

Dwelling Richly

LET THE WORD OF CHRIST DWELL IN YOU RICHLY
COLOSSIANS 3:16

~ BIBLE STUDY THROUGH ~
{ EPHESIANS }
UNITY IN CHRIST

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Welcome!

This study is designed to offer daily time in the Word of God for the purpose of understanding better who God is and in so doing knowing ourselves and our purpose better. This is a simple, light study to give you an overview of Scripture and an exposure to thinking biblically and studying exegetically. We'll read, think, pray, write, consider, and apply the truths and concepts we find in the Word of God.

Use any version of the Bible you're comfortable with. I recommend the English Standard Version (ESV) Bible. You can also use a smartphone app, but getting the Bible into your hands will elevate your experience, so I strongly advise you use a good ol' fashioned Bible. Be willing to write and highlight and take notes in your Bible. Set aside time every day, and grow in the discipline of actual study.

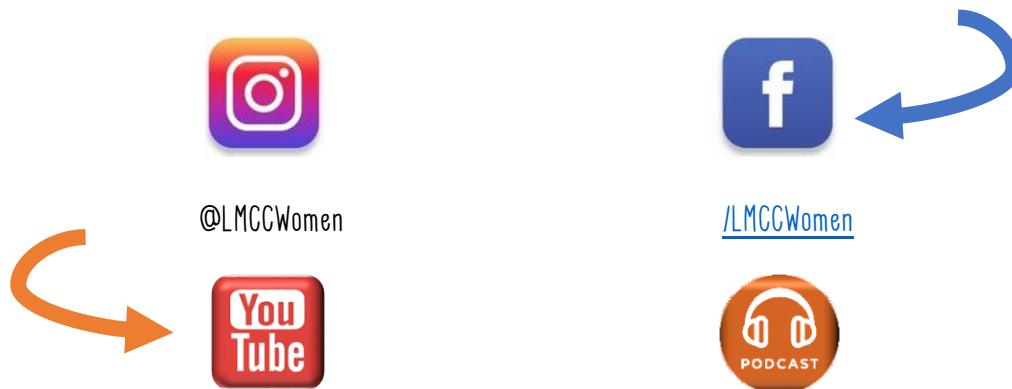
Join the online Bible study community, or study on your own. Amazing rewards await those who take the time to read and study God's Word.

You can complete the study on your own through these pages, or join the community and study together with a friend.

Either way, welcome! Let's let the Word of Christ dwell in us richly!

Lots of ways to join the study in community:

- LIVE weekdays at 7am → www.Facebook.com/LMCCWomen
- The recording any time → www.DwellingRichly.Podbean.com or iTunes, podcast app, or
- www.YouTube.com/c/JenniferRichmond Subscribe to the YouTube channel



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How to Study the Bible

We're going to Fly-over, Dig in, then Review God's Word together. Here's what that will look like:

...Fly-Over...

- Read through the book all the way through in one sitting from a reliable translation of the Bible – not a paraphrase.
- Don't use any commentaries – not even a study Bible with notes.
 - Just. Read. The Word.
 - Be mindful as you read that what we call a “book” of the Bible was originally a letter circulated among believers and read aloud in their gatherings.
 - Read it with that in mind.
- Begin with prayer. Ask the Holy Spirit to help you enter into the mind, culture, concepts, and heart of this book and to teach you about God and His nature.
- Take notes in your Bible or a journal – I prefer using the margins in my Bible to keep my notes.
- Grasp the big picture
 - Who wrote the book?
 - To whom was it written?
 - Where was it written?
 - What was the main purpose of the letter?
 - Admonition? Encouragement? Teaching?
 - Are there any repeated themes? Words or phrases? Concepts?
 - What truths am I reading about God? Jesus? The Holy Spirit? The Church? Me?
 - What references to the Old Testament are there?
- Use colored pencil to highlight:
 - God = **Blue**
 - Holy Spirit = **Light Blue**
 - Jesus = **Red**
 - People = **Brown**
 - Places = **Green**
 - Key verse = **Yellow**
 - Prophecy = **Orange**
- Mark any verses that you want to memorize
 - Highlight them in your Bible
 - Write them in your journal
 - Write the passage on several Post-It Notes and place them around your home – mirror, car, fridge, etc.
 - Recite your verse before your study every day.

...Dig In...

- Now go back and take each chapter or portion of the book in smaller sections.
- Pray before reading.
- Use the notes in your study Bible to help clarify any portion you're not sure about.
***Important:** Study notes and commentaries are not inspired words from God. They are thoughts and comments from others who've done deep study and research into the word origins, cultural context, history, etc. of that passage. I use at least five different commentaries when I dig deeper. I read them all*

and compare notes. They often disagree. Prayerfully consider what you are reading and ask God to give you discernment and help in understanding any passages that are difficult for you.

- Compare translations. Re-read that passage from one or more of the following good translations: (*I've listed these translations in order from most literal to least.*)
 - New American Standard Bible (NASB)
 - English Standard Version (ESV)
 - (Holman) Christian Standard Bible (HCSB/CSB)
 - New International Version (NIV)
 - New Living Translation (*not recommended as a study Bible, but is a good readable version – thought for thought translation*)
- Use BibleGateway.com to help with comparing translations
- Locate places on a map
- Paraphrase a passage to help you connect with its meaning
- Draw a picture or diagram in the margin
- Read the references connected to a particular verse to help you see the whole context of an idea, event, prophecy, or doctrine

...Review...

- Go back now and re-read the whole book again.
- You'll be surprised at the concepts that you'll see – you missed them entirely the first time through.
- Revise your notes
- Review your memory verses.
- Share with a friend!

There are many ways to study the Bible...the important thing is to be in the Word!

...Personal Tips...

Reading the Bible for some makes them feel inadequate. It brings back memories of being in school and having to do a book report. For some, reading the Bible feels like a chore that they never feel good enough at doing. For others, the Bible can feel overwhelming – it seems like old words from a time and culture long ago and hard to relate to. Then again, perhaps you absolutely adore reading and so spending time in God's Word gives you the best of the worlds you love – reading and spiritual growth.

Wherever you are in your walk, as you approach this study please remember that we should not just “study” the Word, we should delight in it. Don't think of this as a requirement for your faithfulness any more than you would think of savoring a delicious meal as a requirement. You enjoy a meal because it was beautifully prepared with amazing ingredients by a skilled chef who poured their love and attention into its preparation. Savor God's Word like that. Enjoy each morsel. Breathe in the aroma of each word. Sense the love of the Creator in each page. Delight in the Word like you would delight in the best, most delicious, and nourishing meal you've ever eaten.

"Taste and see that the Lord is good!"

How? If you're in the camp of those who feel new, inexperienced, even nervous about reading the Bible, then consider this:

1. *Pray.* Ask God to give you a taste for His word, a thirst for it, a deep longing and hunger. Honestly, what a wonderful prayer to pray! God will give you a big, fat "Yes!" to that prayer!
2. *Do.* You will some days feel so excited to be in the Word, and other days you might feel "blah." That's ok. Do it any way. Read it always. Never let life, mood, schedules, anything come between you and your time in the Word. Set aside time and keep that as high of a priority in your schedule as brushing your teeth or wearing deodorant! You wouldn't skip either of those would you? Why would you skip your time in the Word. Make time for what you value. Value the Word. You will be richly rewarded!

*"My soul will be satisfied as with fat and rich food,
and my mouth will praise you with joyful lips,
when I remember you upon my bed,
and meditate on you in the watches of the night."*

Psalm 63:5-6



Dwelling Richly Bible Study

The Letter of Paul to the Ephesians

...Overview...

Week One – Ephesians 1:1-23

- Day One – Read through Ephesians
- Day Two – Background Reading (Various Scriptures)
- Day Three – Ephesians 1:1-14 (part 1)
- Day Four – Ephesians 1:1-14 (part 2)
- Day Five – Ephesians 1:15-23

Week Two – Ephesians 2:1-22

- Day One – Read through Ephesians
- Day Two – Ephesians 2:1-3
- Day Three – Ephesians 2:4-10
- Day Four – Ephesians 2:11-16
- Day Five – Ephesians 2:17-22

Week Three – Ephesians 3:1-21

- Day One – Read through Ephesians
- Day Two – Ephesians 3:1-6
- Day Three – Ephesians 3:7-13
- Day Four – Ephesians 3:14-21 Part 1
- Day Five – Ephesians 3:14-21 Part 2

Week Four – Ephesians 4:1-5:2

- Day One – Read through Ephesians
- Day Two – Ephesians 4:1-10
- Day Three – Ephesians 4:11-16
- Day Four – Ephesians 4:17-24
- Day Five – Ephesians 4:25-5:2

Week Five – Ephesians 5:3-6:24

- Day One – Read through Ephesians
- Day Two – Ephesians 5:3-16
- Day Three – Ephesians 5:17-6:9 Part 1
- Day Four – Ephesians 5:17-6:9 Part 2
- Day Five – Ephesians 6:10-24 Part 1
- Day Six - Ephesians 6:10-24 Part 2



Week One – Ephesians 1:1–23

Day One – Read and Take Notes through Ephesians

Read Ephesians.

Write any notes, thoughts, questions, even drawings, that will help you engage and understand the Scripture. **Before you read**, pray that God would open the eyes of your heart to see clearly the wonders in His word ([Psalm 119:18](#)) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading.

...Active Reading Notes...

Read through these prompts BEFORE YOU READ Ephesians. Then, while you read, consider the following and write in your responses.

1. Who wrote Ephesians? _____ Verse reference: _____
2. To whom did he write? Verse Reference: _____
|
3. Whom does Paul mention at the close of his letter? _____
4. From where is Paul writing this epistle (letter)? (3:1, 4:1, 6:20, Acts 28:20) _____
Note: A letter written by an apostle is called an epistle. Aside from being fun to say, epistles make up over 75% of the New Testament, making them a significant way in which we hear God's truth. Read "What is An Epistle" on www.GotQuestions.com for more information.
5. Locate Ephesus on the map in the back of your Bible.
6. Reading through Ephesians do you have a sense of Paul's relationship with those to whom he's writing? Explain and note any key verse references here:
|
7. What are the major themes or big ideas in this book? (Hint: Look for repeated words and ideas.)
|
8. Now that you have read through the entire book, what would you say were Paul's purposes in writing it? Be as specific as you can and include verse references:
|
9. Select a verse from chapter one to memorize. Consider Ephesians 1:3-4 Write your verse here:
|

...Day Two – Background...

...Begin with prayer...

Heavenly Father, as I read Your Word today, help me see and know and understand you better. Open my eyes and give me understanding. Help me draw closer to you today.

Amen.

Paul has a history with the “saints who are in Ephesus.” Read about his past travels and relationships with them and discover the powerful experiences they had together that influenced the letter he then writes after spending three years with them.

1. Read Acts 18:19-22

Who was Paul with? _____

What did he do in Ephesus?

What did he say when he was leaving?

What did Paul do after he left Ephesus?

2. Read Acts 19:8-20

Locate “the province of Asia” or modern-day Turkey on your map and from there note the location of Ephesus. Based on its location, what can you surmise would be typical of life in that city. (Consider the location of Long Beach or San Francisco or New York in America.)

Read **Acts 9:1-2**. What is Paul’s first experience with “the Way?” and how does it compare with what he is dealing with now?

While Apollos was in Corinth, what was Paul doing?

With whom? _____

For about how long? _____

What were these traveling Jews attempting to do and in whose name?

How did the Sons of Sceva react to Paul?

What was the result of Paul’s ministry in Ephesus? (Acts 19:20)

3. Read Acts 19:21-41

Why did Paul say he had to go to Rome?

Who were Paul's helpers? _____ and _____

Both are mentioned in Romans 16 and, of course, Paul write to Timothy twice (1 and 2 Timothy)

Summarize the cause of the trouble brewing in Ephesus:

Write 5 facts you can learn about how people lived in this overwhelmingly pagan city:

1. _____
2. _____
3. _____
4. _____
5. _____

~ Historical Perspective ~

The worship of Artemis was a huge issue in Ephesus, so much so that Paul addresses women's roles in the growing church when he later writes his second letter to Timothy. The great temple to Artemis was located in Ephesus, and the lives of the Ephesians centered around worshipping her. This temple was one of the wonders of the ancient world. Festivals in her honor involved orgies and all kinds of sexual immorality. You can read about his instruction to women in 2 Timothy chapter two. Keeping the context in mind of these pagan practices will help you



understand otherwise difficult passages that appear to state that women cannot speak in church. The influence of the Artemis worship is at the center of much of Paul's admonition to those reading his letters. Keep this in mind as you come across instructions for how women are to behave, and remember that Paul is addressing women and men who are coming from this pagan background and learning what it means to be followers of the Way of Christ.



