



EPHESIANS

IN CHRIST

STUDY GUIDE

Church Family,

Welcome to our sermon series through the book of Ephesians!

As we plunge into this 2,000-year-old letter and prepare to mine its depth, we are brimming with anticipation for what the Lord has to speak to us through it. The past few years have been an erratic roller coaster - an onslaught of disorienting disruptions to everyday life as we've known it. In the midst of that, Revelation has reminded us there's a spiritual realm behind it all. Satan is escalating his attacks of seduction, persecution, and deception in desperate attempts to stop the gospel from growing in us and spreading through us as the day of Jesus' return draws nearer. Highlighting it all are the enticing threats of false gospels sweeping through our culture and taking people captive. It's no longer covert. The gloves are off - we are in a war.

In such a volatile time, we badly need the stability Ephesians brings. Sturdy theological anchors combined with practical life direction. Truth about our identity that produces transformation in our activity. The past year we've seen the crystal-clear story of God's redemption from Genesis through Revelation. Now, it's time to apply it - to draw out the profound implications of that very gospel and see it saturate the crevices of our everyday life. This is what God has for us in the months ahead. After all, to withstand high winds you need deep roots - and Ephesians shows us what this rooted life together *in Christ* looks like.

Over the course of this series we are praying and pleading for you to take the Lord's invitation to meet with Him in His Word on your own and with your GC. To see the wonder of hearing Him speak through the Scripture and having actual relationship with Him in return. Sundays are key, but deep roots don't grow from one day per week.

So, let's together press into His priceless words, that seeing His glory we might be strengthened with power internally through His Spirit to comprehend the breadth, length, height, and depth of the love of Christ that in turn matures and fills us with the fullness of God the Father. (Eph. 3:16-19)

Praying with you to this end!

Your Elders.

Introduction

Welcome to our study of Ephesians! This guide is meant to facilitate your personal study of God's word as we dig into Ephesians as a church family. Our hope is that you would depend on the Lord as you come to His word and be confident that He will help you study, understand, and apply it to your life.

Each week, you will find several suggested observation and interpretation tools to help you meditate on and understand the passage. You will also see open-ended application questions to prompt you to prayerfully reflect on what God is teaching you. The point is not for these tools to be binding, but helpful to you as you spend time in God's word. You can use as many or as few of the tools and questions that you would like. To give you complete flexibility, the weeks of this guide are not divided into days. You will notice natural breaks between assignments where you can pause and pick up the next day, but we want you to use the guide however is best for you and your season.

We look forward to how the Lord will meet us on the pages of His word, "piercing to the division of soul and spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart" (Hebrews 4:12). As we begin Ephesians, we echo Paul's prayer in Ephesians 1:15-19:

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹ and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might..."

May the Lord accomplish this in us!

Katherine Ann Rush



Deacon of Resourcing

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Week 1

Ephesians 1:1-2 | September 12th-18th

Welcome to our study of Ephesians! As you open this letter, begin your time with the Lord in prayer. Ask Him to meet you, teach you, and change you as you seek to know Him through this book.

Now, imagine receiving a letter in the mail. What would you look at first? Most likely, you'd check who the letter is addressed to, and who it's from. This information provides vital context for the message and intention of the letter. Similarly, when we read books of the Bible that are categorized as *Epistles*, or *Letters*, we want to pay attention to what we can learn about the author and recipients of the letter. We also want to consider the flow of the letter as a whole. No one would tear open a letter from the mailbox, skip to the third page, and read one sentence halfway down! Nor would you read one random sentence of the letter over and over, trying to understand what it means divorced from its context. First, you'd read the entire letter. Then, you would return to smaller chunks of the letter and think on them more deeply.

Overview

1. To get the context and flow of the letter to the Ephesians, read through the entire book. You can also listen to the book through an Audio Bible or the ESV app throughout the week. Feel free to read or listen to all of Ephesians as many times as you can throughout the series.
2. Once you've read or listened to the whole book, consider the following questions:
 - What are your first impressions of this book? What stands out to you?
 - What are some of the main subjects addressed in this letter?
 - How does the letter flow? In other words, at this point, do you notice anything about how it's organized?
 - What questions do you have just from your read-through?

Context

3. Now that you've read through the entire letter, read Acts 19 to gain some context on the church at Ephesus and the culture of their city. What do you learn about...
 - The believers in Ephesus?
 - The city of Ephesus – its culture, religion, economy?
 - Do you see any connection between what the city of Ephesus was like and the topics Paul addresses in his letter?

Observation

4. Now re-read Ephesians 1:1-2. Below are some observation tools you can use to help you dig deeper into these verses.
 - Mark references to the **author** in one color, and the **recipients** in another color.
 - Mark references to **God** the Father with a triangle, and **Jesus** with a cross.
5. Write down what you learn about each of these key persons – God, Jesus, the author, and the recipients. As you write down your observations, notice each phrase in the verses and ask yourself questions like “who?” “what?” “when?” “where?” “why?” “how?” For example, *how* was Paul an apostle? *By the will of God*.
 - a. What do you learn about the author from these verses?
 - b. What do you learn about the recipients? Write down each detail.
 - c. How does the author greet these saints?

Interpretation

6. Look up the original definition of *saint* (and any other words you want to look up) using an online word study tool such as Blue Letter Bible or Bible Hub (instructions are below). How does the definition add to your understanding?

Blue Letter Bible:

- 1) Type the book/chapter/verse reference in the search bar at the top of the page.
- 2) Click on the verse reference (e.g., “Ephesians 1:4”) on the left side of the page.
- 3) Click on the number of the word.

BibleHub:

- 1) Select the book/chapter/verse reference at the top of the page.
- 2) Select “Interlinear” (INT).
- 3) Click on the number above the word.

Application

7. Prayerfully reflect on what you’ve studied.
 - What stands out to you about how Paul identifies himself and addresses his audience?
 - The Ephesians are addressed as *saints*, or *holy ones*, yet they lived out this identity in a very normal (and very secular) city. Why is it significant that Paul addresses the Ephesians the way he does? Why is it important for us to remember our identity as God’s people as we walk out our daily lives in Oklahoma?
 - The authors of the New Testament letters consistently address their audiences as “saints,” not as “sinners.” Though of course these believers still struggled with sin, they were not addressed as or labeled by this identity. As a believer, do you primarily view yourself as God does – *a holy one*, made holy by the blood of Jesus? How would seeing yourself as a saint, by God’s grace, impact the way you think, relate to others, fight sin, and live your daily life?
 - How should the theology you’ve learned this week shape your daily life?

