

Ephesians

MADE FOR MORE

EPHESIANS 1:1-23
INTRO & LESSON ONE

LA MIRADA CHRISTIAN CHURCH
DWELLING RICHLY BIBLE STUDY



Written by
Jennifer Richmond
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...Let the word of Christ dwell in you richly...

Welcome!

Welcome to this Dwelling Richly Bible study. I started Dwelling Richly back in 1993 inspired to by the words from Colossians 3:16 to “Let the Word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs.” I began writing songs from Scripture and now have written over 30 Scripture-based songs and 12 Bible studies that help us all to fulfill this verse.

My desire is to help others engage in God's word through reading, writing, memorizing, sharing, singing, and of course, studying its truths. I want to live out what it means to truly let the Word dwell in me deeply and to help others do the same by encouraging women to love God and His Word with heart, soul, mind, and strength.

This study is designed to offer daily time and structure through the Word of God for the purpose of understanding better who God is and in so doing knowing ourselves and our purpose better. We'll read, think, pray, write, consider, and apply the truths and concepts we find in the Word of God. But here's the big goal, it's great to grow personally, but we need to do more than grow...we must go! My prayer is to help equip you to be “able to teach” so you can in turn equip others.

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

You can complete the study on your own through these pages, or join the community and study together with a friend - either way, welcome!

Let's enjoy the Word and let it dwell in us richly!

In Christ,

Jennifer Richmond

...Let's Connect!...

Connect with One Another.

Join the weekday study Live or Later:

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



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Jennifer@LaMiradaChurch.com

JenniferGRichmond.com

[Facebook.com/JenniferGRichmond](https://www.facebook.com/JenniferGRichmond)

Instagram @JenniferGRichmond

Text: 562.755.4964

How to Study the Bible

You might read the Bible for a quick read, a devotional time, or, like in this study, to really understand and learn more. Any time you read the Bible, you'll experience the true words and heart of God and God has promised that His words will not be empty. They're alive and powerful and able to change us! Since this is a Bible study, we want to be sure we know how to approach what we're reading in a way that helps us best grasp and apply what we're reading. Reading the Bible for study is different than reading it as a devotional.

GOAL: To get big picture, understand the point, meet the people, and understand the message in the context of the original audience, location, and events of that time

HOW:

1. Study is best from a translation – not a paraphrase.

- Translations – listed from most “word for word” to more “thought for thought”
 - New American Standard Bible / NASB
 - English Standard Version / ESV (used in this study)
 - Christian Standard Bible / CSB
 - New English Translation / NET
 - New International Version / NIV
- Paraphrases – Use a paraphrase for devotional time or to help get clarity
 - New Living Translation / NLT
 - The Message / MSG
- **TRY THIS → Look up Ephesians 2:10 on BibleHub.com and you'll see several translations and paraphrases of that verse.**

2. Just read the Word. Avoid commentaries

- Many Bibles come with study notes which are helpful, keep in mind, the notes are the opinions of a person or team of commentators. These notes can be helpful when they you background and insights, but be mindful that they are not the Words of God.
- Read with the original author, audience, culture, and events in mind.
- Start first what you are reading about God and His truth, then how that truth will impact your life.
- Let “Scripture interpret Scripture.” Use a Bible that has cross-references which will point you to passages containing related words and themes connected to the verse you're reading.

TRY THIS! → Print Ephesians without chapter or verse numbers. Go to Biblegateway.com

3. Pray. Ask the Holy Spirit to help you enter into the mind, culture, concepts, and heart of this book and to teach you about God and His nature.

- Pray for openness.
 - Psalm 119:18 “Open my eyes, that I may behold wondrous things out of your law.”
- Pray for wisdom.
 - James 1:8 “If any of you lacks wisdom, let him ask of God who gives generously to all without finding fault and it will be given to Him.”
- Pray with a clean heart.
 - Psalm 139:24 “Search me, O God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

4. **Grasp the big picture.** You wouldn't open a letter from your grandmother and jump to the middle. We're studying a book in the Bible which was originally a letter to a specific group of people from a particular person. They were living in a time period and place with events going on specific to their lives. All this matters and helps us understand what is being said.

5. **Read Actively.** Engage your heart and mind – all your senses too as much as possible!

- Ask questions
 - Notice the W's. Who, what, where, when and why of the passage
 - Why was this letter written?
 - ? Admonition? Encouragement? Teaching?
 - Are there any repeated themes? Words or phrases? Concepts?
 - What truths am I reading about...
 - ? ...God? ...Jesus? ...The Holy Spirit? ...The Church? ...Me?
 - What references to the Old Testament are there?
- Remember your grammar. Being able to identify the subject, verb, adjective, adverb, pronouns, and conjunctions will be amazingly helpful. I know you thought you'd never need that after grade school, but if you want to know the Word better, I promise, knowing your grammar will make a big difference.
- Use colored pencil to highlight:
 - God = **Blue**
 - Holy Spirit = **Light Blue**
 - Jesus = **Red**
 - People = **Brown**
 - Places = **Green**
 - Key verse = **Yellow**
 - Prophecy = **Orange**
- Mark any verses that you want to memorize
 - Write the passage on several Post-It Notes and place them around your home – mirror, car, fridge, etc.
 - Recite your verse before your study every day.

