



# The Book of Ephesians

By: The Field Church

## Week 1

### Intro:

The book of Ephesians was written by the apostle Paul to the church at Ephesus. Ephesus was an important port city and they were known for their worship of the greek goddess Artemis (She is the goddess of the wilderness, the hunt and wild animals, and fertility. She is the helper of midwives as a goddess of birth)<sup>1</sup>. We see Paul's ministry to Ephesus in Acts 19 where he baptized and preached the gospel to the disciples who were there and faced persecution from some who worshipped Artemis.

There are two main themes of Paul's letter to the Ephesians: 1. Christ has reconciled all of creation to himself, thus giving a new identity of son and daughter to those who have trusted in Jesus as Lord and Savior. 2. Christ has united the church in himself. <sup>2</sup>

### Day 1:

#### Ephesians 1:1-14

1. I like to call today's passage "The Identity Passage." Paul is explaining to the church at Ephesus who they are in Christ, and who they are in relation to God.
  - a. List as many identity traits of a believer in Christ that you can find in this passage. Write out next to the trait what it says about God and what it means about you?
    - i. Ex. v.3 "God has blessed me in Christ with every spiritual blessing in the heavenly places."
      1. God is generous and holds nothing back from His children. He is in control of all realms, including the heavenly places.

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<sup>1</sup> [http://www.ephesus.us/ephesus/mythology\\_of\\_artemis.htm](http://www.ephesus.us/ephesus/mythology_of_artemis.htm)

<sup>2</sup> Research done from ESV Study Bible



That means I have nothing to fear and nothing is hopeless. I can freely pray and seek the Lord for his blessings and grace in my life.

- b. How do these truths give you freedom?
2. What do you learn about God's character and care for us in this passage?

## Day 2:

### Ephesians 1:1-14 (Cont.)

1. Make a list of your identity as a child of God according to the passage today. (example, "I am adopted" v.5)
2. Make a list of what you currently find your identity in that does not line up with the list from scripture. (example, "I need to be successful")
3. What have you learned about your belief? What do you need to repent of and what belief do you need to believe in?

## Day 3:

### Ephesians 1:15-23

1. How did Paul characterize the people of the church at Ephesus?
  - a. What characterizes you?
2. If someone were to observe you for a week, would they say that you have faith in the Lord Jesus?
  - a. Would you be known for your love for your brothers and sisters in Christ?

## Day 4:

### Ephesians 1:15-23 (Cont.)

1. Do understand fully the hope that you have in Christ?
2. Do you think about the richness of inheritance you have been given in Christ?
3. Do you grasp the greatness of his power toward you? (v.18-19).
  - b. As you think about these questions, write down how the truths from v.18-19 have changed your view of yourself, the world around you, and your identity in Christ.



**Day 5:**

**Ephesians 1:15-23 (Cont.)**

1. Do you find comfort and freedom in the fact that Christ has rule and reign over all things (past, present and future) in our world and the church? Why or why not?
  - a. Do you want Christ to have all authority in your life?
  - b. What areas of your life do you try to control?
    - i. How have you experienced hardship and slavery due to not submitting to Christ's authority in those areas of your life?
    - ii. How do you need to repent? What steps of repentance will you take this week?

**Today's Challenge:**

- ❖ Make a list of three things God has done in your life at the end of each day. This will require you to look for his authority and answered prayers in your life.



## Week 2:

### Day 1:

#### Ephesians 2:1-10

1. What are some practical ways you have experienced the hopelessness and helplessness that comes with a life without Christ?
  - a. Are there some areas of your life now in which you give into "passions of your flesh"?
  - b. How has it brought hurt into your life? (ex. finding significance from the approval of others causing you to avoid certain situations and friendships. Or looking at pornography causing hurt in your relationships and/or marriage).

#### Today's Challenge:

- ❖ Fast and pray today. Fasting means to give up a need or want in order to feel desperation. We want that desperation to remind us of our desperate need for God while we pray. (example, fast from lunch and pray through lunch time for God to move and work in your life and the lives of others.)

### Day 2:

#### Ephesians 2:1-10 (Cont.)

1. Why was Christ's death and resurrection a display of God's mercy toward us?
2. On our own, could we have chosen to walk away from our sin and follow God? (hint: can a dead man choose?)
3. How is it possible for us to be saved according to our passage today?
4. Why can't we as believers boast in our salvation?

### Day 3:

#### Ephesians 2:1-10 (Cont.)

1. Do you ever try to take any credit for your salvation before the Lord? (For example, do you ever categorize yourself as a "pretty good person" in



comparison to others and find comfort in the thought, "Well if they are a Christian then I must be good.")