Week 1 - Sermon Notes

Ephesians 1:1-2 | September 12th-18th

Week 2

Ephesians 1:3-6 | September 19th-25th

Observation

Begin in prayer. Then, read Ephesians 1:1-6.

1. From your observations, how do vs. 1-2 connect to vs. 3-6?
2. Re-read vs. 1-6, this time observing more closely.
 - Continue to mark references to **God** the Father and **Jesus** like you did last week.
 - If you mark nothing else, start highlighting the phrase **In Christ (In Him, In the Beloved)**. This phrase will be central to the message of Ephesians.
 - If it's helpful for you, also mark these words and any other repetition you notice:
 - Blessed
 - Grace
 - According to
 - Time references
3. List what you learn from marking the phrase *In Christ* in Ephesians 1:3-6. Be sure to note this phrase in vs. 1 as well. You may want to write this list on a larger sheet of paper so you can add to it each week.
4. List what you learn from marking God the Father.

5. After his greeting, how does Paul begin his letter (vs. 3)? What repetition do you notice in this verse, and what do you learn from it?
6. What did God do before the foundation of the world, and why (vs. 4)?
7. What did God do in love, and for what? According to what (vs. 4-5)?
8. For what purposes did God act in these ways (vs. 6)?
9. Which person of the Trinity is responsible for these particular blessings?

Interpretation

10. For further interpretation, read the following cross references and note how they compare to Ephesians 1:3-6. Feel free to look up any other cross references as well.
 - 1 Peter 1:3-5
 - Romans 8:29-32, Colossians 1:21-23, 2 Timothy 1:9
 - Romans 8:14-17, 1 John 3:1-2

11. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub. Write down your observations.

Blue Letter Bible:

1. Type the book/chapter/verse reference in the search bar at the top of the page.
2. Click on the verse reference (e.g., “Ephesians 1:4”) on the left side of the page.
3. Click on the number of the word.

BibleHub:

1. Select the book/chapter/verse reference at the top of the page.
2. Select “Interlinear” (INT).
3. Click on the number above the word.

- Blessing:

- Chose:

- Predestined:

- Purpose (of His will):

- Adoption:

- Grace:

12. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about the blessings in Christ described in these verses?

2. What does this passage teach you about the extent of what God has done for you in Jesus? How secure are you in Him?

3. How should the theology of these blessings in Christ –being blessed, chosen, predestined, and adopted -- shape your daily life?

4. How can you apply what you've learned?

Week 2 - Sermon Notes

Ephesians 1:3-6 | September 19th-25th

Week 3

Ephesians 1:7-10 | September 26th – October 2nd

Observation

Begin in prayer. Then, read Ephesians 1:1-10.

1. From your observations, how do vs. 1-6 connect to vs. 7-10?
2. Re-read vs. 7-10, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate.
 - God the Father (He/Him)
 - Jesus/Christ (He/Him)
 - In Christ/In Him
 - Grace
 - According to
 - Time references
3. List what you learn from marking the phrase *In Christ* in Ephesians 1:7-10.
4. List what you learn from marking God the Father.
5. According to vs, 7, how do we have redemption in Christ? What had to happen for this redemption to be possible?
6. What do you learn about God's grace (vs. 7-8)?
7. What did God make known to us (vs. 9)?
8. What do you learn about this plan and purpose (vs. 10)?

Interpretation

9. For further interpretation, read the following cross references and note how they compare to Ephesians 1:7-10. Feel free to look up any other cross references as well.
 - Romans 3:23-24
 - Colossians 1:13-14
 - Colossians 1:19-20
 - Titus 3:11-14
 - Hebrews 9:11-14
 - 1 Peter 1:18-19
10. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - Redemption
 - Forgiveness
 - Mystery
 - Purpose (you may see this word translated "pleasure")

11. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about the blessings in Christ described in these verses?
2. What does this passage teach you about the extent of what God has done for you in Jesus? How secure are you in Him?
3. How should the theology of these blessings in Christ – being redeemed, forgiven, and lavished in grace – shape your daily life?
4. How can you apply what you've learned?

Week 3 – Sermon Notes

Ephesians 1:7-10 | September 26th – October 2nd

Week 4

Ephesians 1:11-14 | October 3rd-9th

Observation

Begin in prayer. Then, read Ephesians 1:1-14.

1. From your observations, how do vs. 1-10 connect to vs. 11-14?
2. Re-read vs. 11-14, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Jesus/Christ
 - In Christ/In Him
 - According to
 - Time references
 - *Holy Spirit
 - *Gospel
 - *Inheritance
3. List what you learn from marking the phrase *In Christ* in Ephesians 1:11-14.
4. List what you learn from marking the Holy Spirit.
5. What have we obtained in Christ (vs. 11)?
6. What blessing is repeated in this section (compare vs. 5 and vs.11)?
7. What is the purpose of those who hope in Christ (vs. 12)?
8. Write out how the gospel progressed in the Ephesians' lives as described in vs. 13-14.

9. What is the Holy Spirit called (vs. 14)?

Interpretation

10. For further interpretation, read the following cross references and note how they compare to Ephesians 1:11-14. Feel free to look up any other cross references as well.
- Romans 10:13-17
 - 1 Thessalonians 1:4-8
 - Colossians 1:5-8
 - 1 Corinthians 1:21-22
 - 1 Peter 1:4
11. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
- b. Inheritance
 - c. Gospel
 - d. Sealed
 - e. Guarantee
12. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about the blessings in Christ described in these verses?

2. What does this passage teach you about the progression of the gospel? If you are in Christ, when did you hear the word of truth, believe, and become sealed with the Holy Spirit? What is your role in helping others hear the word of truth?

3. How should the theology of these blessings in Christ – the inheritance, the gospel message, and seal of the Spirit-- shape your daily life?