4. Read Acts 20:16-38

What can you learn about Paul's priorities from this passage?

Describe how Paul "served the Lord" based on his word in Acts 20:

What aspect of his priorities in service to the gospel most challenges and inspires you in your personal walk today?

5. Paul has quite a history with the Ephesians! Having read through Ephesians on your own and now with the understanding of Paul's history with them, what themes in his epistle (letter) do you see that may have been influenced by what he experienced in his ministry to and with those in Ephesus?

|

Write your memory verse

|

|



...Day Three – Ephesians 1:1-14 Part 1...

...Begin with prayer...

Heavenly Father, thank You for how you have completely saved me. Forgive me for the ways that I speak and think that fall short of your Glory. Help me to humbly meditate on your truths and embrace the beauty of your salvation plan that has been since before you made the world. Let the thoughts of your plan renew in my heart an overflow of true praise and worship that, like Paul, I might live to the praise of your glorious grace.

Amen.

...Read and Meditate...

Read Ephesians 1:1-14 – review and rethink your notes from the previous days. Add any new thoughts and comments.

...Think and Engage...

1. Read Ephesians 1:1-2 and Acts 9:15-16 What does Paul's greeting along with the testimony of the Lord at his conversion in Acts chapter nine tell you about Paul's authority to bring God's word?

|

2. Compare Paul's greetings here in Ephesians with 1 Corinthians 1:10-11, Galatians 1:6-9, and 1 Timothy 1:3-4. What differences in tone and topic do you read?

3. Paul refers to the Ephesians as "saints" who are "faithful in Christ Jesus." Based on what you've read in the Acts accounts of these Ephesians, how had they demonstrated their faithfulness?

What about you today? What characteristics of faithfulness would others say you have?

4. Read Ephesians 1:7-10 and Galatians 4:4-5. What happened in the "fullness of time?"

5. Peter wrote to the faithful that God's divine power has "granted to us all things that pertain to life and godliness" and that we are "partakers in His divine nature" (2 Peter 1:3-4). Similarly, Paul wrote about the blessings we have in Christ. From Ephesians 1:3-14, add to this list of any truths about the blessings we have as those who are chosen in Him:

v3 - blessed us in Christ with every spiritual blessing

v4 - chose us before the foundation of the world

There are more blessings to come as we continue in our study through Ephesians!

Write your memory verse



...Day Four – Ephesians 1:1-14 Part 2...

...Begin with prayer...

Heavenly Father, Your word is truth. Your Word is the gospel of our salvation, and so I pray that You would give me ears to hear your truth and a heart that is filled with faith to respond to it in belief and trust. I pray, O God, that Your word by Your Spirit would pierce my heart, and that I would give back to You grateful praise and faithful obedience. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 1:1-14 – review and rethink your notes from the previous days. Add any new thoughts and comments.

...Think and Engage...

1. Why am I here? What's my purpose in life? If you ever wanted to know our purpose as saints who are faithful in Christ Jesus, these verses make our purpose clear. Review verses 3-14 and highlight the phrase "to the praise..." Draw a line under each phrase and connect each phrase also in your Bible.

Why did he "predestine us for adoption?" (v6)

Why are we the first to "hope in Christ?" (v12)

What is the result of us finally acquiring our inheritance that is "sealed with the promised Holy Spirit?" (v14) _____

Now, go back to the list you made in question #4. Every blessing he has given us is to what purpose? _____

2. Double underline the word "praise" in each of these answers, and why not underline it with emphasis in your Bible as well. We were made for what purpose? Write it in big, bold, stylish lettering! Color it in! Make it stand out!

3. We were made for praise and why? Review verses 3-14, and underline in red every mention of "in Christ" or "in Him." How many did you find? _____

Are there any spiritual blessings to be found anywhere other than in Christ? _____!

Every spiritual blessing in the heavenly places are ours because of whom? _____

4. Do we come to Christ because we have a problem and we want Him to fix it? Do we see Jesus as the way to get something out of our circumstances better than what we have? Instead of our

lives being centered on what we can get from our relationship with Christ, what should our mindset be in light of these truths from Ephesians 1:3-14?

5. Not only do these opening verses center us on our purpose, they reveal to us the truth of the triune nature of God. What do each of these verses tell us about the nature and plans of:

God –

Jesus – (“the Beloved” v6)

Holy Spirit –

6. This passage opens and closes with a sense of the beginnings and the final culmination of all of God’s plans. Which phrases speak to beginnings and which phrases speak to the final promise to come?

Write your memory verse



...Day Five – Ephesians 1:15-23...

...Begin with prayer...

Thank you, Father for Your word. It is a lamp to my feet and a light to my way. I ask that You would open my eyes to understand the word of truth, and that by Your Spirit You would apply it to my heart so that I would be transformed. In Jesus' name.

Amen.

...Read and Meditate...

Read Ephesians 1:15-23 – Review and rethink your notes from the previous days. Add any new thoughts and comments.

...Think and Engage...

1. Review: Where was Paul when he wrote this epistle? _____
2. Based on what we've read about Paul's experience with the Ephesians (Acts 19 and 20), how is it that he had "heard of [their] faith...and love?" Wouldn't he have seen it first-hand? What do you think he is referring to in this passage? Review Acts 28:20ff.

3. Have you ever wanted to know God better? Have you ever desired that someone you cared about knew God better? Based on Paul's example in 1:15-19, what could you ask someone (a spiritual mentor) to pray on your behalf, and what could you be praying on behalf of that person you care for? List all the things Paul prays that the "Father of glory" would give these saints:

Who could you be praying for today - right now - even as you are completing this study? Why not reach out to a prayer partner and friend and commit to "not cease to give thanks" and remember that person in your prayers. Let the content and desire of Paul's heart and prayers be a model to you in your own prayers today. What a transformation we would experience if we'd all faithfully pray this for one another!

4. What can we learn from Paul's example in these verses? He was writing from prison and yet his focus was on whom? _____ How will Paul's prayer impact you today?

5. Read Ephesians 1:19-20. What is too powerful for God? Anything? How does Paul describe God's power in these verses? _____ and _____
Consider Genesis 1:1 "In the beginning God..." and the entire universe came into being at the power of God's word. What does Paul name as evidence of God's "immeasurable and great" power? (1:20)

6. What four things does God do for Jesus in 1:20-22?

7. Do you doubt the dominion and power of God and Jesus in the world and in your own life? Explain how the knowledge of God's power impacts how you live on a practical level. Is there any need for change in this area of your life?

8. Paul uses the metaphor of the body in 1:22-23. Draw a picture to illustrate the truth of this verse "and He [God] put all things under His [Jesus'] **feet** and gave Him as **head** over all things to the church, which is His **body**, the fullness of Him who fills all in all."

9. [Psalm 8](#) is a beautiful song of praise to the “LORD, our Lord.” Read this Psalm and note any similarities between it and Paul’s description of Jesus in Ephesians chapter one:

Close your time today in prayer and meditation on your memory verse. Reach out to your prayer/accountability partner and share what you were most challenged by, encouraged in, or excited about in this week’s study.

Write your memory verse



*You are loved
and prayed
for.*



~ Week Two – Ephesians 2:1-22 ~

Join the Community –

The audio teaching of this Bible study is available on the Dwelling Richly podcast and the video is at [YouTube.com/c/JenniferRichmond](https://www.youtube.com/c/JenniferRichmond). You can also find links to follow along at www.LaMiradaChurch.com

The outline for our Ephesians study is on page 8 with a handy check-list to help you stay on track.

Day One – Read and Take Notes through Ephesians

The first day in each of this study's lessons is dedicated to a straight read-through of the entire book. Read Ephesians straight through in one sitting taking notes, writing your thoughts and questions, and even drawings, that will help you engage and understand the Scripture. Use the prompts in the following "Active Reading Notes" section to help you move through the book. Finally, **before you read**, pray that God would open the eyes of your heart to see clearly the wonders in His word ([Psalm 119:18](#)) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading.

Reminder: Questions and prompts in this Bible study are based on the English Standard Version (ESV) Bible.

...Active Reading Notes...

1. Highlight repeated words, phrases, themes in each chapter in your Bible then list them under each chapter heading.
2. Write a key verse from each chapter.

<i>Chapter One</i>	<i>Chapter Two</i>	<i>Chapter Three</i>	<i>Chapter Four</i>	<i>Chapter Five</i>	<i>Chapter Six</i>

3. Select a verse from chapter two to memorize. (Consider Ephesians 2:4-5) Write your verse here:

Empty rectangular box for writing a verse.



...Day Two – Ephesians 2:1-9...

“That Was Then...”

...Begin with prayer...

Heavenly Father, as I come to your Word today, “search me, Oh God. Know my heart. See if there is any wicked way in me.” I want to let go of my ways and wholly lean on you, truly know you, fully see you and completely release any aspect of myself that hinders your work in my life. Make me more aware of my own tendency to justify myself. Enlighten the eyes of my heart so I may know the hope I have in you, the riches of my inheritance, and your great power. In Jesus’ name,

Amen.

...Read and Meditate...

Read Ephesians 2:1-22.

...Think and Engage...

1. If you only had Ephesians chapter one as your reference, how would you describe:

<i>God</i>	<i>Jesus</i>

2. If you only had Ephesians chapter one as your reverence, how would you describe what a follower of Christ has as a result of being “in Christ?”

Empty rectangular box for writing an answer.

3. What is our natural state BEFORE we come to Christ? (2:1)

Empty rectangular box for writing an answer.

4. Not only are we dead, but we are in active rebellion against God. Which verses in 2:1-3 explain that? (Hint: note any verbs)
5. Those who are apart from Christ reflect the dominion not of God, not of life, but of what?
6. In contrast to how we were, what did Jesus come to bring? Read John 10:10
7. What does Paul mean "in which you once walked?" (2:2) Read also, **Psalm 1** and consider how we walk without God.
8. Read Exodus 34:6-7 and Psalm 32:1-5 Underline any reference to "transgression" and "sin" and describe God's response to both:
9. Paul took the time and the words to list both trespasses and sins. So, considering the dictionary definition AND what you understand from Scripture, how would you explain the difference between trespasses and sins?
10. What two ways does Paul describe that we once walked? (2:2)
 - 1) Following the.....
 - 2) Following the...
11. How does God's description of our true selves differ from what the world tells us about ourselves?
12. Which phrases in 2:1-3 indicate that Paul is talking about both Jews and Gentiles?

This means he's including himself in this list!
13. Are we able to rescue ourselves from this state? Explain using the concepts from 2:1-3
14. Ephesians 2:3 says that we are what? _____
15. How do we come by this state? _____

Our nature is then defined not by our liveliness, but by our deadness. We are by nature dead in our trespasses and sins.

Today was a whole lot of bad news, wasn't it? But, until we understand the reality of our situation, we cannot truly appreciate the grace of God. Unless we know our sin and to see it for what it is, and unless we who have given our lives to Jesus remember where we could have been, then we will never grasp the "riches of his glorious inheritance." The lie, and perhaps the greatest lie, of Satan is that we don't really need a Savior. We can do this life our own way. We must identify the problem before we can receive the solution. We live in a fallen, sin-stained world and we are fallen and sin-stained ourselves. But - and we'll see this tomorrow - God's grace is greater than all our sin. May God give us "the Spirit of wisdom and of revelation in the knowledge of Him" so we may truly know what is the hope to which he has called us.

Write your memory verse



...Day Three – Ephesians 2:4-10...

"...This is now."

...Begin with prayer...

Thank You, Father, for Your word which is truth and so practical for my life today. Your Word builds me up in grace, guides my life, and changes the way I look at the world. Your word reorients the direction of my life and equips me for every good gift. By Your word of truth encourage me today as I come to see who you are and then show me how I should respond to that truth. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 2:1-10

...Review and Read On...

1. What are the first two words of Ephesians 2:1? _____

2. What are the first two words of Ephesians 2:4? _____

Our passage today, Ephesians 2:4-10, is set up in direct contrast of who we are/were and who God is.