- a. What is the danger of measuring your "goodness" before the Lord by how good of a Christian you are?
  - b. What is the difference between being motivated in your heart by grace vs. being motivated by good works?
2. What should motivate our good works according to verse 10?

**Day 4:**

**Ephesians 2:11-22**

1. What kept the gentiles separate from being accepted as God's people (Jews)?
  - a. What did circumcision represent for the Jews?<sup>3</sup>
2. Circumcision was one of the "works" that the Jews would boast in for their salvation. What are some works that you are tempted to boast in as evidence of your salvation?
  - a. Why do you trust in these works over the grace of the gospel?

**Day 5:**

**Ephesians 2:11-22 (Cont.)**

1. The blood of Christ broke the need for the old covenant and made way for a new covenant that we now enjoy. What has the new covenant brought about?
  - a. Is anything held back from those who believe in Jesus?
  - b. Why is unity in Christ so important?
    - i. How do we express the character of God to the world through our unity as the church body? Reference this chart for your answer (<http://kindle.esvsb.org/c187>)

**Today's Challenge:**

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<sup>3</sup> **Genesis 17:1-14;** Circumcision represented the covenant between Abraham and God and represented citizenship in the family of God (Israel). If a foreigner came to Israel and they wanted to follow the one true God they would be adopted in and become circumcised as a representation of their citizenship. Circumcision set Israel apart from other nations and was a representation of following the one true God.



- ❖ I want you to look for a way to encourage and bless a brother and/or sister in Christ.
- ❖ Also, look for a way to show care, concern, love or encouragement to someone in your world who does not know Jesus.



## Week 3:

### Day 1:

#### Ephesians 3:1-13

1. What did it cost Paul to go and preach the mystery of the gospel to the gentiles?
  - a. How did Paul view his task?
  - b. Why did Paul see it as God's grace in his life to be given the task of taking the gospel to the gentiles?
2. How do you and I benefit from Paul's willingness to take the gospel to the gentiles?
  - a. Do you have the same view as Paul about your own mission to share the gospel with those around you? Why or why not?
  - b. What do you hold back from those around you who do not know Christ by not sharing with them?

### Day 2:

#### Ephesians 3:1-13 (Cont.)

1. How much of God's manifold wisdom do you and I have access to?
  - a. How did we get that access?
  - b. Do you live by your own wisdom or do you seek the Lord's wisdom for your life on a daily basis?
2. What have you learned today from our passage that you need to repent of and change?

#### Today's Challenge:

- ❖ Invite a lost friend to have lunch, coffee, hangout at your house etc. and try to ask one intentional question that may lead to a gospel conversation. Ask your discipler for suggestions. Pray that God would open a door for you to share the gospel.

### Day 3:

#### Ephesians 3:14-21



1. When you think about the majesty of God and his infinite wisdom how does it make you want to respond?
2. When you think about the breadth and length and height and depth of the love of Christ how do you respond?
  - a. How should we respond?

#### Day 4:

#### Ephesians 3:14-21 (Cont.)

1. One way we should respond is in prayer. Prayer in its very essence is an acknowledgement of your need for God and his wisdom in your life and in the life of those you love. To help you with your prayer life this week I have given you a tool below to guide your prayer in order to make God the primary focus.

#### A.C.T.S. Prayer Method:

- **Adoration:** Give God praise and honor for who he is as Lord over all.
- **Confession:** Honestly deal with the sin in your life.
- **Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you.
- **Supplication:** Pray for the needs of others and yourself.

#### Day 5:

#### Review Ephesians 1-3

1. What has God taught you through these last 3 weeks?
2. How have your beliefs changed?
  - a. How has that impacted your emotions and actions



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## Week 4

### Day 1:

#### Ephesians 4:1-16

1. What unifies us together as Christians?
2. What attitudes of our hearts should we display for one another in Christ? (4:1-3)
  - a. Do you have this type of Godly attitude toward your fellow believers?
    - i. If not, what sinful beliefs get in the way of having a Christ-like heart toward others?

### Day 2:

#### Ephesians 4:1-16 (Cont.)

1. What is the job of the pastors, teachers, disciplers and leaders in the Church?
  2. What is the work of the ministry?
    - a. How are you submitting yourself to their leadership in your life?
    - b. How are you growing in your desire and ability to do the work of the ministry?
- ⇒ Are you investing in relationships with people who do not have a relationship with God through Christ in order to share the gospel with them?
- ⊗ What is the goal and promise if we strive to attain the unity of faith? (4:13-16)

### Day 3:

#### Ephesians 4:1-16 (Cont.)

1. How are contributing to the growth of your church?



2. How can you be intentional today to encourage your brothers and sisters in Christ?
3. How can you be intentional with one or two relationships with friends who are lost today?

