook.

Prayer

Thank God for His love and the hope secured through Jesus' death and resurrection. Bring Him your grief. Ask the Spirit to help you love others and wait with faith.

Session 6: Responding to Love and Hope

Optional Group Discussion

• What makes God's love in Romans 5 different from love based on deserving it?

• How can Christian hope make room for grief and patient waiting?

• What truth from this workbook will shape your next step of obedience?

Listen with patience. Keep the passages open and make room for questions and further study.

Optional Further Reading

Read the whole chapter: **Revelation 21**. Read the promise of God's presence, the invitation and warning, and the vision of the holy city. Notice the glory of God and the Lamb as you consider the hope of renewal.

What does this chapter add to what you learned in this session? Include a verse reference.

After This Session

Return to one passage during the week. Follow through on your step and note what you learned.

Notes and Prayer Requests

Look Back: One Story Centered on Christ

Review Your Six Sessions

Return to the passages you marked. Use this page to gather what you learned without feeling that you must explain every part of God's purpose.

Session	A truth to remember and a Bible reference
Redemption Begins With God	
Facing Our Need for Rescue	
From the First Promise to Christ	
Reading One Unfolding Story	
The Father Sends the Son	
Responding to Love and Hope	

Which truth most changed how you understand redemption?

Bring the Gospel Into Your Own Words

Explain the Good News

Use Romans 3:23; 1 Corinthians 15:3-4; Ephesians 2:8-10; and Mark 1:14-15. Read each passage in context before writing. Your words need not be polished; keep them tied to Scripture.

Our need: What does sin do to our relationship with God?

God's provision: What did Jesus accomplish through His death and resurrection?

Our response: What does it mean to repent and trust Christ rather than earn salvation?

New life: How does grace lead to obedience and love?

Completing this workbook is not a substitute for trusting Jesus Christ. Salvation is God's gift of grace.

Keep Walking in Faith

Choose Your Next Step

Continue with one passage that challenged or encouraged you. Let your reading lead to prayer, worship, love, and obedience through the Holy Spirit.

One Bible reading habit I will practice:

One person I will love, serve, or pray for:

One question I will keep studying:

A prayer of gratitude and trust:

Return to the Father's Plan of Redemption Study.