3. Benjamin Franklin said, "God helps those who help themselves." Based on your reading of Ephesians so far, do you think this is true? Why or why not? Support your response with Scripture from Ephesians 2:1-5

4. What was our state as described in 2:1? _____

5. What did God do that we couldn't have done for ourselves? (end of 2:5)

6. From Ephesians 2:4-7 answer the following:

What is the quality of God that made us alive in Christ? _____ (v4)

Why did He make us alive in Christ? _____ (v4)

When were we made alive in Christ? _____ (v5)

➔ What does Romans 5:8 say along these same lines?

How have we been saved (made alive in Christ)? _____ (v5)

What is the result of being made alive in Christ? (v6)

Where are we placed because of being made alive in Christ? (v6)

What is the ultimate purpose of being made alive in Christ? (v7)

Don't miss this!!! It's one thing to be made alive in Christ from our previously dead state, but we weren't just made alive...we were given so much in addition to life!

There's a lively song of celebration that Jews around the world sing every year at Passover. It's called, "Dayenu!" which means "it would have been enough." The song recounts in verse after verse the many mighty acts of God to save, redeem, protect, deliver, prosper, and rescue His people from slavery in Egypt. The first four verses are:

If He had brought us out from Egypt, and had not carried out judgments against them

Dayenu, it would have been enough!

If He had carried out judgments against them, and not against their idols...

Dayenu, it would have been enough!

If He had destroyed their idols, and had not smitten their first-born

Dayenu, it would have been enough!

If He had smitten their first-born, and had not given us their wealth

Dayenu, it would have been enough!

I can't help but think the same thing. I was dead. I was a trespassing sinner...and that's when Christ died for me and made me alive. But He didn't stop there. I've been "raised up with Him" and seated "with Him in the heavenly places."

7. What part do we play in our being made alive in Christ? (2:8)

8. What would we likely do if we did have a part in our salvation?

9. Break down Ephesians 2:8 by answering the following:

How have we been saved? _____

Through what means have we been saved? _____

Who is the means of our salvation? _____

Who is NOT the means of our salvation? _____
What is our salvation? _____ From whom? _____
Is our salvation a result of works we have done? _____ Why? _____

10. No matter what is going on in your life right now that you think defines you, what we learn from Ephesians so far should firmly seal in our heart and mind the truth of what we have and who we are in Christ. Based on what you've learned in chapters one and two so far, what are at least three things that define who you are as a Christian:

11. Write each of the five phrases from Ephesians 2:10 on the lines provided:

12. Circle the word "workmanship" (masterpiece, handiwork, creation) and from that, draw a line and write "poem" at the end of the line. The Greek word for "workmanship" is "ποίημα" (poema). It literally means "something created" – We are the creation of God. You surely hear the word "poem" in this Greek word. And what is a poem? A poem is an author's creative expression of his thoughts and ideas communicated in words with a rhythm and rhyme and flow that creates an image, impression, thought, or feeling in the mind and heart of the reader. You are God's ultimate expression. The only other time in Scripture he used it was in Romans 1:20 "20 For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse."

13. Draw a wavy line under the word "created" and connect that word to "Christ Jesus" – "Created" is from the Greek word: "κτίζω" (k-tid-zoh) which applies only to God making something from nothing ("ex nihilo" Latin.)

14. Why are we created? Highlight "for good works" on the third line above. Draw a line from that phrase to the margin and list "good works" that you know you are called to be doing in Christ Jesus today.

15. Draw a box around "prepared" and "beforehand" and connect them both. Read Ephesians 1:4 and remember that you were chosen "before the foundation of the world."

16. Circle “walk” and connect a line from it to the margin, then make a note to remind you of what you were BEFORE Christ from Ephesians 2:1-3. Also connect the word “walk” in verse 10 with the word “walked” in 2:1
17. Underline the word “them” and connect it to “good works.” This is what we are walking our life in Christ in – good works. Our good works aren’t going to outweigh our bad and somehow get us saved. We’re already saved! That’s the only reason we CAN walk in good works. Before we were saved we were “children of wrath.” Now, we are “made alive in Christ” so we can walk “in a manner worthy of the Lord.”

Write your memory verse



...Day Four – Ephesians 2:11-16...

“Far off – Brought near”

...Begin with prayer...

Heavenly Father, I acknowledge that without You I am powerless, I am distant, I am futile in my efforts. As I go to Your word today I pray that you would draw me near to Your heart. Let me truly see You. Remind me of my selfish heart and my need for You and Your grace and wisdom. Open my eyes to Your truth today.

Amen.

...Read and Meditate...

Read Ephesians 2:1-16

...Background...

1. In order to grasp the full meaning of today’s passage we need to understand the special place and plan for God’s Chosen People – the Jews. Read Genesis 12:1-3 (ESV) then complete the following promises God made to Abraham:

I will make of you a _____
 I will _____ you and
 [I will] make your _____ so that
 You will _____

I will _____ those who _____ you
Him who _____ you I will _____ and
In you _____ the _____ of the _____ will be _____

...Review and Read On...

2. In Ephesians 2:1, who is the “you” that Paul says were “dead in the trespasses and sins?”
(Ephesians 1:1) _____
3. In Ephesians 2:5, who is the “we” that Paul is referring to? _____
4. In Ephesians 2:11, who is Paul addressing? _____
5. By what “nicknames” does Paul differentiate Jew and Gentile? (This was the sign of the covenant between God and Abraham and is why the Gentiles weren’t a part of it.)

6. How does Paul describe the previous state of the Gentile - the “uncircumcision” – in 2:12? List five ways:
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
7. How has this all been changed? (Ephesians 2:13)

8. Knowing this, how would you respond to someone who accepts the Bible as God’s Word, but also says that anyone can be saved from any faith as long as they are a good person or believe in “god” in whatever manner they define god?

9. How does this old state compare with the new? Read Ephesians 2:13-16 and 1 Peter 2:9-10 and list below:

Ephesians 2:13-16

1 Peter 2:9-10
10. To whom does the new state apply? 2:14

11. In other words, Jews don’t become Gentile, and Gentiles don’t become Jew – both become what? (2:15)

12. What happened to the “law of commandments expressed in ordinances?”

Note: The same word translated “ordinances” is also in Colossians 2:14. It is the Greek word “δόγμασιν” (from which we get ‘dogma’) and these [decrees] were “nailed to the cross.”

13. Read Romans 8:1-4 to clarify why the law was inadequate. What did God do through Christ?

14. What did Christ do with the law? Matthew 5:17

...*Pause and Clarify*...

Did Jesus fulfill the law (Matthew 5:17) or did Jesus abolish the law (Ephesians 2:15)?

Jesus’ purpose in coming to this earth was not to oppose the law. He was not trying to keep it from being fulfilled. Instead, Jesus loved the law. He was the one who gave it at Sinai! “The Law of the Lord is perfect! Sweeter than honey and the honeycomb.” (Psalm 19). Like He said in Matthew, He came to fulfill it because we could not. In addition, Jesus broke down the barrier that the law had made between Jew and Gentile. The Law and all the ordinances established by God pointed to Him. Now that He has come and fulfilled the law’s prophetic utterances regarding Himself, He has made it unnecessary as a legally binding institution. He fulfilled it and in so doing, abolished the law of commandments as it was expressed in the ordinances. In Matthew 5:17 the word translated “abolish” is “καταλύω” (kataluo) meaning “to destroy, tear down.” In Ephesians 2:15 the word translated “abolish” is “καταργέω” (katargeo) which means “to make of no effect, separate from.” Because Jesus perfectly kept the law, He rendered it of no effect in continuing to keep us separated from God and in so doing, He brought Jew and Gentile both near to God and also together as one “chosen people” because, “to all who did receive him, who believed in his name, he gave the right to become children of God.” (John 1:12)

15. Ephesians 2:16 reminds us all – Jew and Gentile – that we are both now what in relation to one another and in relation to God? (Hint: starts with “r”!)

16. Return now to Genesis 12:1-3 and the promises the God made to Abraham – in particular, the final promise. How has God fulfilled that promise through Christ Jesus?

Write your memory verse



...Day Five – Ephesians 2:17-22...

"Peace, Peace, Peace"

...Begin with prayer...

Heavenly Father, what would I have without You? In this world I have tribulation. In this world I feel the swirling confusion of confusion. In You, however I have peace. I have peace because of my reconciled relationship with You through Your Son, and I have peace with all your creation. Thank you. Let me not only sense your peace today, but let me know it so well that I can be an instrument of peace to this lost and confused world. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 2:1-22

...Think about it...

1. What to you is the opposite of peace?

|

...Review and Read On...

2. Read Ephesians 2:17. To whom did "he" (Jesus) preach?

|

Who were "far off?" _____ Who were "near?" _____

3. Read Luke 4:15-22 and 4:43-44. What is Jesus doing? And to whom?

|

How does this relate to Ephesians 2:17?

4. Read John 4:4-42. What is Jesus doing? To whom?

|

5. Now, consider the Samaritan woman's encounter with Christ as you re-read Ephesians chapter two. Note on the left how Paul talks about how we "once were" and on the right make parallels to her story and her encounter with Christ. There are many parallels in these two passages. List as many as you can see.

...Background...

When Jesus spoke to a Samaritan – and a woman, no less! – He was exemplifying the very reason He came: that the Good News was for all. Jew first, Gentile and everyone...man and woman, slave and free, rich and poor – everyone.

The Samaritans were race of people utterly hated by the Jews. A Samaritan woman would have been even more despised since she was seen by the Jews as having no access to or rights to their God. She was even looked down upon by her own people – coming to the well alone tells us this. Wells were community locations where women would have gathered to chat and socialize. But, she was clearly not wanted or accepted. She was a Samaritan, a woman and an immoral woman at that.

Her story illustrates the truth of Ephesians 2:4-5. While she was still dead in her sins, a child of wrath, far from God, separated, and alienated and a stranger and without God, Jesus was drawing her near. Abolishing the law that labeled her “unclean.”

6. What truth from Ephesians 2:14-19 is Jesus demonstrating in His encounter with the woman at the well? Consider also Matthew 5:43-48

7. In the space below, illustrate Ephesians 2:18 especially as it relates to God the Father, Son, and Holy Spirit and how Jews and Gentiles now can both have peace with one another and God.

8. Complete the following as it relates to Paul’s analogy in Ephesians 2:19-21

We who are in Christ are: _____

That household was built on: _____

- Name two apostles: _____ and _____
→ Name two prophets: _____ and _____

The cornerstone of the household is _____

That whole structure now does what? (v21)

- In 2:10 Paul refers to us as “His workmanship” and now he also shows how we are (v22) what? _____

9. Peace. Ah, sweet peace. In what ways do you see the true peace of God revealed in our passage today?

With God...

With one another...

10. How does knowing that you are a “dwelling place for God by the Spirit” impact how you will walk in the good works that have been prepared for you today? Ephesians 2:22 and 2:10

Consider also 1 Corinthians 6:19.

Write your memory verse



...As you go...

How can you come alongside people in the church so that you can work together in peace for God's kingdom? What a huge blessing that you are reconciled to God through Christ. Thank God that you are no longer a foreigner or stranger to him. How will you share that truth in your family, community, work-place, church this week?

*You are loved
and prayed*

for.



~ Week Three – Ephesians 3:1-21 ~

Join the Community –

The audio teaching of this Bible study is available at www.DwellingRichly.podbean.com podcast and the video is at www.YouTube.com/c/JenniferRichmond.

You can also find links to follow along at www.LaMiradaChurch.com

IMPORTANT: Read the introduction before beginning this study. Also, the outline for our Ephesians study along with a handy check-list to help you stay on track is available in the introduction of this study.

NOTE: Day three of this week's study is a bit longer than usual. Plan your time accordingly.

Day One – Read and Take Notes through Ephesians

The first day in each of this study's lessons is dedicated to a straight read-through of the entire book. Read Ephesians straight through in one sitting taking notes, writing your thoughts and questions, and even drawings, that will help you engage and understand the Scripture. Use the prompts in the following "Active Reading Notes" section to help you move through the book. Finally, **before you read**, pray that God would open the eyes of your heart to see clearly the wonders in His word ([Psalm 119:18](#)) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading.

Reminder: Questions and prompts in this Bible study are based on the English Standard Version (ESV) Bible.