4. How can you apply what you've learned?

Week 4 – Sermon Notes

Ephesians 1:11-14 | October 3rd-9th

Week 5

Ephesians 1:15-23 | October 10th-16th

Observation

Begin in prayer. Then, read Ephesians 1:1-23.

1. From your observations, how do vs. 1-14 connect to vs. 15-23?

2. Re-read vs. 15-23, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.

- God the Father
 - Jesus/Christ
 - In Christ/In Him
 - According to
 - Time references
 - Holy Spirit
 - *Know/knowledge
 - *What is/what are
 - *All
 - *Church/body

3. List what you learn from marking the phrase *In Christ* in Ephesians 1:15-23.

4. List what you learn about Jesus.

5. What is evident in the Ephesians' lives (vs. 15)?

6. What does Paul not cease to do (vs. 16)?

7. What does he pray God the Father would do for the Ephesians (vs. 17)?

8. How would this be possible (vs. 18)?
9. What did Paul pray the Ephesians would know (look at where you marked the phrases *what is/what are*) (vs. 18-19)?
10. What do you learn about Christ's power, position, and reign (vs. 20-23)?

Interpretation

11. For further interpretation, read the following cross references and note how they compare to Ephesians 1:15-23. Feel free to look up any other cross references as well.
 - 1 Corinthians 15:20-26
 - Philippians 2:5-11
 - Colossians 1:18
 - Hebrews 1:3-4
 - Hebrews 6:17-19

12. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.

b. Enlightened

c. Hope

d. Power

13. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Paul's prayer? Why do you think he immediately prays that God would help the Ephesians "know" these things right after he spends 14 verses describing the blessings we have in Christ?
2. What kinds of things do you typically pray for? How can Paul's prayer shape your own?
3. How should the theology of Christ's supremacy and headship – God raising Him from the dead, seating Him at His right hand far above all other names, and giving Him as head to the church -- shape your daily life?
4. How can you apply what you've learned?
5. Summarize Chapter 1 in a phrase or sentence.

Week 5 – Sermon Notes

Ephesians 1:15-23 | October 10th-16th

Week 6

Ephesians 2:1-9 | October 17th-23rd

Observation

Begin in prayer. Then, read Ephesians 2:1-9.

1. From your observations, how does Ephesians 2:1-9 connect to Ephesians 1?

2. Re-read Ephesians 2:1-9, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.

 - God the Father
 - Christ Jesus
 - In Christ/In Him
 - Time references
 - Grace
 - *Dead

3. List everything you learn about the human condition apart from Christ, and then about our salvation in Christ.

Apart from Christ (vs. 1-3)	But God... (vs. 4-9)

4. List what you learn from marking the phrase *In Christ* in Ephesians 2:1-9.
5. What do vs. 1-3 emphasize about our inner and outer life apart from Christ? Do these verses indicate any hope of salvation in ourselves?
6. When did God love us and show us mercy (vs. 4-5)?
7. If you are in Christ, where are you positionally seated right now (vs. 6)?
8. What future implications does our present salvation have (vs. 7)?
9. What is emphasized about our salvation (vs. 8-9)?

Interpretation

10. For further interpretation, read the following cross references and note how they compare to Ephesians 2:1-9. Feel free to look up any other cross references as well.
 - John 3:19-20
 - Romans 3:9-18
 - Romans 5:6-11
 - 1 Corinthians 1:30-31
 - Colossians 2:13-14

11. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.

b. Dead

c. Rich

d. Mercy

e. Saved

12. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about salvation in this passage? Have you ever thought of your salvation as God merely "helping you out" or making you a better person? How does this passage speak to that idea?
2. Think about the contrast between the blessings in Christ described in Ch. 1 and the former condition of the Ephesians (and of all believers) described in Ch. 2:1-3. How does this contrast magnify God's mercy and transforming grace? How does this impact you?
3. How should the theology of God's mercy to you in Christ – His love for you, His raising you up and seating you with Christ, and His salvation by grace alone – shape your daily life?
4. How can you apply what you've learned?

Week 6 – Sermon Notes

Ephesians 2:1-9 | October 17th-23rd

Week 7

Ephesians 2:10 | October 24th-30th

Observation

Begin in prayer. Then, read Ephesians 2:1-10.

1. From your observations, how does Ephesians 2:10 connect to Ephesians 2:1-9?
2. Re-read Ephesians 2:10, this time meditating more closely on this key verse. If it's helpful for you, mark references to your key words in this verse (listed below). New words are indicated with a *.
 - God the Father
 - (In) Christ Jesus
 - Time references
 - *Works/workmanship – also mark this word in 2:2 and 2:9
 - *Walk – also mark this word in 2:2
3. What do you learn from marking the phrase *In Christ* in Ephesians 2:10?
4. Observe this verse closely – *who* is God's workmanship? Based on the context of Ephesians, is this verse talking about everyone in the world or a specific group of people?
5. For what are believers created in Christ Jesus?
6. What do you learn about these works in 2:10? How are these different from the works in 2:2 and 2:9?
7. How are those in Christ meant to walk (2:10)? How is this in contrast to their walk before Christ (2:2)?

Interpretation

8. For further interpretation, read the following cross references and note how they compare to Ephesians 2:1-9. Feel free to look up any other cross references as well.
 - Matthew 5:17
 - 2 Corinthians 5:17
 - Ephesians 2:20-24
 - Philippians 2:12-13
 - Colossians 1:9-10
 - Colossians 3:10
 - Titus 2:14; 3:8; 3:14
 - Hebrews 10:24
 - 2 Peter 1:3-11

9. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
- Workmanship
 - Created
 - Works
 - Walk
10. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 2:10?
2. Why is it significant that God created you in Christ for a purpose, and prepared good works for you to do beforehand? How does this fuel your life with meaning? What good works has God given you to do in this season?
3. How should the theology of Ephesians 2:10 – being God's workmanship, created in Christ for good works – shape your daily life?
4. How can you apply what you've learned?

Week 7 – Sermon Notes

Ephesians 2:10 | October 24th-30th

Week 8

Ephesians 2:11-22 | October 31st – November 6th

Observation

Begin in prayer. Then, read Ephesians 2:1-22.