...Be Encouraged...

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

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

Pray. Ask God to give you a taste for His word, a thirst for it, a deep longing and hunger. Honestly, what a wonderful prayer to pray! God will give you a big, fat “Yes!” to that prayer!

Do. You will some days feel so excited to be in the Word, and other days you might feel “blah.” That's ok. Do it any way. Read it always. Never let life, mood, schedules, anything come between you and your time in the Word. Set aside time and keep that as high of a priority in your schedule as brushing your teeth or wearing deodorant! You wouldn't skip either of those would you? Why would you skip your time in the Word? It's been said that a Bible that is falling apart is a sign of a life that is not. Make time for what you value. Value the Word. You will be richly rewarded!

...Welcome! Lesson One Introduction...

Welcome! This is lesson one of a 6-lesson study through Ephesians. Each lesson will give you ten days to help you read, write, study, memorize, create, and share your way through this amazing book! The lessons are organized like this: Day One – Read and Write the chapter; Days Two-Nine – Study a portion of the chapter; Day Ten – Create & Share something you've learned and enjoyed through the chapter. We meet every other week, so be sure to mark your calendar. When we meet we'll have a time of fellowship, discussion over the previous chapter, then a time of teaching to recap and dig a little deeper into the chapter. At the end of this study you'll have grown closer to God and to the women in your group and you'll have grown in your understanding and love for the Word of God.

1. Finish this sentence: "My name is _____ my favorite season of the year is _____ because _____"
2. What are you hoping to gain from this Bible study?
3. What do you feel is the easiest and the hardest part of doing a Bible study?
4. Through this study we will see that each of us is "made for more." How does the message of society compare with what you think God's Word says about our ultimate purpose in life?
5. Pass around the Prayer Journal. Please feel free to share aloud as you write your prayer/praise in your group journal. If you have a prayer request that is more private, you can share with your group leader or our teaching leader, Jennifer after the study.

Small group leaders will read and discuss our group guidelines.

Mark Your Calendars – Our next study meets

Monday, October 8, 6:30pm or Tuesday, October 9, 9:30am

...Group Guidelines...

- 📖 God's Word is our standard. We'll use the Bible - not personal opinion, popular teachers, or church tradition - as our guide for everything. We are using the English Standard Version (ESV) Bible for this study.
- ♥ We come from varying faith backgrounds, so please be thoughtful of denominational and religious differences.
- 🚫 Avoid commentaries or study notes in your Bible. Trust God, pray, ask for wisdom then read and answer on your own.
- 👉 We're all learning. Be gracious and patient with yourself and with others. No one has it all figured out.
- ✓ This isn't a personal opinion study. This is a Bible study. So, there are going to be "right" and "wrong" answers. Try your best and have a humble and teachable spirit.
- 🗣️ You don't have to share, but if you did the reading and the study this week, why not chime in? We all benefit from one another's thoughts and questions. I bet you have something great to share! 😊
- 👂 Didn't finish the study this week? That's ok. Life gets busy. You're here! Yay you! This will be a good week for you to listen and perhaps jot down answers as others share.
- ⌚ Be considerate of your "slice of the pie" Share your thoughts, and allow time for others to do the same.
- 🕒 Watch the time. We'll usually return for teaching time by 7:45pm (evening) or 10:45am (morning) group. So, your leader will wrap up the discussion five minutes before that.

Bible Study Introduction

Listen at <http://www.dwellingrichly.podbean.com>

Love the Lord your God with all your heart - soul - mind - strength.

Deuteronomy 6:4-7 and Luke 10:27

BIBLE STUDY IS A WAY TO KNOW GOD THROUGH:

W _____

I
P _____

I
T _____

IN STUDYING THE BIBLE MY GOAL IS TO D _____ G _____ F _____

EISEGESIS

VS

EXEGESIS

LITERALLY MEANS:

REMEMBER IT BY THINKING:

EISEGETING IS SELF-MOTIVATED:

1) _____

2) E _____

3) A _____

LITERALLY MEANS:

REMEMBER IT BY THINKING:

EXEGETING IS GOD-FOCUSED:

1) L _____

2) L _____

O _____

I _____

C _____

3) L _____

A _____

S _____

REMEMBER: GOD'S WORD WAS NOT WRITTEN T _____ Y _____

BUT ISN'T IT WONDERFUL THAT IT WAS WRITTEN F _____ Y _____? YES!

"FOR I KNOW THE PLANS I HAVE FOR YOU – PLANS TO PROSPER NOT TO HARM YOU, PLANS TO GIVE YOU A FUTURE AND A HOPE." JEREMIAH 29:11

EISEGETE...

EXEGETE...

ASK FIRST...

W_____

TO W_____ WAS IT _____

W_____ - WHAT WAS THE P_____?

W_____ - WHAT WAS G_____ ON IN THAT T_____?

W_____ - WHAT K_____ OF W_____ (GENRE)

BEFORE AND WHILE YOU READ ASK...

1) HOW IS G_____?

2) HOW DOES U_____ G_____ IN IS WAY IMPACT MY
V_____ OF M_____?

HOW THEN S_____?

TO HELP YOU AS YOU STUDY.

1. JUST _____ THE W_____.

2. P_____ AND T_____ GOD

3. BE P_____

Notes

...Introduction to Ephesians...