#### Day 4:

#### Ephesians 4:17-32

1. What characterizes a gentile<sup>1</sup> way of thought? (4:17-18)
2. Paul talks about putting off the old self and putting on our new selves that are made in the likeness of God. Where does this process take place according to v. 23?
  - a. Do you examine your daily beliefs against the truths of scripture?
  - b. If your thoughts and beliefs go against scripture, do you repent by putting off your sinful belief and put on by trusting and living out the truths seen in scripture?
    - i. If not, why?

#### Day 5:

#### Ephesians 4:17-32

1. What does the new life look like according to v. 25-32?
  - a. Why do you think Paul puts a lot of emphasis on the words we speak to one another?
    - i. Are you careful with your words? Do you think about what you are trying to communicate to those around you?
    - ii. What are the motivations of your speech?

#### Today's Challenge:

- ❖ Who have you hurt with your words lately? Go to them and ask forgiveness.

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<sup>1</sup> Gentile Definition: Non-Jew, someone who did not follow the God of Israel.



- ❖ Use your words today to build those around you up in love. Pray and ask God to use you to be a light to them through how you speak to them.



## Week 5

### Day 1:

#### Ephesians 5:1-21

1. Today's passage is full of instruction on how to approach life in the world today. We who were once lost still live in a lost world with other lost people. How do we live out our faith intentionally according to v. 10?
  - a. How do we discern what is pleasing to the Lord?
2. Can those around you who are lost walk in wisdom?
  - ♥ How does seeing the evil that is in the world help you to have a heart for those around you who are lost?

### Day 2:

#### Ephesians 5:1-21 (Cont.)

1. What characteristics do you see of someone who is wise in our passage today?
  - a. Do you have the character of one who is wise?

#### Today's Challenge:

- ❖ What foolish behaviors and beliefs do you need to repent of?
- ❖ Who around you are lost and stuck in their sin? How can you begin to pray for them and love them well today? Our hope is that your Christ like love for them will be used by God to draw them to Himself.

### Day 3:

#### Ephesians 5:22-6:9

1. How does God use different roles of submission to protect and love one another?
2. Who are we ultimately submitting to when we submit to one another in these ways?



3. How can we encourage and lead up through our submission?

#### Day 4:

#### Ephesians 5:22-6:9 (Cont.)

1. How should we protect and serve those that submit to us?
  - a. Husbands are you abusing your authority in any way? If so, repent and be a servant leader whose ultimate goal is to lead your wife and children to love God.
  - b. Wives are you undermining the leadership of your husband? If so repent, have faith in God's design for your life and your family. You have such an important role by showing Christ like through encouraging your husband leadership.
  - c. Children are you heading the authority and wisdom of your parents? If not, repent and know God has put them in your life to guide you and protect you. They are not perfect but God is still the one who gave them to you so glorify God by honoring them.

#### Day 5:

#### Ephesians 5:22-6:9 (Cont.)

1. We no longer have bondservants but the principals given can be applied to the work place. Are you serving the Lord by how you do your work and serve the mission of your company? Character always shows no matter how small of a task it may seem.

#### Today's Challenge:

- ❖ Are you glorifying God through how you submit and lead in your particular role? What needs to change?



## Week 6

### Day 1:

#### Ephesians 6:10-20

1. Who does Paul say we are at war with?
2. Do you believe that spiritual warfare is a real thing?
  - a. How does thinking of spiritual warfare as a reality help you to fight?
  - b. What are the dangers of ignoring the reality of spiritual warfare?

### Day 2:

#### Ephesians 6:10-20

1. What are all of the pieces of the armor of God?
  - a. What piece of armor are you going to war without?
2. What piece of armor motivates us to move forward? (v.15)
3. What are our weapons of offense?
  - a. Are you clinging to the word?
  - b. Are you praying?
  - c. Are you sharing the gospel?

### Today's Challenge:

- ❖ Memorize this week Ephesians 6:10-18

### Day 3:

#### Ephesians 6:21-24

1. How would you define incorruptible love?
2. What do we need to do to keep our love for Christ incorruptible?
3. Paul's prayer is peace for the believers, are you experiencing the peace of God?
  - a. If not, what is disrupting the peace of God in your life?



## Day 4:

### Ephesians 6:21-24

1. How are you praying for your brothers and sisters in Christ?

### Today's Challenge:

- ❖ Make a prayer list of people who need encouragement in their walk with Christ and begin praying for them. Send them a text and let them know you are lifting them up in prayer as encouragement.

## Day 5:

### Final Review

1. What have you learned about God through this study?
2. What have you learned about yourself through this study?
  - a. How has God shaped your belief through this study?
  - b. What "old self" have you put off and what "new self" have you put on through the renewal of your mind? (Ephesians 4:17-24)