1. From your observations, how does Ephesians 2:11-22 connect to Ephesians 2:1-10?
 2. Re-read Ephesians 2:11-22, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
- God the Father
 - Christ Jesus
 - In Christ/In Him
 - Holy Spirit
 - Time references
 - *Gentiles/ "the uncircumcision" / "those who were far off"
 - *Jews/ "the circumcision" / "those who were near"
 - *Peace
 - *One
 - *Household/temple/structure/dwelling place
3. What do you learn from marking the phrase *In Christ* in Ephesians 2:11-22?
 4. What was true of the Ephesians believers "at one time" when they did not know Christ (vs. 11-12)?
 5. In Christ, what had happened to these "far off" Gentiles (vs. 13)? How?
 6. What did Jesus do to make the joining of Jewish and Gentile believers in Christ possible (vs. 14-17)? How did He make peace?
 7. What does every person in Christ enjoy (vs. 18)?
 8. What metaphors does Paul use to describe believers in Christ (vs. 19-22)? What do these images communicate about God's people?

Interpretation

9. For further interpretation, read the following cross references and note how they compare to Ephesians 2:11-22. Feel free to look up any other cross references as well.
 - Isaiah 57:19
 - Acts 2:39
 - Romans 5:2
 - Galatians 3:26-29
 - Ephesians 3:6
 - Colossians 1:21-22
 - 1 Timothy 3:15
 - 1 Peter 2:4-10

10. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
- a. Reconcile
 - b. Peace
 - c. "Being joined together" (2:21)
11. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

12. What stands out to you about Ephesians 2:11-22?
13. Why is it significant that all of God's people are one body, fellow citizens, and members of the household of God? What difference does it make that we are saved into a corporate people in Christ?
14. How should the theology of this passage— Christ's reconciling work at the cross, and His creation and unification of one people — shape your daily life?
15. How can you apply what you've learned?

Week 8 – Sermon Notes

Ephesians 2:11-22 | October 31st – November 6th

Week 9

Ephesians 3:1-13 | November 7th – 13th

Observation

Begin in prayer. Then, read Ephesians 3:1-13.

1. From your observations, how does Ephesians 3:1-13 connect to Ephesians 2?
2. Re-read Ephesians 3:1-13, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
- God the Father
 - Christ Jesus
 - In Christ/In Him
 - Holy Spirit
 - Time references
 - The author (Paul/I/me/my)
 - Grace
 - Gospel
 - *Mystery
 - *Made known/revealed/revelation
3. What do you learn from marking the phrase *In Christ* in Ephesians 3:1-13?
4. What do you learn about Paul in this passage? Why was he given grace?
5. Look at references to *the mystery* in these verses. What is the mystery? How was it made known? When?
6. What is the purpose of the mystery (vs. 10)?
7. According to this passage, what things are being made known and to whom?

Interpretation

8. For further interpretation, read the following cross references and note how they compare to Ephesians 3:1-13. Feel free to look up any other cross references as well.
 - Romans 16:25-27
 - 1 Corinthians 15:8-10
 - Colossians 1:24-29
 - 1 Peter 1:10-12
9. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Mystery
 - b. Revelation
 - c. Fellow heirs (one word in Greek - "joint-heirs")
 - d. Same body (one word in Greek - "joint body")
 - e. Partakers (one word in Greek - "joint partakers")
10. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Week 9 – Sermon Notes

Ephesians 3:1-13 | November 7th – 13th

Week 10

Ephesians 3:14-21 | November 14th – 20th

Observation

Begin in prayer. Then, read Ephesians 3:1-21.

1. From your observations, how does Ephesians 3:14-21 connect to Ephesians 3:1-13?

2. Re-read Ephesians 3:14-21, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.

 - God the Father
 - Christ Jesus
 - In Christ/In Him
 - Holy Spirit
 - Time references
 - Know/knowledge
 - *Love

3. What do you learn from marking the phrase *In Christ* in Ephesians 3:14-21?

4. Why do you think Paul prays that God would help His people know the love of Christ immediately after writing about the mystery of Christ being made known?

5. What does Paul pray for the Ephesians (vs. 16)? How would this happen?

6. Why does he pray that God would strengthen the Ephesians in their inner being (vs. 17-19)?

7. How is the love of Christ described in these verses (vs. 17-19)? What metaphors does Paul use?

8. How does Paul conclude Ephesians 1-3 (vs. 20-21)? Why do you think he ends this way?

Interpretation

9. For further interpretation, read the following cross references and note how they compare to Ephesians 3:14-21. Feel free to look up any other cross references as well.
 - Romans 5:5-8
 - Romans 8:35-39
 - 1 John 3:1
 - 1 John 4:7-19
 - Revelation 1:5
10. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Strengthened
 - b. Rooted
 - c. Grounded
 - d. Love
11. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

12. What stands out to you about Ephesians 3:14-21?

13. Why is it significant that Paul prays that the Ephesians would know the love of Christ that surpasses knowledge?

14. How should the theology of this passage— the love of Christ for us — shape your daily life?

15. How can you apply what you've learned?

Week 10 – Sermon Notes

Ephesians 3:14-21 | November 14th – 20th

Week 11

Ephesians 4:1-6 | January 2nd – 8th

Observation

Begin in prayer. Then, read Ephesians 4-6.

1. What do you notice about these chapters? What repeated words or ideas do you see? How do Ephesians 1-3 connect to Ephesians 4-6? What is different between these two sections?

2. Re-read Ephesians 4:1-6, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus
 - Holy Spirit
 - Walk
 - *Unity/one

3. What do you learn from marking the phrase *walk* in Ephesians 4:1-6?

4. Notice the “therefore” in Ephesians 4:1. What is Paul referring to? What is he building Chapters 4-6 on?

5. What does Paul urge the Ephesian believers to do (vs. 1)?

6. What is this walk characterized by (vs. 2-3)?

7. List everything you learn from marking “one” in vs. 4-6.

Interpretation

8. For further interpretation, read the following cross references and note how they compare to Ephesians 4:1-6. Feel free to look up any other cross references as well.
 - 1 Corinthians 12:4-6
 - Philippians 1:27
 - Philippians 2:1-5
 - Colossians 1:9-10, 2:6-7, 3:12-14
 - 1 Thessalonians 2:11-12, 4:1
9. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Walk
 - b. Worthy
 - c. Called
 - d. Maintain
 - e. Unity
10. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 4:1-6?
2. Why is it significant that Paul urges believers to *walk* in a certain manner after everything he said in Chapters 1-3? Why is this order important?
3. What truths are the exhortations of this passage – to walk in a manner worthy of our calling – grounded in? How does this walk flow from being in Christ?
4. Are you surprised by the way a “worthy walk” is described? What does this walk look like for your life personally? Where do you need to repent and grow? If you're in Christ, in what ways do you see God producing this fruit in you?
5. How can you apply what you've learned?