Ephesians has been called “the Queen of the Epistles.” Martin L. Jones, one of the most influential preachers in history, took nearly five years to preach through Ephesians! He’s not alone. R. C. H. Lenski said that “Ephesians is the most basic, the most profound, and the most awe-inspiring” presentation of the gospel of any book in the Bible. Ephesians is one of the most influential books in history. If you want to know what you believe and how to apply those beliefs to your life – read Ephesians. Study it. Live it.

Ephesians is one of the most influential books in history.

Ephesians will grow your love of God and your sense of purpose.

Paul wrote at least 13 of the books in the New Testament. He wrote Ephesians, Philippians, Colossians, and to Philemon during his first Roman imprisonment, but his letter to the Ephesians is the only one that opens with a praise for the “faithful in Christ Jesus.” He wrote the other letters in part to deal with and head off serious issues the church was facing. So, the purpose of Ephesians is to do two things: teach deep doctrinal truths about God and strengthen our theology and then to teach us how to live and apply those truths. Ephesians will grow your love of God and your sense of purpose. It’s deeply theological and amazingly practical!

Someone once said to me, “Why would I want to learn doctrine? I just love God and live. That’s enough for me.” And while I’m the first to line up with the “Keep it simple” group, her comment is a simple but weak way to actually live as a Christian. Doctrine isn’t just for theologians and nerds. Do you need to understand doctrine in order to be a Christian? No. But you don’t need to know the rules of baseball to play, unless you really want to do it well. Understanding what you believe will give you strength and confidence in knowing why you believe and that will keep you from floundering in your faith when you inevitably have questions.

Understanding what you believe will give you strength and confidence in knowing why you believe.

Right in the middle of his letter Paul lays out the importance of understanding our calling and of knowing what we believe. He says that teachers (that’s me!) should,

“equip the saints (that’s you!) 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,”

Why? Well, he gives us the reason too:

“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. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,

Ephesians opens with our calling through Jesus Christ and ends with strong encouragement for living a life worthy of that calling. Imagining sitting at the feet of Paul and learning essential truths of your faith. Moving through the letter we see how to walk with those truths in our life and finally to stand and be prepared to fight because of the conviction of those truths. Ephesians is rich with direct and practical guidelines for how we should live as the Church and how we live in every aspect of our lives – both the physical and spiritual realms.

On the next page I’ve provided a chart of basic Christian doctrines. As we move through Ephesians, we’ll add scripture and our own thoughts to the chart so that at the end of this study you’ll be more confident in what you believe, why you believe it and how you will live it out “to the praise of His glory.”

I’m excited to dig in and dwell richly in this Word with you!

Doctrines from Ephesians

DOCTRINES OF...	SCRIPTURE	MY THOUGHTS
GOD		
JESUS		
HOLY SPIRIT		
ORIGIN		
DESTINY		
SALVATION		
THE CHURCH		
HUMAN RACE		
PURPOSE		
SPIRIT WORLD		
RELATIONSHIPS		

...Lesson One - Day One...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

Over the next two days we're going to read Ephesians. Today we'll *just* read Ephesians...the whole book. Yep. We'll also read the introduction to this Bible study. I know you probably already did that, but most people skip that stuff! Ha! So, let's do that today. It's important for the rest of the study that we're on the same page.

- 1) Read the Introduction pages – then come back here.

Now, think about the fact that while we know "Ephesians" as a *book* in the Bible, this was first a letter to a group of people written by a man who had had a close and miraculous encounter with Jesus. So, just read Ephesians and try to disappear from modern day and reappear back to the 1st century. Read the words with the eyes and ears of a woman living the ancient city of Ephesus.

Read it in one sitting without pausing to read notes in your Bible or other commentaries. Just Read. Tomorrow is for notetaking.

Oh, and don't forget...join the online weekday study group! I'll be doing my Bible study live every day on our Facebook page. You can join me "Live or Later."

- **Live** at 7am on [Facebook.com/lmccwomen](https://www.facebook.com/lmccwomen) the Tuesday morning after our Monday Bible study
- **Later** on the Dwelling Richly podcast or [YouTube.com/c/JenniferRichmond](https://www.youtube.com/c/JenniferRichmond)

Also, you can access these lesson pages online on the Women's Ministry page here: [LaMiradaChurch.com](https://www.lamiradachurch.com)

- 2) Read Ephesians – pray for wisdom and understanding before you read.
- 3) Write Ephesians 1:3 in the box above. This is our group memory verse, and I've provided space at the opening of each lesson to write that lesson's verse. If another verse also stands out to you, please memorize that too! Hiding God's word in your heart will bring your great peace and blessing.

"LET THE WORD OF CHRIST
DWELL IN YOU RICHLY"

COLOSSIANS 3:16

...Lesson One - Day Two...

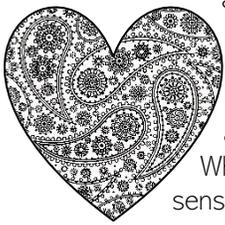
...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

...ACTIVE READING NOTES...

