

# Ephesians

MADE FOR MORE

EPHESIANS 3:1-4:16  
LESSON THREE

LA MIRADA CHRISTIAN CHURCH  
DWELLING RICHLY BIBLE STUDY



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

## ...Lesson Two Review...

1. Recite Ephesians 1:3 and 2:10 with your group. "*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... For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*" (ESV)
2. How is God's resurrection power shown in the believer's life? (pg 12/Q5)
3. Based on Ephesians 2:1-3, how does God's description of us differ from the world's? (pg 14/Q10)
4. Do you think Benjamin Franklin's adage is biblically sound that "God helps those who help themselves"? Share your thoughts and support them with scripture. (pg 16/Q9)
5. What, according to Ephesians chapters one and two, define you as a Christian? (pg 18/Qs7)
6. How did Christ's encounter with the Samaritan woman illustrate the truths of Ephesians two? (Day 9)
7. Share any additions you have to your Doctrines Chart. Did you learn something new? Did a truth stand out to you in a fresh way?
8. Our theme through Ephesians is "Made for More." What did you learn from Lesson 1 that reminds you that you were "made for more?"
9. 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.

Mark Your Calendars – Our next study meets every other week. Next get together is...  
Monday, November 5, 6:30pm or Tuesday, November 6, 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 by 7:40pm (evening) or 10:40am (morning) group. So, your leader will wrap up the discussion five minutes before that.

# Ephesians Lesson Two Review - Ephesians 2:1-22

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Listen to this message on the Dwelling Richly podcast (iTunes, Spotify, or any podcast app)

AND YOU WERE DEAD...

BUT GOD...

BUT NOW IN CHRIST...

SO THEN YOU...

# ...Lesson Three - Day One..

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

Welcome to Lesson Three of our study in Ephesians! Please notice that this lesson covers all of chapter three and about half of chapter four. Don't forget! You can join the weekday study with Jennifer. (See pg 2)

When Ephesians was written it was a letter distributed to the churches in and around Ephesus. Just like a letter you'd write today, there were no chapter and verses written into it. I've taken the content of the chapters and grouped it to fit well in the format of our ten-day study. Here's the plan for Day One of Lesson Three:

- 1) Read Ephesians 3:1-4:16 – pray for wisdom and understanding before you read.
- 2) Complete the "Active Reading" notes on the following pages.
- 3) Write Ephesians 3:10 in the box below. This is our group memory verse, and I've provided space at the opening of each lesson to write that lesson's verse.

EPHESIANS 3:10

SHARE & CONNECT! INSTAGRAM: @LMCCWOMEN #LMCCWOMEN

# ...ACTIVE READING NOTES...

~ Ephesians 3:1-4:16 ~

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.

- ✓ Mark your Bible and connect repeated words and phrases within this chapter back to the previous chapters. Use the
- ✓ Consider the following questions to guide your thinking as you read...

## Understanding the Bible:

1. What can I learn about God?
2. What can I learn about people?
3. What can I learn about relating to God?
4. What can I learn about relating to others?

## Applying the Bible:

1. What does God want me to understand?
  2. What does God want me to believe?
  3. What does God want me to desire?
  4. What does God want me to do?
  5. How will these truths change my mindset, emotions, and behavior today?
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# ...ACTIVE READING NOTES...

~ Ephesians 3:1-4:16 ~

# ...Lesson Three - Day Two...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

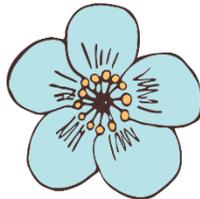
...READ AND WRITE EPHESIANS 3:1-4:16...



Today is our writing day. 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 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!

...CREATE & SHARE THINK AHEAD...

The last day of each lesson in this study is set aside to bring together your thoughts and feelings 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.



# ...Lesson Three - Day Three...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

**PRAY**...Always invite the Holy Spirit to help you and give you understanding.

**READ**... [Ephesians 1:1-4:16](#).

**WRITE**...this lesson's focus verse in the box above and commit it to memory.

1. Summarize these key points from chapters one and two:
  - 1) What have those who are in Christ received? (1:3...)
  - 2) What is the defining nature of our life before Christ? (2:1...)
  - 3) As a result of receiving those blessings (1:3), what are those who are in Christ now able to do? (2:10)
  - 4) How is life different for those who are in Christ? (2:2-19)
2. Note the difference in how Paul describes himself in 1:1 and here in 3:1.
  - 1) 1:1 – “Paul, an \_\_\_\_\_ of \_\_\_\_\_”
  - 2) 3:1 – “Paul, a \_\_\_\_\_ for \_\_\_\_\_”
3. Why do you think he’s making this distinction? (Keep in mind where he’s headed with this new section of his letter.)