Week 11 – Sermon Notes

Ephesians 4:1-6 | January 2nd – 8th

Week 12

Ephesians 4:7-16 | January 9th-15th

Observation

Begin in prayer. Then, read Ephesians 4:1-16.

1. From your observations, how does Ephesians 4:7-16 connect to Ephesians 4:1-6?
2. Re-read Ephesians 4:7-16, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus
 - Holy Spirit
 - Grace
 - *Mature/grow
3. How do vs. 7-16 elaborate on the worthy *walk* mentioned in Ephesians 4:1?
4. To whom was grace given (vs. 7)? What idea does this word emphasize? What idea did the repetition of the word "one" emphasize in vs. 4-6? How do these ideas fit together?
5. Who gave the grace (vs. 8-10)?
6. Who did Christ give to the church, and for what purpose (vs. 11-12)?
7. What is the goal of the building up of the body of Christ (vs. 13-14)?
8. How is the healthy growth of the body described (vs. 15-16)?

Interpretation

9. For further interpretation, read the following cross references and note how they compare to Ephesians 4:7-16. Feel free to look up any other cross references as well.
 - Romans 12:3-13
 - Colossians 2:19
 - 2 Thessalonians 1:3
 - 2 Timothy 4:5
 - Hebrews 5:12-14
 - 1 Peter 1:2-3
 - 2 Peter 3:17-18
10. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Equip
 - b. Ministry
 - c. Grow up
11. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 4:7-16?
2. Why is it significant that God has provided for the saints to be equipped for the work of ministry, for building up the body of Christ? What is your role in contributing to the growth of the whole body?
3. What truths are the exhortations of this passage – to grow up into Christ – grounded in? How does this walk flow from being in Christ?
4. What does this walk look like for your life personally? Where do you need to repent and grow? If you're in Christ, in what ways do you see God producing this fruit in you? How can you apply what you've learned?

Week 12 – Sermon Notes

Ephesians 4:7-16 | January 9th-15th

Week 13

Ephesians 4:17-24 | January 16th-22nd

Observation

Begin in prayer. Then, read Ephesians 4:1-24.

1. From your observations, how does Ephesians 4:17-24 connect to Ephesians 4:1-16?

2. Re-read Ephesians 4:17-24, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.

- God the Father
 - Christ Jesus
 - In Christ
 - Walk
 - *References to sinfulness (darkened, alienated, greedy, etc.)
 - *Put off /put away
 - *Old self
 - *Put on/be renewed
 - *New self

3. How does Paul urge the Ephesians to *not* walk (vs. 17)?

4. How is the Gentiles' walk described (vs. 17-19)?

5. How are Paul urge the Ephesians *to* walk (vs. 20-24)? Write out the progression you see in vs. 22-24.

6. How is the "old self" described? How is the "new self" described?

Interpretation

7. For further interpretation, read the following cross references and note how they compare to Ephesians 4:17-24. Feel free to look up any other cross references as well.
 - Romans 6:5-14
 - Romans 12:1-2
 - Colossians 3:5-17
 - Hebrews 12:1-3
 - 1 Peter 2:1-3
8. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Put off
 - b. Renewed
 - c. Put on
9. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

10. What stands out to you about Ephesians 4:17-24?

11. Why is it significant that our walk in Christ will increasingly look drastically different from our former walk apart from Christ?

12. What truths are the exhortations of this passage – to put off the old self and put on the new self – grounded in? How does this walk flow from being in Christ?

13. What does this walk of putting off the “old self” and putting on the “new self” look like for your life personally? What aspects of your “old self” are you fighting right now? Spend some time repenting of these sins and putting on the “new self” of Christlikeness by faith.

Week 13 – Sermon Notes

Ephesians 4:17-24 | January 16th-22nd

Week 14

Ephesians 4:25-32 | January 23rd-29th

Observation

Begin in prayer. Then, read Ephesians 4:1-32.

1. From your observations, how does Ephesians 4:25-32 connect to Ephesians 4:1-24?
2. Re-read Ephesians 4:25-32, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus
 - In Christ
 - Holy Spirit
 - Put away
 - *References to sinfulness (falsehood, stealing, etc.)
3. On the next page, list out what the Ephesians are commanded to put away, put on, and why (as applicable). The first is done for you.

Put off...	Put on...	Reason...
4:25 Put off falsehood	Speaking the truth	We are members of one another
4:26-27		
4:28		
4:29		
4:30		
4:31-32		

4. How do these commands make “putting off” the old self and “putting on” the new self very practical?

5. Why is it important that we don’t merely “put off” our sin but “put on” Christ?

Interpretation

7. For further interpretation, read the following cross references and note how they compare to Ephesians 4:25-32. Feel free to look up any other cross references as well.
 - John 17:17, Ephesians 5:15
 - James 1:19-21
 - Galatians 6:10, 1 Thessalonians 4:9-10
 - Colossians 4:6
 - Galatians 5:16-26
8. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Corrupting/unwholesome
 - b. Building up/edification
 - c. Grieve
 - d. Tenderhearted
9. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 4:25-32?

2. Why is it significant that putting off the old self, being renewed, and putting on the new self will produce very practical life change that is ultimately for the good of others?

3. What truths are the imperatives of this passage grounded in? How does this walk flow from being in Christ?

4. What does this walk of obedience look like for your life personally? Are you only focused on avoiding sin, or are you also actively seeking obedience demonstrated in love toward others? Which command was most convicting to you?

Week 14 – Sermon Notes

Ephesians 4:25-32 | January 23rd-29th

Week 15

Ephesians 5:1-2 | January 30th – February 5th

Observation

Begin in prayer. Then, read Ephesians 5:1-2.