Write any notes, thoughts, questions, even drawings, that will help you engage and understand the Scripture. Before you read, pray that God would open the eyes of your heart to see clearly the wonders in His word (Psalm 119:18) and that He would give you wisdom (James 1:5) to grasp and apply what you are reading. The Bible wasn't written to you. The Bible was written over a period of about 2,000 years by 40 different authors from three continents and in three languages.



There are 66 separate books each with a distinct author, intended audience, overall purpose, and genre. Each book falls into a basic category of law, narrative, poetry, prophecy, and letters, and most books have a blend of these! The words of the Bible were written as men "spoke from God, as they were carried along by the Holy Spirit" and "all scripture is breathed out by God."

When you come to the Bible with a 21st century, American mindset you are bringing to the text your sensibilities, your worldview, your culture, and your understanding of how the world works. In order to grasp the content and the intent of Ephesians, you must enter with...

1. Prayer – God has promised to help you to understand His Words. Ask Him to, and thank Him.
2. Humility – Shed your own agenda, then honestly and humbly seek God's.
3. Time-Travel – Well, not literally, but be mindful that you were not the first intended audience. This letter (or sermon, we'll get to that later) was originally distributed to be read by 1st century Jews who had recently converted to Christianity and were living in the Roman Empire. That's a vastly different culture and time! We'll read more on this in a couple of days.

So, while the Bible wasn't written to you, it was most definitely written for you! You are the blessed recipient of the holy, inerrant, inspired words of the Creator of the Universe. As you begin your reading in Ephesians, I pray that you will be filled with gratitude and love for what you have in your hands, that you will realize that God has not only revealed Himself through the Word of prophets but through the life of His Son. May your reading always draw you closer to Him

As you read, jot down your thoughts and questions. Make note of any repeated words, phrases, and themes. Use the pages provided or your own journal for extra room. We'll share these in our small groups when we come together after this lesson. Read through these prompts before you read Ephesians.

Then, while you read, consider the prompts on the following page, and record your thoughts there:

1. What can you learn about the author, _____, as you read? Look for repeated words and ideas. When you see a word twice, make a mental note. if you see it a third time go back and highlight

The Bible wasn't written to you, it was most definitely written for you!

the first two and keep an eye out for any other times that word, phrase, or idea repeats. Think about what the author's point is by circling back to that word or phrase.

Words/Phrases to watch for: in Christ, glory, mystery, grace, riches, walk, heavenly,
Also, make note of any questions you have. Are there any challenging concepts for you? Write those observations down as we read so you'll have them handy to discuss with your group and to refer back to when we cover it in the weeks to come.

Chapters 1-2

Chapters 3-4

Now that you have read through the entire book, how would you sum up the author's purpose?

What questions or concerns in understanding do you have?

...Lesson One - Day Three...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...READ AND WRITE EPHESIANS 1:1-23...



As you read in the introduction, we are reading and writing the entire book of Ephesians over the course of this study. At the end of this lesson packet, I have provided several blank pages for you to "WRITE THE WORD." Use these or any pages of your own to write each portion of Ephesians. At the end of this study, you'll have written the entire book!

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

1. Read Ephesians 1:1-23
2. Write Ephesians 1:1-23
3. Write & memorize Ephesians 1:3 – Review and meditate on these verses daily. I've provided space at the opening of each lesson for this.

...CREATE & SHARE THINK AHEAD...

The last day of each lesson in this study is set aside to bring together your thoughts and feeling about what you learned through the passages we studied. Before you begin each lesson, look ahead to the "Create & Share" day so you can be thinking ahead and maybe even completing it as you go.

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
EPHESIANS 1:3

~ Ephesus in History ~

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



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



...Lesson One - Day Four...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

Helpful Hint: All of the Scriptures referenced in this study are from the English Standard Version of the Bible. I've created a link from the verse to the online Bible. If you use the online version of this study along with your printed pages, you'll be able to click each link and it will open the Scripture for you!

1. Read Ephesians 1:1-2 and 6:21-23
2. Who wrote Ephesians? _____ an _____ of _____

3. How did Paul become an apostle? (v1) _____
What do you think is the significance of Paul making this point on how he became an apostle?

4. Use your favorite source and come up with some basic facts about...
...Paul's ethnic and religious background:

...How he began his ministry:

...Any trials he may have faced:

Here's some references to consider: [Galatians 1:13-18](#); [Acts 23:12-35](#), [Acts 13:6-9](#), [2 Timothy 4:9-18](#)
Also, this is a great article on the life of Paul. <https://www.biblegateway.com/blog/2015/04/who-was-paul-and-how-should-we-understand-his-epistles/>

5. To whom did he write? The _____ who are in _____

6. Read and make notes from [Ephesians 1:1](#); [1:15-16](#); [2:11](#); [3:1](#); [3:13](#); [4:1](#); [6:21-22](#); about who Paul and these "saints in Ephesus" were. Search [Biblegateway.com](#) for "Ephesus" and see what else you can learn.

7. Were the Ephesians Jews or Gentiles? _____

8. In what modern country is Ephesus located _____ (see the map in the introduction/Google helps too!) Based on its location, what do you think life in this city might have been

Ἱ'σ Γρεεκ το Με

Followers of Christ are called **ἅγιοις** (hagiois)/saints. This word literally means "holy ones" and is used 19 times in the New Testament. For comparison, the term "Christian" is only used 3 times.

like? What influences would have been in their culture (see pg. 14.) In what ways do you think life, challenges, life issues are the same today as they were for the saints in Ephesus?