...Active Reading Notes...

Day One – Read and Take Notes through Ephesians

If you've been in this study since chapter one, you may be thinking, "Didn't we already read through Ephesians?" Yes. We have read it, in fact, we read all six chapters through on weeks one and two and we'll read Ephesians again next week and the next three weeks. Why keep re-reading it?

Have you ever played that party game when someone brings out a tray of miscellaneous items, everyone gets a few minutes to look it over, and then the tray is taken away and you have to try to recall as many of the items as you can

....a safety pin, a wallet, one matchbook, two movie tickets, a rubber ball...what else?

...oh, a pen and a broken crayon...there was more...what was it?...Ding!

Time's up!

When the tray is brought back you can hardly believe that you forgot the candle and that gum wrapper....and you didn't even see the photo and the box of mints!

What if you had a chance to go back and look over the tray again? Do you think you'd recall more items? Of course you would. In fact, if you had six times to look it over, try to recall, and then compare what you remembered, you'd find that not only are you getting better at remembering, you're making associations with the items to help you remember.

Each time you looked back over the tray you'd see something new, notice a relationship between items and get better and recalling. Actually, studies have shown that this kind of exercise is beneficial for brain health overall. No wonder that God's Word instructs, "My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you." (Proverbs 3:1-2) The blessings of being in God's word are intrinsic – you will find great benefit. But the blessings are also from God! You will be blessed by Him because you put His Word as a priority in your life. Let's read!

The first day in each of this study’s lessons is dedicated to a straight read-through of the entire book. Read Ephesians straight through in one sitting taking notes, writing your thoughts and questions, and even drawings, that will help you engage and understand the Scripture. Use the prompts in the following “Active Reading Notes” section to help you move through the book. Finally, **before you read**, pray that God would open the eyes of your heart to see clearly the wonders in His word ([Psalm 119:18](#)) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading.

Reminder: Questions and prompts in this Bible study are based on the English Standard Version (ESV) Bible.

As you read each chapter consider the following and write down your responses here, in your journal, or the margins of your Bible. In each chapter, what truths do you read about **the nature of** God, Jesus, the Holy Spirit, Man in general/Me specifically, the Church. Note any metaphors (“this” **is** “that”) or simile (“this” is **like** “that”).

	<u>GOD</u>	<u>JESUS</u>	<u>HOLY SPIRIT</u>	<u>SATAN/EVIL</u>	<u>MAN/Me</u>	<u>CHURCH</u>
CHAPTER 1						
CHAPTER 2		cornerstone:20				
CHAPTER 3						

	<u>GOD</u>	<u>JESUS</u>	<u>HOLY SPIRIT</u>	<u>SATAN/EVIL</u>	<u>MAN/Me</u>	<u>CHURCH</u>
CHAPTER 4						
CHAPTER 5						
Chapter 6						

Select a verse from chapter three to memorize. Consider Ephesians 3:14-21 - yes, the whole thing! You can totally do it! Take a chunk every day and recite it several times. Write it each day, recite it, record yourself speaking it and listen along to it as you work, or drive, or wait for the dentist. Write your passage here:



...Day Two – Ephesians 3:1-6...

...Begin with prayer...

Dear Heavenly Father, I come to Your Word today knowing that it is truly Your Word for me today. I pray that I would clearly see how you have revealed Yourself today. I am willing to be reminded of my sin – my need for you. Let me have nothing in my heart, mind, or body that would keep me from seeing You and knowing You clearly today. I need Your Spirit to understand Your Word and I need Your Spirit to believe it, to trust in You, to act upon Your word, and to live the Christian life. So, by Your Spirit help me to understand, to believe, and to live the truth of Your word. In Jesus' name, I pray,

Amen

...Read and Meditate...

Read Ephesians 2:19-3:21

...Think and Engage...

1. Paul begins this passage (3:1) with what three words? _____
2. Let's make sure we know the "reason"...What does 2:22 say? Write it here:
|
3. Based on 2:22, put Paul's reason for writing this upcoming passage into your own words:
|
4. Compare Paul's salutation in 1:1 and here in 3:1...why the difference? If I were to introduce myself as, "Jennifer Richmond, teacher, pastor, and friend" versus "Jennifer Garrett Richmond, daughter of Bev and Dave" what emphasis would I be making? – *my current status on the one hand and my family history in the other*, right? So, consider Paul's emphasis in these two openings and what that might mean in terms of the content of the message following it.
|
5. As a "prisoner for Christ," is Paul being literal or figurative? Explain. (Hint: Acts 21:28-29, Eph. 6:20)
|
Note that he is a prisoner "for" not "by" Christ. He was under house arrest by Nero.
6. What is he emphasizing then by saying "Christ" and not "Nero?" (Hint: Eph. 1:1)
|
Do you sense any pity party here? Any "woe is me, if only you had prayed harder I wouldn't be in this situation"?
7. What does Paul's choice of words tell you about his priorities and faith?
|
8. Don't miss this! Not only is he a prisoner for Christ, he says that his being a prisoner is on whose behalf? (3:1)
|

How about you? Consider what is going on in your life right now. It's unlikely that you're literally a "prisoner" for Christ - if you are, God bless you and keep you! - it is more likely that you are facing hardship of some kind. Are you willing to identify your current state in terms of God's will for you in this moment?

9. How would you introduce yourself in a letter? Using Paul's model as an example, write your salutation:

|

10. What assumptions does Paul make about his readers? Hint: There's at least three (3:2-3)

1) _____

2) _____

3) _____

11. How did Paul receive the knowledge of this "mystery?" Read Galatians 1:11-12

|

12. Paul writes about the "mystery" throughout this epistle. Review each mention here:

1:9 "mystery of... _____"

3:3 "mystery was... _____"

3:4 "mystery of... _____"

3:6 "mystery is... _____"

3:9 "mystery... _____"

5:32 "mystery is... _____"

6:19 "mystery of... _____"

13. Paul referred to the mystery in this epistle, but he has also written earlier in other epistles of this **mystery**. What did he say about it in...

1 Corinthians 2:6-13

Romans 16:25-27

➤ Peter also referred to the **mystery**. What did he say about it in...

1 Peter 1:10-12

Who doesn't love having the inside scoop? We all do! That's exactly what is happening here. Paul is letting his readers in on the reality: there was a mystery, now it has been revealed. I hope you're sensing the culmination, the big reveal, the sense of significance Paul is communicating to his readers. That mystery - the one that has been held for centuries, the one that even the "angels longed to look," - is now revealed for all!

14. From whom was the “mystery” formerly concealed and to whom has it now been revealed?

(3:5)

15. Now, the mystery! In the Greek the words all begin with the same prefix: “syn” meaning “together.” The words are “synkleronoma (heirs together), syssōma (members together) and symmetocha. From Ephesians 3:6, outline the mystery in three basic parts.

The mystery is that the Gentiles are fellow...

- 1) _____
- 2) _____
- 3) _____

Meaning literally “are **together** with the Jews” as heirs, members, partakers.

16. All this through what means? _____

I suppose it's possible, sadly, that the power and impact of this mystery feels diluted for us reading it today. I've known Christ as my Savior for over 40 years. But I don't want to read this passage like an old news article. I want for myself, and I pray for you reading this as well, that we would embrace this exciting revelation as if we were reading it with fresh eyes. Paul's prayer was that we would know "the hope...the riches...the power toward us who believe." That's what I want to know today. And all that is missed if I don't see the fabulous news - that I am a fellow heir - along with Abraham! - in the promise of Christ. Abraham's inheritance is mine. It's sealed and guaranteed in the Holy Spirit. The promise to Israel is a promise to me as well. I want to be in a constant state of awe and for what has been done for me through Christ Jesus, and I want to live this day walking not as I could still be - "following the course of this world" - but as I now am: "blessed in Christ with every spiritual blessing in the heavenly places."

Write your memory verse



...Day Three – Ephesians 3:7-13

"The reason for our Boldness"

...Begin with prayer...

Father, today I ask that by Your Holy Spirit I would not only open my eyes and behold wonderful truth in Your word, but that I would respond with the whole of my heart, completely trusting You and actively embracing Your truth for living. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 3:1-13

NOTE: Today's lesson is a bit longer than usual. Plan your time accordingly.

...Think and Engage...

1. Read the final verse (3:13) of today's passage first! This will give us the direction Paul is going in everything he says to come in verses 1-12 What does Paul say to the church? Summarize:

Why might his readers lose heart? Consider the historical setting under the rule of Nero and also Paul's current situation. ([Ephesians 3:1, 6:20](#))

To what purpose does Paul explain his "suffering for you?"

In order to better understand what Paul means by "your glory," we'll need to read the passage, so let's do that, and then we'll come back here at the end of our time today.

2. Re-read Ephesians 3:7 and use that verse (like Paul does) to review the facts:
"Of this gospel..." What gospel? Explain the gospel that Paul has been sharing. Hint: 3:6

"I was made a minister (literally "servant")..." How was Paul made a minister/servant? Hint: [Galatians 1:11-17](#)

"... according to the gift of God's grace which was given me..." Read [Ephesians 2:8-9](#) and note how Paul reminds us of the nature of God's grace:

"...by the working of His power." Paul's emphasis on the power of God is clear in this epistle. He's already mentioned it three times! Read [1:19, 1:21, and 2:2](#) and note what you see about God's power:

3. Read Ephesians 3:8a. What character trait of Paul's do you see in his words here?

Paul, easily the most influential leader of the New Testament church, is tenderly and genuinely humble. Why? What has he gone through that would bring him to this position?

Read [1 Corinthians 15:9-10](#). Based on Paul's past as a vehement persecutor of the church – even holding the garments of Stephen and watching with satisfaction while he was being stoned to death – what is Paul's emphasis now?

Paul was the singlemost threat to the spread of Christianity after Pentecost (when the church began.) Nero, Domitian, Trajan, and the other Roman emperors to come would persecute, but none more vehemently than Paul himself! This is a big, bold, statement that Paul is making in reminding his readers that he who is now such a transformed and influential servant of the Gospel was once the chief of its attackers. When you consider your past, does it hinder you or propel you to sharing the gospel of grace? Let Paul's story remind you that there is "none righteous" and that God's grace covers our past and His power energizes our future – if that future is focused on serving the gospel!

4. Read Ephesians 3:8b-9 Paul lays out a two-fold purpose for his ministry:

1) "to preach..."

a. to whom _____

b. to preach what? _____

Frederick Lehman wrote the following chorus which beautifully expresses this truth of the unsearchable riches of Christ:

*Could we with ink the ocean fill,
And were the skies of parchment made,
Were every stalk on earth a quill,
And every man a scribe by trade,
To write the love of God above,
Would drain the ocean dry.
Nor could the scroll contain the whole,
Though stretched from sky to sky.
From "The Love of God" by Frederick Lehman*

*Enjoy the song in the Dwelling Richly
Ephesians Bible study [YouTube playlist](#)*

2) "to bring to light..."

a. What? _____

Review: What is the "mystery?" Ephesians 3:6 _____

b. For whom? _____

Who is "everyone?" – Review Ephesians...

2:1 - _____

2:11 - _____

2:17 - _____

5. Read Ephesians 3:10 What role does the church now play in this mystery?

Who are the “rulers and authorities in the heavenly places?”

[1 Peter 1:12](#)

[Ephesians 6:12](#)

6. Who is the “church?” The Greek word here is “ἐκκλησίας” (ek-lay-see-as) meaning “called out ones” – those who have been called out of what? Read [Ephesians 2:1-4, 12](#) to refresh your memory and really cement this truth in your brain:

We, the church, are called out of what state?...

7. The church – you, me, all of us! - gets to make known what, as Peter said, “angels longed to see.” This mystery was prophesied throughout the Tanakh – what Christians call the “Old Testament.” This is a BIG DEAL! Ephesians 3:10 is a powerful and significant verse that reminds us of the true purpose of our redemption. Being saved by His grace is awesome, but ultimately it is only the landing place, our final destination is secure. Until then, what is our purpose?

8. Think of it: You have a heavenly audience. Not only do the angels rejoice ([Luke 15:9-10](#)) when a sinner repents, but after that they are watching! We are making known what to them?

The next time you share the gospel, look up. You are testifying to “rulers and authorities in the heavenly places!” Can I get a witness?? Woot! Score that for God’s glory and manifold wisdom!

