

## Ephesians 1-6

**Key Verse:** “When you believed, you were marked in Him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession- to the praise of His glory. Ephesians 1:13b-14.

**Author: Paul** Paul wrote the letter to the Ephesians and other believers sometime in AD 60-61, around the same time he wrote Colossians and Philemon. He sent all three letters by the hand of Tychicus, accompanied by Onesimus (Ephesians 6:21; Colossians 4:7-9; Philemon 1:10-12). In early manuscripts these letters were not addressed to any particular church, therefore, it was very likely a circular letter that went out to other churches in the region. It was address to the “faithful in Christ Jesus”, which includes us. It was during this time that Paul sat in Rome under house arrest undergoing his first Roman imprisonment (Ephesians 3:1; 4:1; Acts 28:16).

**Introduction** - Ephesians was written to teach us whom we are in Jesus Christ in order to strengthen us. To remind us of what we have because of our relationship with Him and how to use what He has given us for His glory. Ephesians is called the “Jewel of the Epistles” because it is the epitome of the whole Christian doctrine. He exhorts the body of Christ to walk in unity, the importance of living out your faith at home and in your daily life, to walk in love, and in His light and wisdom. Paul speaks of the importance of putting on the armor of God daily in order to face temptation with victory and to be able to speak boldly the gospel of Christ.

As you read through Ephesians you will see this book mentions multiple times- Riches (Eph. 1:18; 2:4; 2:7; 3:8; 3:16), Grace (Eph. 1:2; 1:6; 1:7; 2:5; 2:7; 2:8; 3:2; 3:7; 3:8; 4:7; 6:24), Glory (Eph. 1:6; 1:12; 1:14; 1:17; 1:18; 3:13; 3:16; 3:21), Fullness or ( fill)ed (Eph 1:10; 1:23; 3:19; 4:13), In Christ, By Christ or in Him (Ephesians 1:4; 1:22; 3:19; 3:21; 4:10; 5:21; 3:11; 4:7; 4:11; 4:21; 5:32; 6:24). Ephesians speaks over and over of the overwhelming, infinite wealth we have in the Lord Jesus Christ through grace. We as believers are amazingly rich because of our relationship with Him, (Romans 8:17; 1 Pet. 1:4). As Paul writes, he doubles up on everything he says. He wants his readers to know that God’s blessings are exceedingly great and abundant.

The church is called something in Ephesians that it was never called before. It is called a body. As believers we are literally the body of Christ. 1 Cor. 12:27, says: “Now you are the body of Christ, and each one of us is a part of it”. He dwells in us through His Spirit. He energizes us with His life. As we yield to Him and allow Him to live through us, Jesus Christ is actively seen moving and working in the world today. He rises up in us, lives through us, and accomplishes His will in the world through us. It is this mystery of the church as the body of Christ that is revealed in the verses of this wonderful book.

After laying out theological truths in the first half of the book, Paul made his purpose clear in Ephesians 4:1-5, he expected that this community of faith, the body of Christ would walk in accordance with its heavenly calling. As a result of the theological realities Christians accept by their faith in God, several practices which should followed in their relationships within the church, in the home, and in the world which we will look at in chapters 4, 5 and 6.

As you begin this week:

**Pray that the Lord Jesus Christ, the glorious Father, give you the Spirit of wisdom and revelation so that you may know Him better. Pray that the eyes of your heart be enlightened in order that you may know the hope, to which you have been called.**

**Day 1 – Ephesians 1 - Riches in Christ**

Today you will see Paul affirms the nature of the church, the glorious fact that those who believe in Christ have been showered with His Grace and Salvation. How God extends His Kindness (1:3-8). That those who believe have been chosen for greatness according to His Will (1:4-12) which emphasizes salvation is by grace. You see it is His work and not our own doing. God has marked us by His Holy Spirit and filled us with His power. (1:13-23).

1. Looking at the first ten verses of Ephesians 1, list three verses that explain the purpose or reason for God’s plan for our salvation.

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2. What do the first 14 verses of Ephesians teach us about the character of God?

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3. How many verses from the Bible can you find where the Holy Spirit is promised as stated in Ephesians 1:13?

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4. What was Paul's prayer for the body of Christ in Ephesians 1: 15-19?

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5. God has placed a specific calling on each one of us. What do you think God has called you to do?

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As we end today's study, ask yourself, do I understand the riches I have in Christ or am I wandering through life with a case of spiritual malnutrition? We as a child of God must read His Word and know the resources we have as followers of Christ. If we don't we will never know what they are and never really find out how rich we are.

**Prayer Focus: Today you should realize how rich you are in unmerited grace and mercy. As you prayerfully reflect on what Christ has done in your life you should be overwhelmed. Offer Him praise and gratefulness.**

### **Day 2 - Ephesians 2 – Spiritually Resurrected As One Body**

In Ephesians one we see God's plan before the foundation of the world was that we should know Him. Ephesians 2:1-10, reflects Paul's fundamental salvation theology- the sinner without God is dead and must be resurrected spiritually. In order to be spiritually resurrected it is important to know the very process of salvation, the very act of salvation, the very miracle of salvation that draws us into realizing this eternal plan. Paul does that in chapter two. When we become Christians we are not who we used to be and we are filled with new life and have the blessings of God's kindness and eternal gift to us. You will also learn those who are Christians are members

of one body with the head being Christ and how each member is gifted in order that the body functions as a whole.