9. Whom does Paul mention by name at the close of his letter? _____
What other details can you find about this "beloved brother." Record them in your journal.

10. What was Paul's situation while writing this epistle? ([Eph. 3:1, 4:1, 6:20, Acts 28:20](#))

11. Paul had a history with the "saints who are in Ephesus." Read about his past travels and relationships with them and discover the powerful experiences they had together that influenced the letter he then writes after spending three years with them. Read [Acts 18:19-22 and 19:20](#)
Who was Paul with?

What did he do in Ephesus? After he left?

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

Ἐπιστολὴ τοῦ Μι

A letter written by an apostle ("one who is sent" **ἀπόστολος**) is called an epistle. Epistles make up over 75% of the New Testament, making them a significant way in which we hear God's truth. Read "What is An Epistle" at GotQuestions.org

12. Think about what you've learned about these "saints" who were "faithful in Christ Jesus." Based on what you've read in the Acts accounts of these Ephesians, would you think of yourself as a "saint" and someone who is "faithful in Christ Jesus?" Why or why not?

...REFLECT ON THE WORD...

Am I a saint? I sure don't feel like one – at least I don't feel like what I imagine a saint is like. I'm often the opposite of saintly! If anyone flat out asked me if I was a saint or a sinner, I'd definitely say "sinner." Actually, I'm a not very Christlike total mess of a sinner in constant need of a Savior – to be exact. But I read the Bible, and I read a different story. I read about these "saints" in Ephesus and while faithful, they weren't perfect. I know I'm a sinner, not just because I blow it, I'm sinner because it is clear in the Bible that I am. Everyone is born in sin and all have a nature that sins with ease. But there's some great and shocking news: I may have been born a sinner, but I have actually become – gasp! – a saint, a "holy one." Sinners are born. Saints are reborn. They weren't given a title of saint after they died because of their amazing life; they got the title because Jesus died and lived a perfectly amazing life. When I gave my life to Christ I didn't just get a new nickname "Christian" I got a new nature! God, in His great mercy and grace, made the way for this sinner by birth to become a saint by rebirth! That's amazing - amazing grace actually!! When I confessed my need for a Savior and accepted His solution for my sinful state – the sacrifice of Christ on the cross – I miraculously become a saint. Wow. Grace and peace to you as you read this today and may our God and Father bless you with the assurance of your new nature: Saint!

...Lesson One - Day Five...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

We'll take the next three days to look at Ephesians 1:3-14. Most English translations don't show it, but when you read this passage in the language Paul wrote it in – Greek – verses 3-14 are actually one long sentence. Go ahead as you read it today and try to read it in one breath!

1. Read [Ephesians 1:3-14](#). Did you do it in one breath? ___ Yes ___ No ___ Are you crazy?
2. Many scholars believe that Paul wrote this passage to be sung as a worship song – an ancient hymn. In the Greek the words have a rhythm and song-like feel. Read the passage again and imagine singing surrounded by other saints in Ephesus. Which phrases sound the most worshipful to you? Why?

3. If you're like me, you might be tempted to approach your Bible study time with a "what can I use to help me through my day" mindset. You might look for some specific nugget of strength and encouragement. But, let's be sure we first approach our study time thinking not of what we can read into the Word (eisegesis) what feels best for us but what we can bring out of the Word (exegesis) that helps us see God first. Re-read this passage (yes, 3rd time's a charm!) and make note of truths and actions about God and His nature.

Hint: Look for verbs that show what God has done and look for the point of those actions – what they produce in our life.

...God the Father (1:3-6)

...God the Son (1:7-12)

...God the Holy Spirit (1:13-14)

4. Read Ephesians 1:7-10. What happened in the “fullness of time?” Write or better yet illustrate this truth:

5. Review 1:1 and recall how Paul became an apostle, “by the will of God.” Think about God’s role in Paul’s life as you read and consider 1:4-6. What was God’s role choosing His people?
6. What do you know about God? Christ? The Holy Spirit? Update the Doctrines chart.

...REFLECT ON THE WORD...

Have you ever wished you could be God? I mean, you saw a problem, a challenge, an issue and you wished you could just be like God and step in and fix it. Really, what would you be like as God? I think we want to be like God because we have a sense that things aren't right here. They don't make sense or they are truly just evil and we know it could be better. But imagine that God wasn't good. God just was. How different would the world be if God was neither good nor bad. Imagine a God who stayed out of things. You've just imagined what deists believe. Deism is the belief that there is a god but he/she isn't involved in our lives. The God of deism is like a clockmaker who wound up the clock and just let it go. But this is not at all what we read in the Bible. God our Father did something besides get this all going...He got involved. He made us and didn't stop there...He blessed us and didn't stop there...He blessed us with every spiritual blessing, and not just any ol' earthly blessing...blessings that are in the heavenly places! That's a great God, a good God, and how could we do anything but sing to the praise of His glory!

*Thomas Jefferson is one of the most famous deists. Learn more about deism [here](#).

...Lesson One - Day Six...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

1. Read [Ephesians 1:3-14](#)
2. Those who are "in Christ" are blessed...where? _____ This phrase appears four more times in Ephesians. Consider 1:3,20; 2:6; 3:10; 6:12 and note the difference in what is going in "in the heavens."