1. From your observations, how does Ephesians 5:1-2 connect to Ephesians 4:25-32?
2. Re-read Ephesians 5:1-2, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus
 - Walk
 - Love/beloved (*If you haven't already, go mark this word in Ephesians 1:4, 1:15, 2:4, 3:17, 3:19, 4:2, 4:15-16, 5:25, 5:28, 5:33, 6:23-24)
3. After Paul urges the Ephesians to walk worthy of their calling and to walk in the new self in Chapter 4, how does he command them to *walk* in Ephesians 5:1-2?
4. Summarize what you learn about love from the book of Ephesians.
5. Notice the first word of Ephesians 5:1. What is there "therefore" there for? What is Paul building these ideas on? (Hint: Look at the verses right before as well as the context of Ephesians.)
6. What are the Ephesians commanded to do (vs. 1)?
7. As a basis for this command, what identity does Paul remind the Ephesians of (vs. 1)?
8. What do you learn about Jesus (vs. 2)? How does He motivate, enable, and set the example for the believer's walk of love?

Interpretation

9. For further interpretation, read the following cross references and note how they compare to Ephesians 5:1-2. You can also review the cross references from Ephesians 3:14-21 (Week 10). Feel free to look up any other cross references as well.

- Mark 12:30-31
- John 13:34-35
- John 15:9-13
- John 17:26
- Romans 8:14-16
- Romans 12:9-10
- Romans 13:8-10
- 1 Corinthians 13:4-8
- 2 Corinthians 5:14
- 2 Corinthians 13:14
- Galatians 2:20

- Galatians 5:13-14, 22-23
- Philippians 1:9-10
- 1 Thessalonians 4:19
- 2 Thessalonians 3:5
- Philemon 1:7
- Hebrews 6:10
- Hebrews 10:24
- 1 Peter 1:22
- 1 Peter 4:8
- 1 John 3:16-18
- 1 John 4:9-11

10. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.

a. Beloved

b. Fragrant

c. Sacrifice

11. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 5:1-2?

2. Why is it significant that Christ loved us before we loved Him, and that we are now to demonstrate His love in the way we walk?

3. What truths are the exhortations of this passage – to walk in love – grounded in? How does this walk flow from being in Christ?

4. What does this walk of love look like for your life personally? How can you abide in Christ's love for you and practically show this love to others?

Week 15 – Sermon Notes

Ephesians 5:1-2 | January 30th – February 5th

Week 16

Ephesians 5:3-14 | February 6th-12th

Observation

Begin in prayer. Then, read Ephesians 5:1-14.

1. From your observations, how does Ephesians 5:3-14 connect to Ephesians 5:1-2?
2. Re-read Ephesians 5:3-14, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
- God the Father
 - Christ Jesus
 - In Christ (In the Lord)
 - Walk
 - References to sin (mark darkness the same way)
 - *Light/shine
 - Time references
3. What practices are “out of place” among believers (vs. 3-4)?
4. What warnings does Paul give about the seriousness of sin (vs. 5-6)?
5. What does Paul tell the Ephesians believers *not* to do, and why (vs. 7-8a)?
6. How should the Ephesians walk instead (vs. 8)? What does this walk look like (vs. 9-14)?
7. Who is the source of this walk of light (vs. 14)?

Interpretation

8. For further interpretation, read the following cross references and note how they compare to Ephesians 5:3-14. Feel free to look up any other cross references as well.
 - Matthew 5:16
 - John 1:1-9
 - John 3:19-21
 - John 8:12
 - Romans 13:11-14
 - Colossians 1:13
 - 1 Thessalonians 5:4-8
 - 1 Peter 2:9
 - 1 John 1:5-10, 2:8-10
 - Revelation 21:22-27

9. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Proper/fitting
 - b. Partakers
 - c. Light
10. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 5:3-14?
2. Why is it significant that a believer's walk is characterized by light and not darkness? What does this mean?
3. What truths are the exhortations of this passage – to walk in light – grounded in? How does this walk flow from being in Christ?
4. What does this walk of light look like for your life personally? How can you walk in the light this week?

Week 16 – Sermon Notes

Ephesians 5:3-14 | February 6th-12th

Week 17

Ephesians 5:15-21 | February 13th-19th

Observation

Begin in prayer. Then, read Ephesians 5:1-21.

1. From your observations, how does Ephesians 5:15-21 connect to Ephesians 5:1-14?
2. Re-read Ephesians 5:15-21, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus
 - Holy Spirit
 - Walk
 - *Wise
 - *Unwise/foolish
 - References to time
3. How does Paul urge the Ephesians to walk in this passage (vs. 15)? What contrast does he make?
4. What characterizes walking in wisdom? How is walking in wisdom contrasted with walking in foolishness (vs. 16-17)?
5. What else characterizes the walk of wisdom (vs. 17-21)? How does wisdom impact sober-mindedness, actions, words, heart attitudes, and relationships?

Interpretation

6. For further interpretation, read the following cross references and note how they compare to Ephesians 5:15-21. Feel free to look up any other cross references as well.
 - Proverbs 1:7, 2:1-10
 - Romans 12:1-2
 - 2 Corinthians 5:9-10
 - Colossians 3:15-16
 - Colossians 4:5
 - James 1:5
 - 1 Peter 4:1-7
7. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Wise
 - b. Foolish
8. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Week 17 – Sermon Notes

Ephesians 5:15-21 | February 13th-19th

Week 18

Ephesians 5:22-33 | February 20th-26th

Observation

Begin in prayer. Then, read Ephesians 5:1-33.

1. From your observations, how does Ephesians 5:22-33 connect to Ephesians 5:1-21?
2. Re-read Ephesians 5:22-33, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus
 - Walk
 - Love
 - *Husbands
 - *Wives
 - *Church/body
 - *Submit (*also mark this word in 5:21)
3. How are wives instructed to relate to their husbands (vs. 22-24)? How do wives picture the church's relationship with Christ?
4. How are husbands instructed to relate to their wives (vs. 25-30)? How do husbands picture Christ's relationship with the church?