9. Read Ephesians 3:11-12. What do we have in Christ?

1) _____ and...

2) _____ with _____

Go back to your answers above, and in the space below each one, describe this boldness and access and what that means to you in your walk and living out your calling as a part of the church. Consider [2 Timothy 1:7](#) and [Hebrews 4:14-16](#) as you answer.

10. Are you grasping the power of conviction Paul is expressing here? He is a man on a mission to serve the mission of Christ! Are you? Yes? That’s awesome. Why not pray right now for more boldness and passion and wisdom and words! If not, can you today, right now, in this moment put a finger on the reason? Write it here:

I’m not passionately sharing the gospel because:

Now, compare your reasons with the power you have in God as described thus far in Paul’s letter and ask God to rid you of the sin of withholding His gospel from “everyone.” Ask God to strengthen your faith, give you wisdom, boldness, passion, words, and opportunity.

11. Remember that we began today's study with the final verse? Go back to #1 and review your response. Add any details and prayerfully wrap up your time in the Word by asking God to live boldly as a member of the church with a high calling!

Write your memory verse

Empty space for writing the memory verse, enclosed in a vertical rectangular border.



...Day Four – Ephesians 3:14-21 Part 1...

...Begin with prayer...

Father, today I need You by Your Spirit to open my eyes that I might behold wonderful things in Your word. Help me by Your Spirit to see, to hear, to respond in faith to Your truth. In Jesus' name.

Amen.

...Read and Meditate...

Read Ephesians 3:1-21

...Think and Engage...

At least forty prayers of Paul's are recorded in the New Testament. Four of those prayers are in his epistle to the Ephesians. Today's lesson centers on the second of those prayers.

Take a prayer inventory:

Prayer is...	Reasons I pray...

My example/method for praying...	My goal in prayer...
How I feel about prayer...	

1. With what three-word phrase does Paul begin this passage? v14: _____
2. With what three-word phrase did Paul begin this entire section? Go back to 3:1.

From 3:1-3:13, Paul has some “s’plaining” to do! He wanted to clarify the mystery that has been revealed, the purpose of the church, the glory of God...and now, he’s ready, having explained all that, to culminate this passage with the prayer on his heart for the church.

3. What is the purpose of Paul’s prayer – the “reason” he bows his knees before the Father?

Consider [Ephesians 3:10](#)

4. What is his posture in this prayer? _____
5. Standing was the normal position for prayer in Paul’s day, even lying flat. What do you think kneeling communicates about Paul’s heart? Explain:

1) For the family* (the church):

2) Toward the Father*:

**In the Greek, the words “Father” and “family” create a play on words. Father is “Πατέρα” (Patera) and family is “πατριά” (patria). In writing this way, Paul reminds his reader that we are children together of one Father.*

6. How does Paul describe “the Father?” (v15)
7. Also read: [Romans 8:15](#) and [Galatians 4:6](#). How does Paul model for us to address God, the Father?

How amazing that we can approach this great, grand, powerful, creator, name giver as...Father. As Jesus Himself patterned for us: “Our Father, in heaven...” Wow. Just wow.

8. This has been Paul's point since the beginning of this epistle. What did he communicate about God in Ephesians 1:10?
|
9. Read Ephesians 3:16. What is Paul's desire for us in his prayer?
|
10. What role does the Holy Spirit play in our lives as "fellow heirs, members, and partakers?"
|
11. How does God dwell in us? [Ephesians 2:22](#)
|
12. Consider again Paul's present situation as well as the circumstances facing the church in Ephesus, Paul could have prayed for their physical needs to be met, for their food, housing, protection...all sorts of things. Instead, what is the focus of Paul's prayer?
|
13. Read Ephesians 3:17-19. To what ends does he pray that the Spirit will strengthen our "inner man?" There are four beginning with the phrase "so that"...

1) v17 – so that Christ... _____

2) v18 – [so] that you... _____

3) v19 – [so that you] know... _____

4) v19 – [so that] you... _____

Having read this portion of Paul's prayer, reflect on your own prayer life and answers you gave at the beginning of today's study.

14. How can your prayers today better reflect this model prayer of Paul's?
|

*I want that kind of spiritual maturity pour out of you and me today, so that God is glorified.
May God make that so among us.
Lord God, we thank You for Your word, and we ask You to give us the mind of Christ today
and grow in us a mature heart that seeks to comprehend the depths of your love and grace and
riches in our life.
Amen.*

...Write your memory verse...



...Day Five – Ephesians 3:14-21 Part 2...

...Begin with prayer...

Heavenly Father, I want to know You, and I want to know the love of Jesus. I don't want a surface level knowledge or just a factual knowledge – I want to know You and the breadth, length, height and depth and love of Christ. That is my simple prayer today. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 3:1-21

...Think and Engage...

Paul picks up the thought he interrupted back in the beginning of chapter three. Now we see his final prayer for the Ephesians before he moves on to the second half of the epistle.

1. Review Ephesians 3:14-19 and draw a box around or highlight every occurrence of the word “may” and the verb following it. (example: v16 “..he may grant”)
2. “For this reason...” the passage begins. For what reason? Consider Ephesians 3:6-13.
|
3. What does Paul's outward prayer position communicate to you about his inner life? (Consider that the traditional position for prayer in Paul's time was standing or laying face down.)
|
4. Paul prays to the _____ from whom every _____ ...is named. (3:14-15)
5. In praying to the Father, who is Paul emulating? Consider Matthew 6:9. _____
6. In praying to the Father, what theme is Paul reinforcing from earlier in his epistle? Consider 2:14, 2:19, 3:6

7. How has Paul described Christ and the glory of God?

3:8 _____

3:16 _____

8. What is Paul praying in 3:16-17 would be granted to his readers?

To what end?

What does it imply that we can be “rooted” in love? Consider the metaphor Paul uses - the imagery of “roots.” Describe what comes to your mind when you picture being “rooted in His love.” (The Greek word is “rhizoo” meaning to cause to take root – like a plant. Ginger and turmeric are rhizomes.)

What does the imagery of “grounded” bring to your mind? (The Greek word is “themelioo” meaning “founded – as in a building’s foundation that is firmly established.”)

Rooted & Founded

Draw a picture of what being “Rooted & Founded” looks like to you.

Perhaps, when you decided to give your life to God through Jesus Christ, you prayed a prayer to “invite Him into your heart.” That is exactly where Christ dwells! In· Your· Heart· The Greek word for dwell used here is “katoikeo” which means “to be exactly at home.” It carries the sense of permanence. It communicates that this is where Christ belongs – In· Your· Heart· In John 1:14, “...the Word became flesh and dwelt among us...” The word for “dwelt” is the Greek word “skenoō” meaning “tabernacled” which was a temporary dwelling. Christ came and walked this earth and was temporarily with us. Now Christ has come and we can have our hearts as His home permanently.

9. What subjects have you needed “strength to comprehend?” For me, it was high school chemistry and in college it was a philosophy of math class. I sure needed strength in both of those classes. They were well beyond the way my brain naturally functions – grammar, vocabulary, spelling...ahhhh...that is where I’m comfortable. In those other subjects, I had to really put forth effort, and often it was discouraging. What does Paul pray for on behalf of Christians in regards to their strength in 3:18-19

10. There are two times in his epistles that Paul describes something as “surpassing” understanding or knowledge. What are they?

Ephesians 3:19

Philippians 4:7

11. In Ephesians 2:22 Paul says that we are a “dwelling place for God by the Spirit.” In 1:23 the “fullness” of Christ “fills all in all.” Now in 3:19, what is Paul’s prayer on our behalf regarding that fullness?

In youth group we used to sing, “I want more of Jesus, more and more and more...” I think Paul was praying the same for us!

12. What does this tell you about the priorities of Paul?

13. Summarize what Paul has prayed for on behalf of Christians in verses 14-19 (Review all the “may” statements.)

v16 – may he grant...

v17 – so that Christ may...

v18 – that you may have...

v19 – [that you may] know...

v19 – that you may be...

What is the unifying focus of every part of Paul’s prayer?

14. Considering all Paul has asked on our behalf, how does he describe what God can do in 3:20?

Paul felt so strongly about this that he invented a word to help us grasp the concept!

Depending on your version, Ephesians 3:20 reads that God can do:

“far more abundantly” (ESV); “immeasurably more than” (NIV); “exceeding abundantly” (KJV)

In the Greek, the phrase is “ὑπὲρ ἐκ περισσοῦ” (hyper ek perisso) which translates literally:

“beyond of abundance” and has the sense of infinity!

It is one of Paul’s “super-superlatives,” coined to express God’s capacity to transcend all that we ask or think.” (F.F. Bruce commentary)

But don’t miss this that it is the power of God is “at work within us!”

So, ask and ask big! Let God do the rest.

15. Finally, what is the point of getting the answer to this powerful prayer? Write the doxology (literally “worship words”) that Paul wraps up with in 3:21:

*You are loved
and prayed
for.*



~ Week Four – Ephesians 4:1–5:2 ~

Join the Community –

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You can also find links to follow along at www.LaMiradaChurch.com

Read the Introduction –

Is this your first week in the study? Be sure to read the introduction before beginning. Also, the outline for our Ephesians study along with a handy check-list to help you stay on track is available in the introduction.

...Day One – Read and Take Notes through Ephesians...

The first day in each week of this study is dedicated to a straight read-through of the entire book. Today is the beginning of week four and so it is our fourth reading of Ephesians! It's been very eye-opening each time. Pray before you read and ask God that the eyes of your heart would be enlightened to know the hope, the riches, and the power of God as revealed in His Word.

Use the prompts in the following “Active Reading Notes” section to help you move through the book. Finally, **before you read**, pray that God would open the eyes of your heart to see clearly the wonders in His word ([Psalm 119:18](#)) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading.

Reminder: Questions and prompts in this Bible study are based on the English Standard Version (ESV) Bible.

...Active Reading Notes...

1. Circle or highlight in your Bible any connecting words or phrases as you read. These are important signal words that link one sentence or paragraph with another, more importantly they connect thoughts and themes. Look for: therefore, but, as a result, so that, for, however, etc.
2. After reading chapters one through three, pause and summarize how Paul explains our relationship to God. What aspect of our Christian walk does he emphasize?
|
3. After reading chapters four through six, pause and summarize the aspect(s) of the Christian walk that Paul emphasizes.
|

Select a verse or passage from Ephesians 4:1-5:2 to memorize.
Write your selection here and take time each day to memorize it.

...My Memory Verse...

...Day Two – Ephesians 4:1-10...

...New in Christ – Now What? ...

...Begin with prayer...

Father, as I read and study Your Word please work by Your Spirit in me that I might grow up into Christ and attain to the measure of full maturity to which You have called me. Work in my heart by the Gospel that I might become a visible example to the world of the power, hope, and glory of Christ. In Jesus' name,

Amen

...Read and Meditate...

Read Ephesians 4:1-10

...Review...

1. In chapters 1-3, Paul introduced his letter with the good news of what? (Ephesians 3:6)
2. Paul opened and closed chapters one through three with prayers. Summarize each prayer here:
1:17-19
3:16-19

God is in the business of building a new community with people who have a new identity in Christ. That is a major focus of the book of Ephesians. In chapters one through three Paul laid the theological foundations for that new identity and community. Now, as we begin the second half of the book, Paul gets down to the practical. From the theological to the practical, Ephesians helps us see who we are and how we are therefore to live.

3. When Paul begins chapter four with “I therefore” we should ask, as my dad taught me, “What’s ‘therefore’ there for?” Finish this sentence by way of reviewing what Paul has placed the “therefore” there for:

“Paul has just finished praying that the Ephesians would be _____

and so now, he wants them to (Eph. 4:1) _____

_____.

4. Read Ephesians 4:2-3 then explain (dictionary definition, Scripture, own words) the specifics of this “worthy manner” in which we are to walk. Use the cross-reference verses for support, or use your own.

1) All Humility – (Eph. 2:8; Eph. 2:1ff; 3:8)

2) All Gentleness – (Eph. 2:19)

3) Patience – (Eph. 1:12; 2:7; 3:13)

4) Forbearance – (Eph. 2:4-5)

5) Eager for Unity – (Eph. 2:14ff; 3:6)

5. What is the theological foundation for us to “walk in a worthy manner?” You can see it in Ephesians 2:10 –

6. Paul spells out the “eager for unity” concept in 4:4-6. List six ways we are one and how each are an aspect of our Salvation.