4. What assumption does Paul make about those receiving his letter? (3:2)
5. What is it that he's been given? What \*is\* the "mystery" that was made known to him? You'll find it in several of his writings as well as ([Colossians 1:25](#); [Acts 22:1-21](#))
6. Paul reminds them that this is a longstanding mystery. So, there should be a sense of awe and thankfulness that they're living in the time when it's all been revealed. Read what Peter also said in [1 Peter 1:8-12](#) about this mystery. Summarize Peter's reminder about "this salvation" and the role of the prophets through time:
7. Notice how Paul starts this passage "for this reason" and he takes quite a while to get to that reason. Review 3:1-13. What is the reason he's getting to?
8. Paul not only shows his special heart for the Gentiles, he reaffirms his special calling toward them. Read the following and summarize Paul's mission in contrast with other apostles:
  - 1) [1 Corinthians 4:1 and 9:17](#) –
  - 2) [Galatians 2:7-8](#)

### ...REFLECT ON THE WORD...

Years ago, I packed up my car and my then 10-year-old son Jonathan, and we headed up to Central California to visit my mom and step-dad. What originally was a straight shot up the 99 freeway and west into the Sierra Nevada foothills to her small mountain community became a memorable "over the river and through the woods" experience. For reasons I still could not tell you, Google maps directed us the backway to her new home. I hadn't been there yet, so I had just plugged in her address and planned to follow the Google Lady's voice. What I thought was going to be a long (6 hours) but fairly basic drive became a bit of an adventure. We meandered up the highway and I realized we were not on that simple route but a Google-generated detour. It seemed at first like a tedious, and even scary drive, but it actually turned out to be a breathtaking scenic trip - the roads wrapped around tight mountain bends with plunging valleys off to our right and the towering Sierra's to our left. At one point in the drive it got so dark and abandoned looking that my son, trying to be brave, asked quietly from the backseat, "Are we lost?" I assured him we weren't and that we'd see lights of homes soon...and thank God we did! Paul has taken us on a bit of a detour on his way from "for this reason" to "I ask you not to lose heart" in the opening of this chapter. We'll dig in to the significance of that detour in tomorrow's lesson, but today, let's pause and thank God for the details we get when we take the time to read and appreciate God's heart toward us in His Word.



# ...Lesson Three - Day Four...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

**PRAY**...Always invite the Holy Spirit to help you and give you understanding.

**READ**... [Ephesians 3:1-6](#) Consider reading today's passage from the J.B. Phillips translation

**WRITE**...this lesson's focus verse in the box above and commit it to memory.

1. When Paul opened this section with "a prisoner for Christ," is Paul being literal or figurative? Explain.  
(Hint: [Acts 21:28-29](#), [Eph. 6:20](#))
2. There's an important distinction in saying that he is a prisoner "for" not "by" Christ. Who was the ruling authority that had him thrown in jail?
3. Do you sense any pity party here? Any "woe is me, if only you had prayed harder I wouldn't be in this situation."? Explain:
4. What does Paul's choice of words tell you about his priorities and faith?
5. How about you? Consider what is going on in your life right now. It's unlikely that you're literally a "prisoner" for Christ – if you are, God bless you and keep you! – it is more likely that you are facing hardship of some kind. How will it change your perspective to see your current state in terms of God's will for you in this moment?
6. Paul writes about the "mystery" throughout [Ephesians](#). From whom was the "mystery" formerly concealed and to whom has it now been revealed? (3:5)
7. Read Ephesians 3:6 "This mystery is..." and be sure to add a drumroll and let the rest of the verse hang for a bit before you continue. *The mystery is that the Gentiles are ...*

1) \_\_\_\_\_

2) \_\_\_\_\_ of the \_\_\_\_\_

3) \_\_\_\_\_ of the \_\_\_\_\_

8. Consider what Paul had just explained in chapter two and see how he was actually giving a deeper explanation of the mystery he succinctly wraps up in 3:1-6. Go back to your answers in question 7, and in the space under each connect that truth to the more detailed explanation from 2:11-22

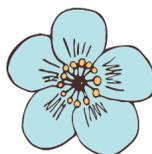
9. What does Paul say to the church in 3:13? Summarize:

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

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

### ...REFLECT ON THE WORD...

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



# ...Lesson Three - Day Five...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

**PRAY**...Always invite the Holy Spirit to help you and give you understanding.

**READ**... [Ephesians 3:1-13](#) Consider reading today's passage from the Amplified Bible.

**WRITE**...this lesson's focus verse in the box above and commit it to memory.

1. Re-read Ephesians 3:7 and use that verse (like Paul does) to review the facts:
  - 1) "Of this gospel..." What gospel? Explain the gospel that Paul has been sharing. Hint: 3:6
  - 2) "I was made a minister (literally "servant")..." How was Paul made a minister/servant? Hint: Galatians 1:11-17
  - 3) "... according to the gift of God's grace which was given me..." Read Ephesians 2:8-9 and note how Paul reminds us of the nature of God's grace:
  - 4) "...by the working of His power." Paul's emphasis on the power of God is clear in this epistle. He's already mentioned it three times! Read [1:19](#), [1:21](#), and [2:2](#) and note what you see about God's power:
2. Read Ephesians 3:8a. What character trait of Paul's do you see in his words here?
3. Paul, easily the most influential leader of the New Testament church, is tenderly and genuinely humble. Why? What has he gone through that would bring him to this position?

4. Paul lays out a two-fold purpose for his ministry. "To preach to the Gentiles..." (3:8b-9)
  - 1) to preach what? \_\_\_\_\_
  - 2) "to bring to light..." \_\_\_\_\_
  
5. What role does the church now play in this mystery? (3:10)
  - 1) To do what...
  - 2) To whom...
  
6. Who are the "rulers and authorities in the heavenly places?"
  - 1) [1 Peter 1:12](#)
  - 2) [Ephesians 6:12](#)
  
7. What do we have in Christ? (3:11-12)
  - 1) \_\_\_\_\_ and...
  - 2) \_\_\_\_\_ with \_\_\_\_\_
  
8. Go back to your answers above, and in the space below each one, describe this boldness and access and what that means to you in your walk and living out your calling as a part of the church. Consider [2 Timothy 1:7 and Hebrews 4:14-16](#) as you answer.

### ...REFLECT ON THE WORD...

The church gets to make known the "manifold wisdom of God." This is what, as Peter said, "angels longed to see." This is a BIG DEAL! This is a truth that should not only remind us of the true purpose of our redemption but of our mission in life. Being saved by His grace is awesome, but ultimately it is only the waiting place until our final destination is secure. Until then, what is our purpose?...making the glory of the Lord known to His creation! But wait, that's not all! While we – as the church – are doing this, we have a heavenly audience. Not only do the angels rejoice when a sinner repents, but after that they are watching! Christians are making known the manifold wisdom of God to rulers and authorities in heavenly places! Wow!

The next time you share the gospel, look up. You are testifying to "rulers and authorities in the heavenly places!" Can I get a witness?? Woot! Score that for God's glory and manifold wisdom! Are you grasping the power of conviction Paul is expressing here? He is a man on a mission to serve the mission of Christ! Are you? Why not pray right now for more boldness and passion and wisdom and words! But if you're not, why? Ask God to strengthen your faith, give you wisdom, boldness, passion, words, and opportunity.



# ...Lesson Three - Days Six & Seven...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

**PRAY**...Always invite the Holy Spirit to help you and give you understanding.

**READ**...[Ephesians 3:10-21](#) Consider reading today's passage from the Message Bible

**WRITE**...this lesson's focus verse in the box above and commit it to memory.

==== PLEASE NOTE: We'll be taking two days to cover Ephesians 3:10-21 ====

1. What is the purpose of Paul's prayer – the "reason" he bows his knees before the Father? Consider Ephesians 3:10

2. How does Paul describe "the Father?" (v15)

3. Read Ephesians 3:16. What is Paul's desire for us in his prayer?

4. What role does the Holy Spirit play in our lives as "fellow heirs, members, and partakers?"

5. Consider again Paul's present situation as well as the circumstances facing the church in Ephesus, Paul could have prayed for their physical needs to be met, for their food, housing, protection...all sorts of things. Instead, what is the focus of Paul's prayer?

6. Read Ephesians 3:17-19. To what ends does he pray that the Spirit will strengthen our "inner man?" There are four beginning with the phrase "so that"...  
v17 – so that Christ

## It's Γρεκ το Με

The words "Father" and "family" create a play on words. Father is "Πατέρα" (Patera) and family is "πατριὰ" (patria). In writing this way, Paul reminds his reader that we are children together of one Father.

v18 – [so] that you...

v19 – [so that you] know...

v19 – [so that] you...

7. Having read this portion of Paul's prayer, reflect on your own prayer life. How can your prayers today better reflect this model prayer of Paul's?