5. How does Paul conclude this section (vs. 31-33)?
6. Based on this passage and the context of Ephesians, what is the marriage relationship really about?
7. Based on this passage and the context of Ephesians, how does being in Christ impact the marriage relationship?

Interpretation

8. For further interpretation, read the following cross references and note how they compare to Ephesians 5:22-33. Feel free to look up any other cross references as well.
 - Genesis 2:18-25
 - Isaiah 61:10-11
 - Ephesians 5:2
 - Colossians 3:18-19
 - 1 Peter 3:1-8
 - Revelation 19:6-9, 21:1-4

9. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Head
 - b. Love
 - c. Submit
 - d. Sanctify
 - e. Nourishes
 - f. Cherishes
10. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 5:22-33?
2. How is God's design for marriage different than the world's ideas of what works best? Why is it significant that marriage is a picture of Christ's relationship with the church?
3. What truths are the exhortations of this passage – instructions about the marriage relationship – grounded in? How does this kind of marriage flow from being in Christ?

4. What do the truths and implications of marriage in Christ look like for your life personally, regardless of your marital status?
 - a. If you're married, how can you practically love and honor your spouse this week? How do you want to grow in Christlikeness in your marriage?
 - b. If you aren't married, how can you worship Christ for His design for marriage, honor the gift of marriage, and look forward to the better marriage to come? What faithful marriages can you learn from?

Week 18 – Sermon Notes

Ephesians 5:22-33 | February 20th-26th

Week 19

Ephesians 6:1-4 | February 27th – March 5th

Observation

Begin in prayer. Then, read Ephesians 6:1-4.

1. From your observations, how does Ephesians 6:1-4 connect to Ephesians 5?
2. Re-read Ephesians 6:1-4, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - Christ Jesus (the Lord)
 - *Children
 - *Parents
3. What are children commanded to do in the Lord, and why (vs. 1-3)?
4. What are fathers commanded to do (vs. 4)?
5. Based on this passage and the context of Ephesians, how does being in Christ impact the parent-child relationship?

Interpretation

6. For further interpretation, read the following cross references and note how they compare to Ephesians 6:1-4. Feel free to look up any other cross references as well.
 - Exodus 20:12
 - Deuteronomy 6:4-9
 - Joshua 4:19-24

- Proverbs 1:8
 - Proverbs 4:1-4, 10-11
 - Colossians 3:20-21
7. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Obey
 - b. Honor
 - c. Discipline
 8. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 6:1-4?
2. How is God's design for the parent-child relationship different than the world's ideas of what works best? Why is it significant that God cares about how the family works?

3. What truths are the exhortations of this passage – instructions toward parents and children– grounded in? How does this kind of relationship flow from being in Christ?

4. What do the truths and implications of the parent-child relationship in Christ look like for your life personally, regardless of if you have children?
 - a. What does it look like in this season to honor your parents and/or the various spiritual parents the Lord has given you?

 - b. If you do have children, where do you want to grow in raising your children in the discipline and instruction of the Lord? How can you seek the Lord in prayer and His word about this, and what faithful parent(s) can you learn from?

 - c. If you don't have children, how can you pour into the next generation and proclaim His might to those who are younger (Psalm 71:18)?

Week 19 – Sermon Notes

Ephesians 6:1-4 | February 27th – March 5th

Week 20

Ephesians 6:5-9 | March 6th-12th

Observation

Begin in prayer. Then, read Ephesians 6:1-9.

1. From your observations, how does Ephesians 6:5-9 connect to Ephesians 6:1-4?
2. Re-read Ephesians 6:5-9, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
 - God the Father
 - Christ Jesus (the Lord)
 - *Bondservants
 - *Masters
 - *Heart
3. What are bondservants commanded to do, and how (vs.5-8)? Why are they told to live this way?
4. What are masters commanded to do, and why (vs. 9)?
5. Based on this passage and the context of Ephesians, how does being in Christ impact supervisor-employee (work) relationships?

Interpretation

6. For further interpretation, read the following cross references and note how they compare to Ephesians 6:5-9. Feel free to look up any other cross references as well.
 - Romans 12:10-11
 - Galatians 3:28

- Colossians 3:17, 22-4:1

- 1 Peter 2:18

- 2 Thessalonians 3:12

7. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Sincere
 - b. Eye service
 - c. Good will
8. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 6:5-9?
2. How is God's design for work relationships different than the world's ideas of what works best? Why is it significant that God cares about how we relate to supervisors and subordinates?

3. What truths are the exhortations of this passage – instructions toward workplace relationships– grounded in? How do these kinds of relationships flow from being in Christ?

4. What do the truths and implications of work relationships in Christ look like for your life personally? How can you honor those you work for, and those who may work for you? How would your attitudes and work ethic change if you remembered that you are ultimately serving Christ, not man, in your work?

Week 20 – Sermon Notes

Ephesians 6:5-9 | March 6th-12th

Week 21

Ephesians 6:10-20 | March 13th-19th

Observation

Begin in prayer. Then, read Ephesians 6:1-20.

1. From your observations, how does Ephesians 6:10-20 connect to Ephesians 6:1-9?
2. Re-read Ephesians 6:10-20, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.

 - God the Father
 - Christ Jesus (the Lord)
 - In Christ (in the Lord)
 - Holy Spirit
 - Put on
 - Gospel
 - Time references
 - *Stand/withstand
 - *References to the devil/demons/forces of evil
3. What does Paul exhort the Ephesians to do as he concludes his letter (vs. 10)?
4. How will the Ephesians, and all believers, be able to stand firm (vs. 11)?
5. Why do believers need the whole armor of God (vs. 12-13)?
6. How is the armor of God described (vs. 14-17)?
7. What else have you learned about “putting on” in Ephesians? How does the armor connect to what Paul has already talked about in his letter – the gospel, the truth, faith, etc.?