1) B _____

3) H _____

5) F _____

2) S _____

4) L _____

6) B _____

7. Consider how our unity as the church is a reflection of the unity of God in the Father, Son, and Holy Spirit.

8. We are one. We see the unity...and then...Ephesians 4:7...What shift does Paul make here?

9. What has Paul said already about this grace and gift? (Ephesians 2:8)

10. Read Ephesians 4:7-10 where Paul quotes from then explains and applies this verse from Psalm 68:18. Read the verse again from [several versions](#) to help clarify the meaning. I particularly like the Amplified and Phillips versions. Use BibleGateway to call up and view parallel versions. Then, using Paul's explanation for help, write out what Psalm 68:18 means:

Consider also: [Ephesians 1:22-23](#), [Colossians 2:15](#), [Philippians 2:6-9](#), and the full context of Psalm 68 for help.

In Psalm 68, whom does Paul compare Christ? _____

Other notes on the meaning of Psalm 68:

By ascending and descending, what did Christ do?

Whose gift is this passage referring to? _____

11. What did Christ's ascending and descending accomplish on our behalf? Consider [1 Corinthians 15:55-56](#)

12. Note the correlation in Paul's use of dimensions between Ephesians 3:18-19 and Ephesians 4:7-10 – especially "height and depth!"

*Close your time today in thankfulness for what Christ has done for you.
Write and practice reciting your memory verse.*

...My Memory Verse...



...Day Three – Ephesians 4:11-16...

...Begin with prayer...

Father, thank You for Your word. I ask that You would teach me wonderful things from Your law, and that by Your Spirit I would not simply wrap my mind around the truth, but that I would be so gripped in the very depths of my heart that I would believe, desire, and live out this truth. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 4:1-16

...Think and Engage...

One of my spiritual mentors, Dr. John MacArthur, said that “no passage in all of the word of God has had a greater impact on the destiny” of his church than Ephesians 4:11-16. That’s powerful statement, considering Grace Community, which was formative in my own spiritual growth, is one of the most influential churches in America today. As we approach this passage, let’s be mindful of the power of all Scripture to transform us, and this passage in particular to reorient our spiritual life.

1. Compare Paul’s focus in 4:4-6 with 4:7-12

With this shift, Paul begins moving from the church as a whole to each members’ gifting and role.

2. Read Ephesians 4:11-13 and answer the following to clarify the means, the purpose, and the goal of God’s enabling of His people:

(4:11)	Who gave? _____	To whom? _____
(4:12)	What was given? _____	For what purpose? _____
(4:13)	Until when? _____	
(4:14)	So that what <i>won't</i> happen? _____	
(4:15-16)	Instead, what <i>will</i> happen? _____	

3. Read Ephesians 4:11-12. List the positions Paul gives and below each one, write a definition:

- 1) A _____
|
- 2) P _____
|
- 3) E _____
|

- 4) S _____
|
- 5) T _____
|

4. What is the purpose of giving the church some who would be in these roles? Consider also, [James 1:4](#)

The Greek word translated “to equip” (ESV) (“perfecting” in the KJV) is “katartismos.” It means “a bringing to a condition of fitness, perfecting and describes how the individual parts are enabled to work together in correct order. It is only used this one time in the New Testament.

5. Ephesians 4:15 is a beautiful description of how the body of Christ should interact. Write that verse here:

In the Greek, “speaking the truth” is literally “truthing.” The word is “ἀληθεύω” (alétheuó) and means “speaking reality (truth) into a person’s life, making a record of what God deems is truth.” The word for “love” in this verse is the ultimate expression of selfless love: “agape.” The same love that God lavished on us in Christ. That is how we are to engage with one another: In Truth and In Love.

6. On what basis do we, as Christians, “speak the truth in love” to someone?

|

7. How do you see your church as “each part working properly” as described in Ephesians 4? Why do think this has happened?

Who can you thank today for their faithfulness in this area?

8. Is your church lacking (“each part [not] working properly) in this area? Why?

Why not speak to one of your church leaders about this today?

9. How can you, as a member of your church, be an active part of this perfecting?

Are you? Can you be more active? If so, how?

Close your time today in prayer for your church. Ask God to “grow up in every way into Him” so that it is truly built in love.

Write and practice reciting your memory verse.

...My Memory Verse...



...Day Four – Ephesians 4:17-24...

...Begin with prayer...

Our Lord my God, I recognize that I wrestle with being too much like the world around me in ways. Sometimes I love the sinful things that the people of this world love. I ought to be a living God-centered, God-loving, God-honoring, God-desiring life. I confess before You, O God, and beg Your forgiveness in Jesus Christ. I do not want to be conformed to this world, but transformed by the renewing of my mind. I want to walk in a manner worthy of my calling in Jesus. To that end, I pray that you would open my eyes and my heart as I go to Your Word today. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 4:1-24

...Think and Engage...

Jesus told His disciples that they were to be “in this world, but not of it.” He said they were to be distinct like salt and like light. As Christians, we are to live differently than the world

lives. This call is not just a different set of moral codes – the world is full of their own. Our call is rooted and founded in Christ – what He’s done, who we are in Him…in His love, and that sets the Christian apart from all others – if they truly are walking in a manner worthy of their calling in Christ.

1. Read Ephesians 4:1-3 and compare with 4:17-19

WALKING IN A WORTHY MANNER	WALKING IN A WORLDLY MANNER

2. What does it imply that Paul says in 4:14 “no longer walk?”

3. What is the result of their “hardness of heart?” (4:19)

4. List at least five synonyms and five antonyms for how you think of being spiritually “callous” in this context:

SYNONYMS	ANTONYMS

5. Add to your list above any men or women mentioned in the Bible that fit the description.
6. Read Psalm 51. (Be sure to read the introduction to the Psalm.) How does David’s heart align with what Paul is teaching in Ephesians 4?

From Psalm 51, perhaps you have some words to add to your list above? Go ahead and do that!

7. What had Paul heard about the saints at Ephesus? (Ephesians 1:13)

What assumption does Paul make about them in 4:20?

And what condition about that learning does he give in 4:21?

8. In 4:22-24 Paul outlined what they were taught and what happened in them in three infinitive (to be or have done to you) statements. Outline those and paraphrase here:

v22 – to put off your _____
from the Greek: “apothesthai” – to have put off

v23 – to be renewed _____

From the Greek: "ananeousthai" – to be renewed

v24 – to put on _____

From the Greek: "endysasthai" – to have put on

Of these, which are we capable of doing? Putting off and putting on...renewal is an inner work that only God can do. Once we are renewed, we have a new mind upon which we can dress the new self. Paul will pick up this metaphor in chapter six when he speaks of putting on the Armor of God.

9. Write Romans 12:2a which reminds us that this process is ongoing:

10. In what ways do you see that you are tempted and likely to grab those old spiritual clothes and walk in your old self? *Remember, this isn't about walking in the way you used to before you became a Christian (in a chronological sense), because many of you have known Christ all your lives. This is our old spiritual nature, which has nothing to do with how old we are physically.*

11. Read and paraphrase Exodus 16:2-3.

If you've ever struggled with your "old self" you're not alone! Walking in a "manner worthy of our calling" isn't easy. It's tempting to just do it the old way. Recall that after being rescued and miraculously delivered from slavery in Egypt, the Hebrews moaned and complained and wanted to go back! As you close your study today, let your prayer be for a faithful heart and a truly renewed mind that would never ever want to go back to its old sinful self.

NOTE: Tomorrow's lesson through Ephesians 5:2 is a little longer than usual. Consider taking it in two sessions.

Write and practice reciting your memory verse.

...My Memory Verse...



...Day Five – Ephesians 4:25-5:2...

...Begin with prayer...

Lord our God, Your Word is before me and it is living and active, sharper than a double-edged sword, piercing to the division of joints and marrow, soul and spirit. I pray as I read and study that the Holy Spirit would cause this Sword of the Spirit to have its full power and effect in my heart, subduing and slaying sin, and conforming me to the pattern and likeness of the You. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 4:1-5:2

...Think and Engage...

Ephesians is clearly divided into two sections: Doctrine and Duty. Chapters 1-3 laid a foundation in doctrine or the “why” which is so essential because without it the “why” the “what” becomes legalism or obligation. I do love doctrine. I love the why. In a way I’m fine with big themes and generalizations about God and Scripture. That’s a Christianity I can handle. It’s not too specific, but Paul gets very personal here now in chapter four and on. He gets up close and personal. He literally gets down to where we live. He wants to take that doctrine, those big truths and show how they look in the nitty-gritty details of our lives. It’s very personal leaving no room to keep it at a distance. It’s up close and personal. So, with that:

“Warning: The following verses are dangerous to your spiritual status quo!” Get ready to be shaken and stirred. Get ready to get uncomfortable, to move, to grow, even to repent!

1. Read Ephesians 4:25. From a previous lesson (Day Two of Ephesians 4), what do you recall that we should do when coming across “therefore” in the Bible?
|
2. Summarize the three infinitives of 4:22-24.
|
3. Reviewing 4:1-24, in what ways does Paul refer to “truth?”
|
4. Note that he speaks of two manners of truth that are essential. Consider 4:15 and 4:21 and note the differences:
| 4:15 _____ 4:21 _____
5. What assumption does Paul make here in 4:25a? (another infinitive)
|

From here, upon a foundation of truth founded in Christ and truth with one another, Paul begins the nitty-gritty that I mentioned in the opening of our study today. Each one of these nuggets could bring radical change in all of our relationships if we would apply them conscientiously! Are you ready? Let’s dig in!

6. What admonition and then rationale does Paul give in 4:25b?
|

Which should remind you of Ephesians chapter three where he laid this all out. What key teaching – formerly a mystery – from chapter three is Paul calling on?

Recall Jesus’s own teaching on “neighbors” in [Luke 10:29-37](#), what did Jesus say about how we are to treat our neighbors?

7. There are many reasons why you might find it challenging to “speak the truth” let alone, speak it “in love.” Check if any of the following applies to you:

- | | |
|---|--|
| <input type="checkbox"/> I’m not sure if I really know the truth. | <input type="checkbox"/> I get too emotional – angry, defensive, sad, worried, etc.. |
| <input type="checkbox"/> I don’t want to come off as judgmental. | <input type="checkbox"/> I’m not sure of my motives. |
| <input type="checkbox"/> I don’t want to get in a fight/argument. | <input type="checkbox"/> Other: |

8. Which one of the above reasons is a result of having been “renewed in your mind?” If none, then, what will you do next to allow God to renew your mind in these areas? Explain and support with Scripture:

Are there any reasons above that couldn’t be address by the Truth of Scripture? Explain:

9. Ephesians 4:26-27 could be closely linked to having spoken the truth to someone. Explain:

10. There are ten words in this admonition (in the ESV.) Take a minute to come up with one tip for each word to help you fulfill this responsibility in your Christian walk today with your spouse, co-worker, family member, friend, etc.

1. (DO)

6. (GO)

2. (NOT)

Not for me, for God

7. (DOWN)

down – where my head is before God

3. (LET)

8. (ON)

4. (THE)

think about tomorrow

9. (YOUR)

your heart, God

5. (SUN)

10. (ANGER)

11. Paul moves from addressing anger to addressing kleptomania. Really! In Greek, “steals” is from the root word “klepto” which is where we get our word, kleptomania. Note the tense of the verb...present tense! In other words, people were still stealing! Based on what Paul has taught

in Ephesians 4:19-24, what observations would you have about the person in the church who is still stealing? Consider also [2 Thessalonians 3:10](#)

12. Considering the audience of his letter – “saints in Ephesus” - what does the existence of this sin imply about what happens to a person after they become a Christian?

13. Ephesians 4:28 reminds us of how the church first and ideally functioned. Read Acts 2:41-47 and note any details:

14. Read Ephesians 4:29 and [Proverbs 25:11-12](#). How could you put this into practice in your life today?

15. What is the basis for Paul’s appeal in Ephesians 4:30?

Every religion has a moral code which can be distilled down to: Do well for the sake of yourself, humanity, and your eternal destiny or afterlife. While these are all true to some degree even in Christianity, something is missing in other religions...

16. What distinctive about the Holy Spirit and about Christianity does the fact that the Holy Spirit could be grieved over our sin imply?