3. I love a good "before/after" reveal. I love seeing the transformation, don't you? Paul flips this and shows us our spiritual "after" first. In chapter two, Paul will give us a reality check of our desperate, lost nature without Christ, but here in chapter one, he opens with this uplifting song of praise filled with the reminders not only of how great God is but more...It's not that God's great and just sitting up there in His greatness. He has brought His glory to us in and through Christ! From Ephesians 1:3-14, create a list of truths about the blessings we have as those who are chosen and adopted in Christ. Look for at least ten blessings!

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

4. Review from Day 4: What is Paul's religious/ethnic background? [Rom. 11:1](#); [Phil. 3:4-5](#); [Acts 23:6](#)
5. To whom is Paul referring when he says God has blessed "us" (1:3) and "he chose us" (1:4), and predestined "us" and "we who were the first to hope in Christ."
6. Who were the first to hope in Christ? (1:12) _____

7. Who then is Paul referring to when he says, "you also, when you heard..." (v13) _____
8. What do both Jew and gentile now get and to what end? (v14)
9. So, what's the whole point of all the blessings God has given everyone who hears and believes the gospel? What are we made to do ultimately? (v12-14)
10. Why am I here? What's my purpose in life? If you ever wanted to know our purpose as saints who are faithful in Christ Jesus, these verses make our purpose clear. Review verses 3-14 and highlight the phrase "to the praise..." Draw a line under each phrase and connect each phrase also in your Bible.
11. Based on your reading from this passage how would you answer a friend asking, "Why were we made?" or "What's our purpose?"

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

13. What does the Bible say about our Purpose? Update the Doctrines chart.
14. The doctrines of predestination (a divine action that determines future realities) and election (God choosing) are important to grasp, but they can be challenging. Write any questions you have in your Doctrines chart. Join today's online study for a great discussion.

...REFLECT ON THE WORD...

I think it was the Oprah show back in the early 80's when I saw my first "Before/After" show. It was so unbelievable and exciting to see this shy, frumpy, lady, transformed by a great haircut, a fabulous outfit and glamorous make-up into a confident, happy, woman – like she was all new from the inside out. Her family so thrilled for her, her friends amazed, and the audience of complete strangers clapping and cheering and gasping with wonder and enthusiasm – like if a woman like that could get such a miraculous transformation, anything is possible! I can't help but feel the same when I read these verses in Ephesians. To think that the powerful words apply to me...chosen, blessed, adopted, redeemed, receiving an inheritance, united in Christ...wow. But the joy of these truths is only made if I know the alternative – that without Christ I'm lost, without hope, on my own, not part of the kingdom family. The beauty and power of the "after" is only because of what could have been in the "before." Thank God that I have been blessed "in Christ with every spiritual blessing in the heavenly places." Those blessings are secure, far out of reach of any power on earth to take them away and that's where my true joy and security is found! Amen!

...Lesson One - Day Seven...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

1. Read [Ephesians 1:1-14](#) – Throughout Ephesians we'll see a sort of “that was then, this is now” idea. As you read today, consider the timing of God blessing us “with every spiritual blessing” and also consider our response – what that looked like and what it resulted in. Place the actions and blessings in time. Put yourself in the place of the original audience as you think about it..

WAY BACK THEN (v3-6)

THAT WAS THEN (v7-10)

THIS IS NOW (v11-13)

BUT WAIT. THERE'S MORE v14

2. Every spiritual blessing in the heavenly places are ours because of whom? _____
3. Think about it... Do we come to Christ because we have a problem and we want Him to fix it? Yes. Maybe. I hope so. But there's more, isn't there? If you only came to your friend when you had a problem to be fixed, what kind of relationship would that be? Instead of our lives being centered on what we can get from our relationship with Christ, what should our mindset be in light of these truths from Ephesians 1:3-14?

Ἰτ'σ Γρεκ το Με

The Greek words blessed and blessing come from the root “good word” εὖ (yoo) “good” + λόγος (logos) “word.” In the Greek the opening of this letter has a poetic rhythm when spoken or sung aloud.

4. Who are we? _____ (v5) What do we, as God's children get? _____
5. How did we become a part of God's family? _____
6. _____
7. Review Ephesians 1:3-14 looking for words that remind you of your relation to God as your Father and the inheritance we have.
8. Review: who is the audience of this letter? _____

9. Describe the timing of when God choose these faithful saints. (v4)
10. Big Thoughts...What does it mean that "in love He predestined us" (1:5) that we were "predestined according to the counsel of his will" (1:11)? Consider also, [Romans 8:29-30](#)
11. **DD** - Consider again 1:11. What is Paul teaching us regarding being "predestined according" to God's purpose? That we have no free will? Romans 9 teaches that God uses human choices for His purposes – even sinful human choices. So, what is the point here?

It's Greek to Me

Can you believe without being persuaded? Maybe. But that's not how our Christian faith works. Consider this: the Greek word for "believe" is πιστεύω (pist-yoo'-o) and is rooted in the word πείθω (pi'-tho) which means implies a confident faith *as a result of being persuaded*. The Lord persuades the yielded believer to be confident in His will (Gal 5:10; 2 Tim 1:12)

12. What is the "word of truth?" v13
13. Connect the truth of [Romans 10:17](#) and what happened to the saints in Ephesus (1:13). How did their salvation happen?