8. What else does Paul call the Ephesians (and us) to do (vs. 18-20)? When? Why?

Interpretation

9. For further interpretation, read the following cross references and note how they compare to Ephesians 6:10-20. Feel free to look up any other cross references as well.
- Romans 16:20
 - 1 Corinthians 10:13-14
 - 2 Corinthians 10:3-5
 - 2 Corinthians 2:11
 - 1 John 5:19
 - 1 Peter 5:8
10. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
- a. Whole armor
 - b. Stand
 - c. Schemes

11. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

1. What stands out to you about Ephesians 6:10-20?
2. Why is it significant that God has given us everything we need to stand firm in Him? Why is it important to remember that we do not wrestle against flesh and blood, but against spiritual forces of evil?
3. What truths are the exhortations of this passage – to stand firm in the Lord and put on the whole armor of God– grounded in? How does being in Christ ensure that we can stand in this kind of protection and security?
4. What do the truths and implications of the armor of God look like for your life personally? What temptations and lies are you facing? How is this passage strengthening to you?

Week 21 – Sermon Notes

Ephesians 6:10-20 | March 13th-19th

Week 22

Ephesians 6:21-24 | March 20th-26th

Observation

Begin in prayer. Then, read the entire book of Ephesians.

1. From your observations, how does Ephesians 6:21-24 connect to Ephesians 6:1-20?
2. Re-read Ephesians 6:21-24, this time observing more closely. If it's helpful for you, mark references to your key words (listed below) as well as any other repetition you want to annotate. New words are indicated with a *.
- God the Father
 - Christ Jesus (the Lord)
 - In Christ (in the Lord)
 - Paul (I)
 - Love
3. How does the end of the letter give you insight into Paul's relationship with the Ephesians and with other coworkers in the faith (vs. 21-22)?
4. How does Paul conclude his letter (vs. 23-24)? Why do you think he ends this way?

Interpretation

5. For further interpretation, read the following cross references and note how they compare to Ephesians 6:21-23. Feel free to look up any other cross references as well.
- Romans 16:25-27
 - 2 Corinthians 13:14
 - 2 Thessalonians 3:16-17

6. Now look up the definition of the following words, as well as any others you want to understand better. Remember that you can search word studies on Blue Letter Bible, or on Bible Hub (instructions in Week 1's content). Write down your observations.
 - a. Encourage
 - b. Grace
 - c. Incorruptible
7. Based on your study this week, summarize the main point of this passage in a single sentence. What is it saying?

Application

Prayerfully reflect on what you've studied.

8. What stands out to you about Ephesians 6:21-24?
9. What "beloved brothers and faithful ministers in the Lord" are you thankful for? How can you encourage and bless them this week?
10. How is Paul's blessing at the end of his letter a fitting conclusion to the book? How does it apply to you?

*"Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ.
Grace be with all who love our Lord Jesus Christ with love incorruptible."
Ephesians 6:23-24*

Week 22 – Sermon Notes

Ephesians 6:21-24 | March 20th-26th

1. What have you learned about God the Father, Jesus Christ, and the Holy Spirit in the book of Ephesians?
2. What have you learned about being in Christ?
3. What have you learned about how being in Christ transforms our walk – our lifestyles, relationships, work, etc.?
4. What are your biggest takeaways from Ephesians?
5. How would you summarize:
 - a. Ephesians 1-3:
 - b. Ephesians 4-6:
 - c. The entire book of Ephesians:

EPHESIANS

1

Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus, and are faithful in Christ Jesus:

² Grace to you and peace from God our Father and the Lord Jesus Christ.

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

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

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹ and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might ²⁰ that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹ far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. ²² And he put all things under his feet and gave him as head over all things to the church, ²³ which is his body, the fullness of him who fills all in all.

And you were dead in the trespasses and sins ²in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴But God, being rich in mercy, because of the great love with which he loved us, ⁵even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

¹¹Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands— ¹²remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶and might reconcile us both to God in one body through the cross, thereby killing the hostility. ¹⁷And he came and preached peace to you who were far off and peace to those who were near. ¹⁸For through him we both have access in one Spirit to the Father. ¹⁹So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, ²⁰built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, ²¹in whom the whole structure, being joined together, grows into a holy temple in the Lord. ²²In him you also are being built together into a dwelling place for God by the Spirit.

3

For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles—² assuming that you have heard of the stewardship of God's grace that was given to me for you, ³ how the mystery was made known to me by revelation, as I have written briefly. ⁴ When you read this, you can perceive my insight into the mystery of Christ, ⁵ which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. ⁶ This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

⁷ Of this gospel I was made a minister according to the gift of God's grace, which was given me by the working of his power. ⁸ To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, ⁹ and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, ¹⁰ so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. ¹¹ This was according to the eternal purpose that he has realized in Christ Jesus our Lord, ¹² in whom we have boldness and access with confidence through our faith in him. ¹³ So I ask you not to lose heart over what I am suffering for you, which is your glory.

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ 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, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit—just as you were called to the one hope that belongs to your call— ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all and through all and in all. ⁷ But grace was given to each one of us according to the measure of Christ's gift. ⁸ Therefore it says,

“When he ascended on high he led a host of captives,
and he gave gifts to men.”

⁹ (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? ¹⁰ He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on

your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Therefore be imitators of God, as beloved children. ² And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

³ But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ⁴ Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. ⁵ For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. ⁶ Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. ⁷ Therefore do not become partners with them; ⁸ for at one time you were darkness, but now you are light in the Lord. Walk as children of light ⁹ (for the fruit of light is found in all that is good and right and true), ¹⁰ and try to discern what is pleasing to the Lord. ¹¹ Take no part in the unfruitful works of darkness, but instead expose them. ¹² For it is shameful even to speak of the things that they do in secret. ¹³ But when anything is exposed by the light, it becomes visible, ¹⁴ for anything that becomes visible is light. Therefore it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you."

¹⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.

²² Wives, submit to your own husbands, as to the Lord. ²³ For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. ²⁴ Now as the church submits to Christ, so also wives should submit in everything to their husbands.

²⁵ Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. ²⁸ In the same way husbands should love their

wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body. ³¹ “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” ³² This mystery is profound, and I am saying that it refers to Christ and the church. ³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

6

Children, obey your parents in the Lord, for this is right. ²“Honor your father and mother” (this is the first commandment with a promise), ³“that it may go well with you and that you may live long in the land.” ⁴Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

⁵Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, ⁶not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, ⁷rendering service with a good will as to the Lord and not to man, ⁸knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. ⁹Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

¹⁰Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, ¹⁹and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, ²⁰for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

²¹So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. ²²I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

²³Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. ²⁴Grace be with all who love our Lord Jesus Christ with love incorruptible.