17. Closely related, yet greatly expanded, is Ephesians 4:31 with 4:26. Why do you think Paul heads the list in 4:31 with “bitterness?”

The author of Hebrews refers to bitterness like a “root.” Read [Hebrews 12:18](#) and [Deuteronomy 29:18](#) (which is the Old Testament passage that the author is drawing from) then see in [Acts 8:23](#) how Peter responds to Simon the Sorcerer.

Illustrate bitterness as the root along with all the sins that follow →



18. How does Paul show God as the ultimate example in Ephesians 4:32?

Do we come to God because of His wrath or His kindness? Or both? Read [Romans 2:4](#)

19. So, what should be our natural response? Write [Ephesians 5:1-2](#) in the first person as a closing prayer in your own words as you conclude today's study:

...My Memory Verse...



*You are loved
and prayed
for.*



~ Week Five – Ephesians 5:3-6:24 ~

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Use the prompts in the following “Active Reading Notes” section to help you move through the book. Finally, **before you read**, pray that God would open the eyes of your heart to see clearly the wonders in His word ([Psalm 119:18](#)) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading.

Reminder: Questions and prompts in this Bible study are based on the English Standard Version (ESV) Bible.

This is our fifth read-through of Ephesians. Take time as you read to write down any verses, concepts, thoughts, truths that stand out to you in each chapter or section:

<i>...Active Reading Notes...</i>
<i>...Chapter One...</i>
<i>...Chapter Two...</i>

...Active Reading Notes...

...Chapter Three...

...Chapter Four...

...Chapter Five...

...Chapter Six...

*Select a verse or passage from Ephesians 5:3-6:24 to memorize.
Write your selection here and take time each day to memorize it.
Consider Ephesians 5:8-11 or 6:10-12*

...My Memory Verse...

Day Two is a little longer than usual. Consider your time and plan accordingly. ☺

...Day Two – Ephesians 5:3-16...

...Begin with prayer...

Lord, thank You for Your word. Help us to understand it and bring it home to us, we pray. In Jesus' name.

Amen

...Read and Meditate...

Read Ephesians 4:25-5:14

...Read and Respond...

1. Before going on to the sins that Paul admonishes against, let's clarify one thing that if we are diligent in our focus will actually eliminate any need for spelling out a list of sins to avoid or behaviors to emulate. Read Ephesians 4:30, 5:1, and 5:2 and write down upon what should our life be centered:

Ephesians 4:30 - _____

Ephesians 5:1 - _____

Ephesians 5:2 - _____

2. Bonus: What theological (God/word) truth is communicated in those three verses?
|
3. But, we need details, don't we? It's not enough to say don't grieve the Holy Spirit, or imitate God, or walk like Jesus. What would you have to do in order to live that out WITHOUT a detailed do/don't list of behaviors? Think of it this way: If you wanted to play the piano like Mozart, what would you have to do?
|
4. If you're not imitating God, whom then are you modeling your life after? _____

Create a table outlining 5:3-14 and the differences you read between those who are "imitators of God" and those who are not:

IMITATORS OF GOD	IMITATORS OF _____

The Ephesians lived in a very immorally sexualized society. Sound familiar? Recall from our first lessons that Ephesus was the center of worship for the fertility goddess Diana. Be mindful that "immorally sexualized society" that in regards to sexuality the two alternatives before us are not immoral sexuality or no sexuality. The two alternatives held out before us in the Scripture are a godly view and practice of sex and an ungodly immoral view and practice of sex.

5. What should there be instead of these sins? (5:4) _____

Why? What could *thankfulness* have to do with avoiding these sins?
|

6. Give examples of this kind of talk from Ephesians 5:4, and consider how you can be mindful to be filled with thanksgiving instead of these in your own life.

Filthiness – Greek word is “aischros” used only this time in NT, it means nasty, improper, sordid

Foolish Talk – Greek word is “mōrologia” literally: “foolish+words” and is also used only this one time in the NT

Crude joking – Greek word is “eutrapelia” literally: “well+tuned” and once again, only used this one time in the NT. It carries the sense of facetiousness and low humor.

7. What connection do you see between the sins in 5:3 and in 5:4?

8. How seriously does God take these sins? (5:3, 5:5, 5:12) Read also [1 Corinthians 6:9-11](#) and [1 Thessalonians 5:22](#)

What does this teach us about who is truly a child of God?

Why not take a moment right now to consider letting only words of thanksgiving come out of your mouth today? Stuck in traffic? Thanksgiving. Someone cuts in front of you? Thanksgiving. A work issue remains unresolved? Thanksgiving. Friend or spouse is annoying? Thanksgiving.

9. What caution and consequence does Paul give in 5:6?

Considering what he’s been admonishing against in 5:3-5, what might be the kinds of “empty words” someone could speak to deceive one of Paul’s readers?

10. Who is the “them” Paul is referring to in 5:7?

11. What reminder does Paul give in 5:8ff? Read also 2:1-2 and 2:12

12. How does our current life in Christ differ radically from our former life? Write Ephesians 5:8.

The Greek word translated “walk” here is “peripateo” and means literally “walk around.” In the Hebrew mindset it has the sense of how one conducts one’s life.

13. Note the strength of Paul’s admonition. He’s not just saying that we’re in the light now as children of God, but that we literally are what? _____

14. What did Jesus say about us in this regard? Read [Matthew 5:14](#).

15. Considering Paul's words in 5:3-9, paraphrase verse 10:

The J.B. Philips version translates this verse: "Let your lives be living proofs of the things which please God."

16. What place should pleasing God have in our daily life? And how could you adjust your prayer life to reflect this priority?

17. Read [Micah 6:8](#) and [Romans 8:8](#) and summarize what does and doesn't please God:

Add any other Scripture to support your answer:

18. What is your role as a child of God in the "unfruitful works of darkness?" (5:11) Read also [James 5:19-20](#). How should we do it? (Ephesians 4:15, 25)

Is that something you're willing to do today? Why or why not?

19. Once again, like in Ephesians 4:8-10, Paul not only refers back to an Old Testament (Tanakh) passage, but he places it in the context of the new life we have in Christ and offers a new and practical interpretation and application. Read Ephesians 5:13-14 along with [Isaiah 9:2 and Isaiah 60:1](#) then apply it in a practical way to your life today:

20. Read [Ephesians 5:15-16](#) (in the Amplified version if possible). What does Paul admonish here that we are to do and for what reason? Underline in your Bible the words that indicate urgency, need for awareness and an active not passive faith.

21. What are three specific ways you can make changes in your routine today so that you can truly "make the most of your time."

1. _____
2. _____
3. _____

Close your time today in prayer that your understanding of what it looks like to be light and to walk as a child of light would deepen. Pray for boldness to live this life as a true imitator of God.

Write and practice reciting your memory verse on the next page.

...My Memory Verse...



...Day Three – Ephesians 5:17-6:9 Part One...

...Begin with prayer...

Heavenly Father, would you open my eyes in Your Son, who is wisdom itself; by Your Holy Spirit, to see the wisdom of Your word. It is not that Your word is unclear; it is that my heart is foggy sometimes, my eyes don't see as I ought. So, by the Spirit, illumine my heart and the eyes of my mind that I might see wonderful things from Your word. In Jesus' name,

Amen.

...Read and Meditate...

Read Ephesians 5:1-6:9

We'll take today's passage in two study sessions, day three and four.

...Think and Engage...

1. Ephesians 5:17 begins with "therefore" which, of course, is our signal word to make sure we know what has just been stated. Review [5:10](#) and [5:15-16](#) and note any clear contrast/comparisons you can between the content of these passages and 5:17

2. Now, consider what it means biblically to be a fool. Read [Psalm 14](#). Describe what a fool is:

According to Psalm 14, what do you see as the motivation for denying God's existence?

Denying God's existence is often based on a desire to lead an immoral life. Atheists have actually pinpointed this as a significant reason for their views. Infamous author and atheist, Aldous Huxley, admitted that a desire to avoid moral restraints was a motivation for his disbelief.

3. Read [Romans 1:18-21](#). What have fools done then?

4. According to Ephesians 5:17 and [Proverbs 9:10-12](#), what's the opposite of being foolish?

5. Paul sets up another contrast in 5:18. Explain that here:

Under state law, being drunk is referred to also as being "under the influence." How does that understanding of drunkenness also relate on the converse with being filled with the Spirit?

6. What will it look like to be under the influence of the Spirit?'

➤ **Ephesians 5:19** List three ways and offer an explanation or example of each. "Addressing one another in..."

1) P _____ - _____

A Psalm is from the Tanakh (Old Testament). There are 150 Psalms recorded in Scripture from which to choose!

2) H _____ - _____

Hymns were sung in the early church much like we sing hymns today. People write them and the congregation sings them.

3) S _____ S _____ - _____

Spiritual Songs are any songs that erupt from our soul in joy, praise, honor, and glory to God.

Singing and making melody to _____ with your _____

7. Ok, let's really picture this in real life. How would it transform your church, your Bible study, your Christian community if you literally lived this out today? [Colossians 3:16](#) gives some guidance. Read and comment with your thoughts on what it would take to live out your Christian walk in this way:

*Close your time today in prayer that you would live as light, as a child of the Father of light and as child of God whose heart overflows with song in response to God's great love
Use the next page to practice your memory verse for the week.*

...My Memory Verse...



...Day Four – Ephesians 5:17-6:9 Part 2

...Begin with prayer...

Lord, this passage is not that hard to understand. It does not take a rocket scientist to figure out what Paul is telling us here, but I'm not sure I know of a passage that is harder to live than this one, and for that reason I need Your help today; because it's not understanding what Paul is saying here that's hard. It's doing what Paul is saying here that's hard. And it's not just hard: apart from Your Holy Spirit, apart from Your grace, it's impossible. So, I need Your help. Grant me that help in Jesus' name.

Amen.

1. For the second time in this passage, Paul admonishes us to do what? ([Ephesians 5:4 and 5:20](#))
Why is this so important?

2. Paul's wrap-up is also an introduction to the next passage. What does Paul tell us to do and on what basis in 5:21?

Clarify...who is to submit to whom? _____

Underline that in your Bible and take note. This is the introduction to Ephesians 5:22-6:9

(Continued on the next page.)

In this next section (5:22-6:9) Paul breaks down some details for several relationships and how, as children of light each one should live out their calling and how to “walk in a manner worthy” of that calling. List **the behavioral expectations** and **theological rationale** for each member as Paul describes in these verses. Read the following from the ESV as well as the [Amplified](#) version if possible.

<i>Wives</i>	<i>Husbands</i>	<i>Children</i>	<i>Fathers</i>	<i>Slaves</i>	<i>Masters</i>
5:21-24, 33	5:21, 25-33	5:21, 6:1-3	5:21, 6:4	5:21, 6:5-8	5:21, 6:9

The structure of Ephesians 5:22-33 is in the form of a literary device called a “chiasm.” Chiastic structure is found elsewhere in Scripture as well as the literature written in biblical times. The phrases form an x-shaped pattern. It’s named after the Greek letter “chi” which is an “X.” This structure helps draw people’s attention to the point being made. Re-read this passage and note how Paul’s thoughts are stated sequentially in one direction until a main point or climax is reached; then the thoughts are repeated in reverse order. You’ll see that the main point is at the center of the passage.

Write the verses here and see how the chiastic structure of this passage is formed. Keep in mind that while Paul wrote this passage it didn’t have chapter or verse number, but I’ve included them to help you see the structure:

(Continued on the next page)

Note that the first “A” connects to “A1”, “B” connects to “B1”, “C” to “C1”, etc. Then “X” and “BX” are culminating comments and clarifications. B1, BX, and B2 form a chiasm within the greater chiasm. I’ve written in the first one for you:

A (5:22) *Wives, [submitting] to your own husbands as to the Lord*

B (5:23a)

C (5:23b)

D (5:24)

E (5:25)

F (5:26)

***X** (5:27a)

F1 (5:27b)

E1 (5:28)

D1 (5:29)

C1 (5:30)

B1 (5:31)

***BX** (5:32)

B2 (5:33a)

A1 (5:33b)

3. Can you see that in the chiastic structure Paul makes two or more corresponding statements about wives, husbands, and Jesus and the church? What key thoughts does he repeat?
4. How would the body of Christ look if we each lived in this kind of mutual submission?
5. What is Paul’s main point in these verses? (Hint: Ephesians 5:21 and [Ephesians 5:27, 32](#))
6. Note any references - **if any** - in this passage to the following:

Leadership: _____

Hierarchy: _____

Mutual Submission: _____

Unity: _____

Equality: _____

Love: _____

If you're reading carefully, you will have noted zero references to "leadership" or "hierarchy" and only an emphasis on mutual submission, unity, equality, and love.