Think about that and about your decision about the gospel. Do you believe it? Have you accepted it as truth? Why or why not?

14. What have you learned about salvation? Update the Doctrines chart.

...REFLECT ON THE WORD...

We were chosen by God to become His children before the world began. Being a child of God has nothing to do with where we were born, how good we are, or what we can do for God, it's all about God choosing to love before the foundation of the world. One of the great mysteries in understanding our faith is how God could choose us from before the foundation of the world and how we could still have a choice in the matter. The famous Bible teacher Donald Barnhouse gave this great picture that helps us see this truth. Imagine a cross like the one on which Jesus died, only so large that it had a door in it. Over the door were these words from Revelation: "Whosoever will may come." These words represent the free offer of the gospel – the "word of truth" that the Ephesians "heard and believed". Everyone is invited to believe in Jesus Christ and receive the gift of eternal life. Here's what's interesting...On the other side of the door, anyone glancing back can see these words from Ephesians written above the door: "Chosen in Christ before the foundation of the world." That we who believe have been chosen is a doctrine called "election" and it is best understood in when we look back. When we make a decision for Christ, we find that God made a decision for us before time began.

...Lesson One - Day Eight...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

Read Ephesians [1:15-23](#) – This is another grand and long sentence – a prayer actually – so we'll take the next two days to cover it.

1. "For this reason..." What reason is Paul referring to? This word is
|
2. Review: Where was Paul when he wrote this epistle? _____
3. Based on what we've read about Paul's experience with the Ephesians (Acts 19 and 20), how is it that he had "heard of [their] faith...and love?" Wouldn't he have seen it first-hand? What do you think he is referring to in this passage? Review [Acts 28:20ff.](#)
|
4. Paul is assured of their believing, saving faith, but his prayer says he wants more than just salvation for them. What does he say that he's doing for them? _____ How does Paul describe God? the F_____ of g_____. List all the things Paul prays that the "Father of glory" would give these saints:
|
5. What will happen as a result of having the "eyes of our hearts enlightened?"
|
6. What are three "whats" that Paul wants them to know:
|

7. From Ephesians 1:19-20. What is too powerful for God? Anything? How does Paul describe God's power in these verses? _____ and _____

Consider Genesis 1:1 "In the beginning God..." and the entire universe came into being at the power of God's word. What does Paul name as evidence of God's "immeasurable and great" power in 1:20?

8. The same power that raised Jesus from the dead is at work where?

9. Think about that truth...the same the power required to live a life pleasing to God is the same power that raised Christ from the dead! That power is at work in those who are in Christ. How do you think a life characterized by that kind of power would look?

<https://bible.org/seriespage/12-spiritual-power>

...REFLECT ON THE WORD...

In a way, flying on an airplane is like our walk with Christ. We can zoom across the nation, cross the sea, go anywhere in just a few hours because of the power of an airplane. Here's the deal though, we have to trust the plane enough to get on board and let it carry us. In the same way, living in the power of God can enable us to live a truly astounding life even in the face of incredible trial and stress. How can we really live in joy, victory, obedience and commitment if we are not relying upon the power of the Spirit that we have in Christ? Does it thrill you to think that the same power that raised Christ from the dead is at work in you? It doesn't always thrill me - just being honest. I know I have that power, but I don't continuously live with the truth of that power present in my mind. I'm too often stumbling in my sin, living in weakness, tripped up by my selfish thought life...instead I want to not just know "what is the immeasurable greatness of his power toward us who believe" I want to step aboard and let it enable me to fly – to soar in His power "above all rule and authority and power and dominion." What a great reminder for me – for us all - today!

...Lesson One - Day Nine...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

...DWELL IN THE WORD...

1. Read Ephesians [1:15-23](#)
2. Throughout Ephesians Paul weaves truths about God and His nature as God the Father, the Son, and the Holy Spirit. This nature is simply expressed in 1:17. Write that verse here and mark each phrase as it points to the Trinity:

3. What three blessings does Paul pray we will know deeply? (1:18-19)

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

5. Explain how the knowledge of God's power impacts how you live on a practical level. Work...Family...Friendships...etc. What are you doing well or how might you need to change to better live with this power in your daily life?

6. Consider the truth of 1:19-20 During the time Paul was writing these words, people of that area lived in fear of evil spirits and powers. (You can read about this in Acts 19:19-20). How would Paul's prayer here been an encouragement to them?

7. What about you? What fears do you have that need to be put down by the power of Christ?

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

9. What does this passage (1:15-22) teach you about God, Jesus, and the Holy Spirit...how they function, how they relate to one another, to you personally, to the church, etc. Add to your Doctrines chart.

...REFLECT ON THE WORD...

As you're reading and studying, I've been praying for you this very prayer! Who could you be praying for today - right now - even as you are completing this study? Why not reach out to a prayer partner and friend and commit to "not cease to give thanks" and remember that person in your prayers. Let the desire of Paul's heart and prayers be a model to all of us in our own prayers today. What a transformation we would experience if we'd all faithfully pray this for one another! For us to know who we really are we must know our origins, right? Paul reminds us that if you want to know who you are you don't start with yourself, you start with your father, your origin, where you came from. I'm praying for you as well. I want you strong in your faith but it's not about peeling back who you are to be stronger...it's about digging in to who God is. We need to know who God the Father is so we can know ourselves. Our identity is tied to His. This is why we don't just read the Bible, we love it and know it so we can love and know God and ourselves better.