6. Ephesians chapter two starts off with the words "And you" or "As for you..." in the NIV, which signifies a shift in focus with the previous topic. To what or whom are the sinners dead in their sins being compared?

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7. Describe people's lives before salvation from the following verses in Ephesians 2. These verses describe each of our lives without Christ, so start each with the words, "I was" and then add the characteristic from the verse provided. (The first one is an example).

- According to verse 1 I was (dead) In Trespasses and Sin.
- According to verse 2 I was \_\_\_\_\_.
- According to verse 3 I was \_\_\_\_\_.
- According to verse 5 I was \_\_\_\_\_.
- According to verse 12 I was \_\_\_\_\_.  
I was \_\_\_\_\_.  
I was \_\_\_\_\_.  
I was \_\_\_\_\_.  
I was \_\_\_\_\_.
- According to verse 13 I was \_\_\_\_\_.

8. Now describe people's lives after salvation from the following verses. Thank God the verses describe each of our lives with Christ, so start each with the words, "I am or I will" then the characteristic from the verse provided.

- According to verse 5 I am or Will be \_\_\_\_\_.  
I am or Will be \_\_\_\_\_.

- According to verse 6      I am or Will be \_\_\_\_\_.
- I am or Will be \_\_\_\_\_.
- According to verse 7      I am or Will be \_\_\_\_\_.
- According to verse 8      I am or Will be \_\_\_\_\_.
- I am or Will be \_\_\_\_\_.
- According to verse 10      I am or Will be \_\_\_\_\_.
- I am or Will be \_\_\_\_\_.
- According to verse 13      I am or Will be \_\_\_\_\_.
- According to verse 16      I am or I Will be \_\_\_\_\_.
- According to verse 18      I am or I Will be \_\_\_\_\_.
- According to verse 19      I am or I Will be \_\_\_\_\_.
- I am or I Will be \_\_\_\_\_.
- According to verse 22      I am or I Will be \_\_\_\_\_.

**9.** How have you grown in your Christian life since you came to faith in Jesus Christ?

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**10.** How are the circumcised and the uncircumcised, made into one body according to Ephesians 2:11-16?

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Wow today's lesson is full of grace! Are you trying to be good enough? Do you think if I do this, this or this God will love me more and except me more? Do I look down on others who don't do as I do? Have I made it a works thing and don't even realized it. You see it has nothing to do with us and everything to do with God's love and grace. Salvation is by love. God is love and God's attribute of love manifests itself to us in grace and mercy. Love is His motive! It

always has been. He's rich in love, so He's rich in grace, so He's rich in mercy! He reaches out to love us who were dead in sin, we are the vilest, sinful, godless, ungrateful, unworthy, unholy, destitute, depraved humans walking around engulfed in sins and trespasses. And we are targets for God's wrath (we deserve) but it is to us that He comes and pours out His love through Jesus Christ His Son! Only God in His mercy and love could do that!

**Prayer Focus: Today if you have not accepted His love through grace and mercy, turn from your sins through repentance and live for Him out of a heart of gratefulness. If you have already accepted the Savior's love, grace and mercy thank Him for His gift.**

### **Day 3 - Ephesians 3 – The Divine Mystery**

Paul had a deep sense of God's call to a specific task. He knew he had been given the revelation of the Divine Mystery. The English word mystery involves solving a puzzle by determining a series of clues in order to solve the mystery. Mysteries captivate readers, television viewers and movie goers. This is an accurate description of the English word mystery, but they are misleading in understanding what the word means in Ephesians 3.

In the New Testament, the Greek term *musterion* (moo-se TAY ree on) means "something that is beyond natural knowledge but has been revealed by divine revelation through the Holy Spirit." Paul used the word mystery six times in the book of Ephesians. In Ephesians 3 (KJV), the threefold use of the word "fellowship" indicates what is at the heart of the mystery. The Gentiles are fellow heirs, fellow members of the body and fellow partakers of the promise in Christ through the gospel by the gift of God's grace. God's chosen people the Jews and Gentiles have been united into one body the church.

Paul again in this chapter emphasizes the boundless treasury of riches in Christ, a wealth whose limit no one can find.

11. What does this chapter of Ephesians tell you about Paul's attitude about his responsibility for the gospel of the mystery?

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12. In Ephesians 3:14-19, Paul bowed and prayed for believers. What three things did he pray specifically for believers in verses 16-19?

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13. How does praying for others help us cope with our own difficulties?

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14. Verses 20 and 21 of chapter three of Ephesians are some of the most memorable verses in the Bible because they describe God’s abilities while praising him. How do we fit into the equation?