NOTE: "The Greek word for "submit" does not occur in Ephesians 5:22 (the verse addressed to wives) in the better, older Greek manuscripts. The word occurs in Ephesians 5:21 where it is used in the context of mutual submission: "submit to each other." The theme of mutual submission between believers carries on from verse 21 into verse 22." (<http://margmowczko.com/pauls-main-point-in-eph-5-22-33/>)

*Close your time today in prayer that you would personally live out a life of submission to Christ and to the others in the church and that we as the body of Christ - the church -
Write and practice reciting your memory verse.*

...My Memory Verse...



...Day Five – Ephesians 6:10–24 Part One

...Begin with prayer...

Father, I thank You for Your word, that was inspired by the Holy Spirit; that all Scripture is given by inspiration of God, and is profitable for doctrine and reproof, and correction and instruction in the way of righteousness. Teach me to love Your word more than anything, to find in it that which is sweeter than honey. For Jesus' sake I pray,

Amen

Finally. And with that word, Paul turns the corner and heads to the finish line of this marvelous letter.

1. What is Paul's two-fold command to us in Ephesians 6:10? Why do you think he encourages us in this way?

To be _____

And in the _____

Because...

2. Where else has Paul mentioned being strong, strength, or words to that effect in his letter? And what was the purpose for having that strength?

3. What is the reason here that Paul says to be strong? Ephesians 6:10-11

4. Paul's admonition in 6:11 assumes two dark realities (person and plan) about our Christian walk. What are they?

1. _____

2. _____

5. Re-read Ephesians 3:1 and 4:1. Where is Paul right now? _____ and what is he bound with? (6:20) _____

Keep that in mind and now read Ephesians 6:12 again. Paul is writing from a very real, very physically obvious prison with very real and tangible chains binding him....and yet, his admonition is focused not on the fight against something physical (like chains put on him by a Roman guard obeying a Roman ruler) but on what? List the four spiritual realities he reminds his readers of:

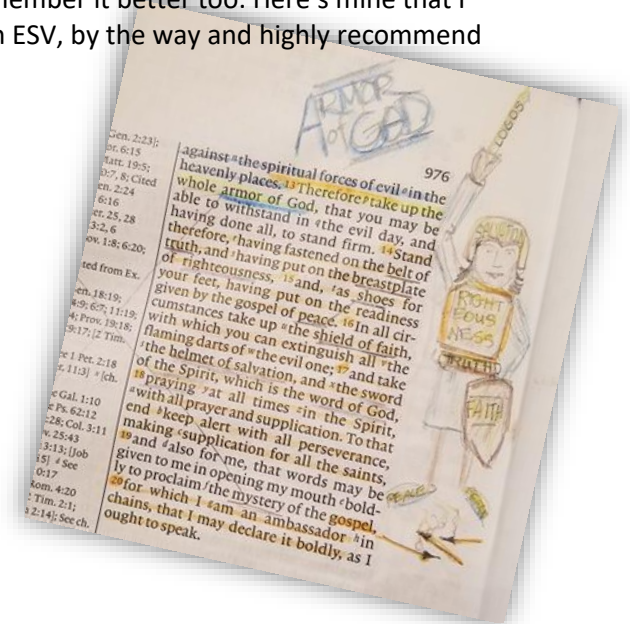
1) R _____

2) A _____

3) C _____ P _____

4) S _____ F _____

6. From this reality check, what does Paul then turn the focus on in Ephesians 6:13-18? Summarize the focus here in 5-6 words:
7. Draw in your Bible or here in your notes a representation of this armor. Label each article of armor. Have fun and make it your own style. You'll remember it better too. Here's mine that I drew in the margin of my Bible! (I love my wide margin ESV, by the way and highly recommend it!)



8. God's Word is clear on the nature of our spiritual lives. Read [2 Corinthians 10:3-4](#) and [2 Timothy 2:3-4](#).

What do we learn about the reality of the battle?

...about the Christian's commitment level?

9. Armor is mentioned in several key accounts in scripture that you are probably aware of and that Paul's readers would have been as well. Where physical armor fails, spiritual armor is impervious! What was the failing in each of these accounts?

Saul's Armor – [1 Samuel 17:38-39](#)

Goliath's Armor – [1 Samuel 17:41-49](#)

Ahab's Armor – [1 Kings 22:34-37](#)

10. Paul's theme of spiritual armor was another of his expositions on a teaching from the Tanakh (Old Testament.) Read [Isaiah 59:17a](#). What associations does Paul make from Isaiah?

11. There are seven elements of the armor to wear and Paul twice admonishes what about this spiritual outfit in Ephesians 6:11 and 6:13? What does this say to you about its importance?

...Day Six – Ephesians 6:10-24 Part Two...

...Begin with prayer...

Heavenly Father, what a powerful portion of your word before me today. I feel like I could read and read and study and study and still not even plumb the depths of this passage. Please give me not only the wisdom I need as I go to your word today, but the diligence and faithfulness to walk in a worthy way after I'm done studying. In Jesus name,

Amen

= = *The Armor of God* = =

1. **Belt of Truth** (6:14) – *In Bible times, the belt around the waist did two things: it tied together the soldier's garments, which might otherwise prevent him from moving freely during combat or just moving about his day; it held the sheath for the sword.*

Consider both the practical uses of the belt as well as its location on the body, what spiritual significances do you see in this article of armor?

What significance do you see that Paul lists truth first? Consider the following:
[Ephesians 4:15, 25](#); [John 8:42-44](#); [Proverbs 6:16-17](#)-

Wearing truth also means what? Read [Galatians 3:27](#) and [John 14:6](#)

In whose truth are we to be wrapped? _____

2. **The Breastplate of Righteousness** (6:14) – *Worn to cover the front of the body, the breastplate was either made of a solid piece of metal, or crafted from many small pieces that were sewn to cloth or leather so they overlapped like fish scales numbering 700-1,000. Soldiers wore a robe under this armor to prevent them from being burned as the sun would heat it up or from being pinched as the hundreds of small plates moved.*

What do you see as the spiritual significance of this article of armor considering the body parts it protected? Consider also that there was no protection on the back – just the front!

Read [Exodus 28:29](#) What did the High Priest wear and what was its purpose?

What worth is our righteousness? [Isaiah 64:6](#)

Read 2 Corinthians 5:21 **In whose righteousness are we covered?** _____

3. **The Shoes of the Gospel of Peace/Readiness** (6:15) – *In the Bible, feet remind us of our Christian "walk." All through his letter, Paul has talked about our walk – our former walk and our new walk. Now, he bring this walk to us with a practical application. As a soldier, you might be able to advance without certain gear into a battle, but you'd never go anywhere without your feet properly fitted. In fact, a soldier*

could perform daily duties with no helmet, or breastplate – but no shoes? That wouldn't happen. Note in the verse that Paul says, "having put on readiness" - not shoes. In other words, the focus (unlike with every other article mentioned) is not on the article, but on the mindset as the shoes are being put on. What's that mindset?...Readiness!

What do you see as the spiritual significance of this article of armor considering the body parts it protected?

Paul has also mentioned the gospel three times in this epistle...and peace six times! This gospel of peace is summed up in [Ephesians 2:14-17](#). Summarize that here:

What gives us readiness?

Why are we ready?

[Ephesians 5:15-17](#) _____

[2 Timothy 4:2](#) _____

[1 Peter 3:15](#) _____

Read Ephesians 2:14 **Who is our peace?** _____

4. **The Shield of Faith** (6:16) – *A shield was the soldier's first line of defense. It was called a "scutum" and soldiers would come together defensively to form a "testudo" (tortoise) to provide collective protection against attack. The shields would have been made of wood then covered in hide which when wet could extinguish flaming arrows. They were big enough to protect the whole body while the soldier took cover under a hail of arrows. Shields were often marked with the insignia or name of the king to help soldiers identify their own troops during the heat of battle. A battle-ready soldier advancing in enemy territory or on the field would absolutely take up their shield, but a soldier on local patrol in home territory might leave that huge protective article behind. Note Paul's emphasis to take it up "under all circumstances."*

What do you see as the spiritual significance of this article of armor considering the body parts it protected and especially with Paul's emphasis?

Faith is the beginning of our walk and it is the constant companion as well. What significance does faith play in the life of a Christian? [Hebrews 11:6](#)

Satan is active in the battle whether we acknowledge him or not. What role does he play and how is he defeated? [Revelation 12:10-12](#)

Read [Romans 3:22-23](#) **Whose name is on the believer's shield of faith?** _____

5. **The Helmet of Salvation** (6:17) – *The final piece of armor as soldier would put on was the helmet. Interestingly, salvation is the first step in become a child of God. While this is the first step for a believer it was the final act of readiness in preparation for combat. This protective article guarded the face and head. It was vital for survival. If the head was badly damaged, the rest of the armor would be useless.*

What do you see as the spiritual significance of this article of armor considering the body parts it protected?

Note that Paul mentions flaming darts right before he brings up the helmet of salvation.
What is a common – maybe the most common – “dart” that Satan launches at a believer?

With the helmet of Salvation firmly in place our mind is protected from the lies and doubts Satan will launch. But God’s word says what about our new life in Christ in contrast to Satan’s attacks? Read [Romans 8:1-11](#) and [8:31-39](#)

Read [Psalm 27:1](#) **Who is our salvation?** _____

6. **The Sword of the Spirit (The Word of God)** (6:17) – *This is the only article that is offensive as well as defensive. Swords can be used for protection or to attack, overcome, and kill the enemy. It’s interesting to consider that the sword is also the only tool for which a soldier would need serious training in order to wield it correctly. Spiritually we are told to “rightly handle” the Word.*

What do you see as the spiritual significance of this article of armor considering its usefulness to a soldier?

How is the Word of God described in [Hebrews 4:12](#)?

How did Jesus respond when tempted by Satan? [Luke 4:1-13](#)

How are we to approach the Word of God? [2 Timothy 2:15](#)

How are we to use it? [2 Timothy 3:16-17](#)

Read [John 1:1-5, 14](#) **Who is the Word of God?** _____

7. **Prayer** (6:18-20) - *The final article of armor is an attitude and the most powerful weapon in our arsenal. Military leaders know that victory depends on the tools of offense, defense, but without the proper attitude of focused intent, the best equipment money can buy is useless.*

Paul is clear on the issue of prayer. How does he explain its importance?

- When to pray? _____
 - How to pray? _____
 - What kind of prayers? _____ and _____
 - For whom do we pray? (mentioned in the passage) _____ and _____
 - For whom can you specifically pray today? Consider fellow believers (saints) like Paul mentioned, and consider also your spiritual mentors (teachers, preachers, leaders in your church and in the faith):
- What was Paul’s specific request? (Note what he asks for twice!)

- [John 16:23-24](#) **In whose name do we pray?** _____

As you’re reading this today, would you pray for me? I write and teach, and my heart’s desire is that I would have the physical, emotional, and spiritual stamina to continue to do both with boldness and effectiveness. Thank you for praying for me.

8. Final Greetings from Paul...What did Paul assign Tychicus to do? (6:21-22) What does this tell you about the heart of Paul?

With Paul as your role model, what is a specific way that you can imitate his ministry focus today?

9. In Paul's closing, we see the desire of his heart for all the saints reading his letter. How would you summarize his closing?

10. Review the armor of God and complete the following:

Jesus is my...

T _____

R _____

P _____

F _____

S _____

S _____ of the S _____

In whose name I

P _____

Amen!

Paul's letter opens and closes with the powerful truth of who Christ is. Review the Armor of God. Note that each article of armor has one thing in common - Jesus. Re-read Ephesians chapter one with the Armor of God fresh on your mind and close in prayer thanking God right now for blessing you "in Christ with every spiritual blessing in the heavenly places" and for choosing you "before the foundation of the world."



Thank you for completing this study with me!

What a blessing it has been to be in the Word of God together.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

*In Him and For Him,
Jennifer*



Dwelling Richly

LET THE WORD OF CHRIST DWELL IN YOU RICHLY.
COLOSSIANS 3:16