...Lesson One - Day Ten...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 1:3

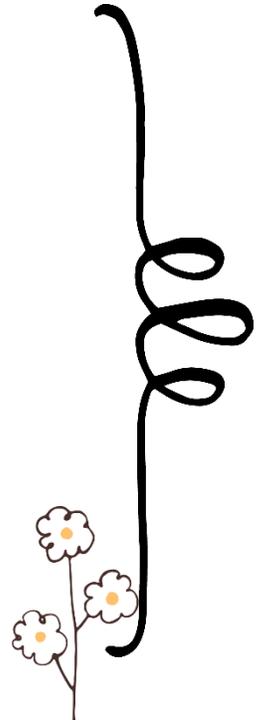
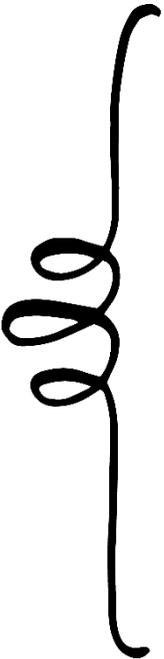
...CREATE & SHARE...

In the closing verses of chapter Paul shared his heart of thankfulness and his prayer for the saints to know the hope, the riches and the greatness of the power of God in Christ Jesus. What a great reminder for us all that we should be doing the same as we pray for one another. In this first Create & Share day of our study I would like you to think ahead to the final day of our study. Where will you be in your faith? What will you have learned? How will you have changed? In the weeks to come we'll read, study, write, and memorize our way through Ephesians, and hopefully so much more.

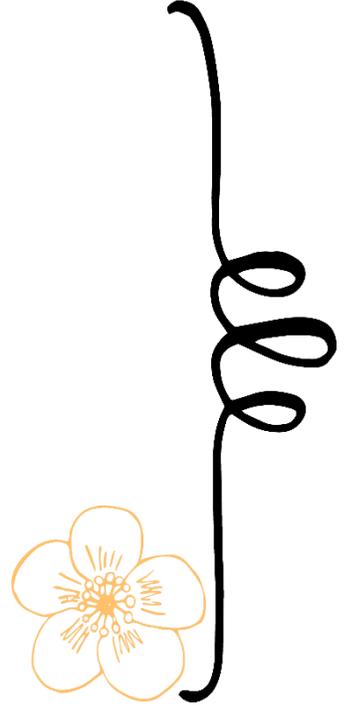
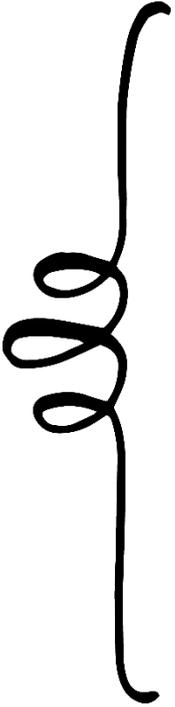
Paul's heart in this first chapter should be ours as well, that believers should know God better. How does that happen? Reading facts about God? Doing a Google search: "Who is God?" You might get to know some details, but will you actually know him? Not really. You actually need to spend time with God to get to know Him. Doing a Bible study is a great start. Reading your Bible faithfully is good too. Have a daily devotional?

That's great also, but if your desire is to truly know God you can't just read about Him, you must spend quality time with Him. Take some time today to write out what you already know about God and then write what you'd like to know better. How will knowing God help you know your purpose and help you live your faith? Write your thoughts below and on the back of this page, then share them with a friend so you can enjoy this process together.

...WHAT I KNOW...



...WHAT I WANT TO KNOW...



Ephesians

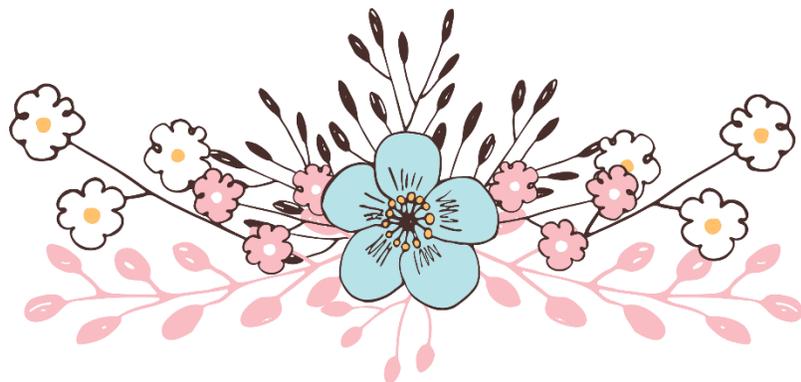


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Ephesians



A decorative border with intricate floral and geometric patterns runs vertically along both the left and right sides of the page. The patterns include circular motifs, floral designs, and geometric shapes like triangles and squares, all rendered in black and white. The border frames a central area containing 20 horizontal lines for writing.



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.