Today as we conclude hopefully we have learned that we need to be praying three things for one another as Paul prayed for his readers. Pray for inner strength in order to be empowered to understand and to do what God has for each one of us to do. Pray for love so that our lives will be rooted and grounded in God’s boundless compassion. Pray for ever-growing fullness in our ongoing relationship with God.

#### **Day 4 – Ephesians 4 – A Life Worthy of the Calling**

Ephesians 4 begins a series of exhortations for the new community of believers. This reconciled body of believers is urged to “Live a life worthy of the calling you have received” (NIV). Paul insisted that the believers’ behavior be worthy of their divine calling.

What we believe is important, sound doctrine is essential. But these things must issue in exemplary behavior. Our behavior can confirm or deny what we profess to believe. Paul list five virtues that characterize and exemplifies a life worthy of the Christian calling. The first is humility which points to our ultimate dependence on God. Gentleness, the second suggests strength under control. Patience is the third, and is the disposition of a person who is “slow to anger”. Patient people demonstrate long-suffering in dealing with insulting and aggravating people, as God in Christ acts toward us. The last is forbearance which means refraining from action: the fact of deliberately not doing or saying something when you could do or say it (In other words showing mercy).

Love is the final quality that embraces the first four. In Ephesians 3:17, Paul prayed for believers to be “rooted and grounded in love.” Love must characterize God’s people to a watching world.

Paul at the end of chapter four in verses 22-24 exhorts us to become what we are. He declared that Christians are free from sin, yet he exhorts them to put on the new self and to be renewed by the Holy Spirit’s sanctifying work in their lives. How do we “lay aside the old self” and “put on the new self”? We must obey the command to become what we are in Christ which can only be accomplished by yielding to the Holy Spirit.

15. What are the bedrock, non-negotiable elements of your faith?

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16. Why do you think unity in a church is imperative?

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17. What are essential elements of a distinctively Christian lifestyle? Why is distinguishing between Christians and non-Christians sometimes difficult?

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18. Ephesians 4:25 exhorts people who live the new life in Christ to “lay aside falsehood.” Why do you think honesty is a rare quality in our society?

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19. In what ways can we use words to benefit others? List two ways you will do so during the next week.

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**Prayer Focus:** Today as you reflect on the five virtues Paul list as characteristic of a follower of Christ, where are you struggling to live out that life? Admit your struggle and ask for the Lord’s help in that area.

**Day Five – Ephesians 5-6 - Being Imitators of God**



Paul urged believers to put on a new nature because they had been “created after the likeness of God” (Eph. 4:24). Now he sums up everything by stating this truth in a bold statement, “Be imitators of God.” God’s children are to be like their Father. He is the source of their new nature. This new nature is portrayed by Christ’s love. Christ death was a fragrant offering, a Jewish term that means it was pleasing to God. It was a sacrifice. Christ’s offering did all that the sacrifices in the Temple were aimed at doing in atoning for sin. The death of Christ is the source of our ability to live new lives and it is the pattern that shows how those new lives are to be lived

. In Roman’s 12:1, the correct response to God’s grace is compared to presenting “a living sacrifice,” We are to give our lives to God in holy living just as Christ gave his life to God on the cross.

Chapter five teaches us how to walk in love, light, and wisdom while watching around us so as to be on guard. We also learn the Christian principles of submission in different relationships.

**20.** What are the six things Christians should not have in their lives according to verses 3 and 4 of Ephesians Chapter 5?

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**21.** As children of the light how are we to conduct ourselves? (Eph. 5:8-21)

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The last area Paul applies the practical phase of redemption is domestic life. This is one of the basic elements in Christianity. The effects of redemption in Christ do not stop in the life of the individual. They carried over into every relationship of that life in society, in the church, and in the home.

22. After reading Ephesians 5:22 - 6:9, choose two (or more) relationships in life and explain how we are to respond in that relationship and how it relates to Christ and the church.

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Paul being a prisoner in Rome became acquainted with the entire Praetorian Guard. (Philippians 1:13) No doubt he heard them speak of their experiences with the enemy and the battles they had been through. Paul seized upon the idea of the Christian life being a conflict of all forces of evil. The battle must be waged daily against the most relentless foes. He reminds the followers of Christ that God is their ally and alerts the Christian that his enemy is Satan. He urges the Christian to accept the equipment God has provided for all those soldiers who fight in His army.

23. Ephesians 6:13-20 lists the equipment God has provided. List all the equipment used by the Roman Guard and what each one represents to the soldier in God's army. (There are six pieces listed.)

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What are some ways that you can remind yourself of the equipment you have been given to face the enemy each day? Start implementing. Because without them the enemy has a good chance of keeping you defeated.

**Prayer Focus: Lord you have provided equipment for me to face the enemy every day. Help me every morning too remember the importance of putting it on before I begin my day.**

The closing words of this letter to the Christians in Asia Minor had a special meaning for those who first received it. Paul was assuring the readers that one beloved to him and to them, Tychicus, would tell them of all his affairs and would comfort them with the assurance that even though Paul was a prisoner all was well with him.

The letter closes with the same wish of grace and peace which opened it. This grace and peace and love had their source in God the Father and the Lord Jesus Christ.