

In the first 3 chapters of Ephesians, the Apostle Paul used the phrase "in Christ" 12 times and "in him" 8 times.

Chapter 1

verses 1, 4, 7, 9, 11, 12, 13, and 20

Chapter 2

verses 6, 7, 10, 13, 15, 21, and 22

Chapter 3

verses 6, 11, 12, and 21

In addition, Paul wrote of those "in Christ" in his other epistles, but in these passages he was usually referring to those who follow Jesus, i.e. those who claim to be Christians.