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

9. What does the imagery of "grounded" bring to your mind? (*The Greek word is "themelioó" meaning "founded – as in a building's foundation that is firmly established."*)

ROOTED & FOUNDED

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

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

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

11. There are two times in his epistles that Paul describes something as “surpassing” understanding or knowledge....

[Ephesians 3:19](#)

[Philippians 4:7](#)

12. Did you catch this important concept? That the truth he wants us to grasp isn't an individual matter. What does he say in 3:18 that reminds us of our community in Christ?

13. Consider the unique and dramatic way that Paul received the gospel. His testimony says that he was “caught up to the third heaven” and that “he heard things that cannot be told, which man may not utter.” Now, here he is writing to the church and trying his level best to help us all grasp what he so powerfully experienced. Re-read Ephesians 3:18-19 with Paul's experience in mind. How do you think Paul's experience is impacting his effort to get us to “comprehend” the love of Christ?

14. What does that mean for your life today that the love of Christ and the peace of God surpass our understanding?

15. What is Paul's prayer on our behalf regarding the fullness of God? (3:19)

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

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

v16 – may he grant...

v17 – so that Christ may...

v18 – that you may have...

v19 – [that you may] know...

v19 – that you may be...

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

### It's Greek to Me

Paul felt so strongly about this that he invented a word to help us grasp the concept! Depending on your version, Ephesians 3:20 reads that God can do: "far more abundantly" (ESV); "immeasurably more than" (NIV); "exceeding abundantly" (KJV) In the Greek, the phrase is "ὑπὲρ ἐκ περισσοῦ" (hyper ek perisso) which translates literally: "beyond of abundance" and has the sense of infinity! It is one of Paul's "super-superlatives," coined to express God's capacity to transcend all that we ask or think."

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

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

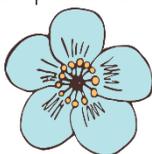
20. Paul asks God to strengthen the Ephesians – all the church – through His unlimited power so they will rely on that power. Add details to your Doctrines Chart about nature of God based on Ephesians three.

## ... REFLECT ON THE WORD ...

In youth group we used to sing this fast and fun song, "I want more of Jesus, more and more and more..." I think Paul was praying the same for us! There's no way to measure it, but he still wants us to have the strength to somehow if it's even possible to comprehend how wide, deep, long, and high the love of God is. The greatness of this love is so overwhelming to him that falls under its weight and prays with power and emotion. Frederick Lehman wrote the following chorus which beautifully expresses this truth of the unsearchable riches of Christ:

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

If anyone knew the overwhelming love of God up close and personally, it may well have been Paul. I pray today that we would all not just know the love of God, but we would feel it and have the strength to continue to comprehend it too.



# ...Lesson Three - Days Eight & Nine...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

...DWELL IN THE WORD...

**PRAY**...Always invite the Holy Spirit to help you and give you understanding.

**READ**...[Ephesians 3:14-4:16](#) Consider reading today's passage from the New King James Bible

**WRITE**...this lesson's focus verse in the box above and commit it to memory.

==== Please Note: We will take two days to cover Ephesians 4:1-16 ====

1. When Paul begins chapter four with "I therefore" we should ask, as my dad taught me, "What's the 'therefore' there for?" Finish this sentence by way of reviewing what Paul has placed the "therefore" there for: "Paul has just finished praying that the Ephesians would be..."

\_\_\_\_\_

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

\_\_\_\_\_

2. Read Ephesians 4:2-3 then explain the specifics of this "worthy manner" in which we are to walk. Use the cross-reference verses for support, or use your own.

All Humility – (Eph. 2:1-9)

All Gentleness – (Eph. 2:19)

Patience – (Eph. 1:12; 2:7; 3:13)

Forbearance – (Eph. 2:4-5)

Eager for Unity – (Eph. 2:14ff; 3:6)

3. Consider the result of successfully fulfilling Paul's urging in 4:1-3. How does this point to the truths of 4:4-6. (List those 7 truths also.)

- 1) One \_\_\_\_\_ 2) One \_\_\_\_\_ 3) One \_\_\_\_\_  
 4) One \_\_\_\_\_ 5) One \_\_\_\_\_ 6) One \_\_\_\_\_  
 7) One \_\_\_\_\_ and \_\_\_\_\_ of all

4. Read Ephesians 4:7-10 where Paul quotes from then explains and applies [Psalm 68:18](#). Read the verse again from several versions to help clarify the meaning. Then, using Paul's explanation for help, write out what Psalm 68:18 means. (Consider the imagery Paul had just used in 3:18-19 and ultimately what Paul has said we are equipped to do – Eph. 6:10-20)

5. By ascending and descending, what did Christ do?

6. Whose gift is this passage referring to?  
 \_\_\_\_\_

7. What did Christ's ascending and descending accomplish on our behalf? Consider 1 Corinthians 15:55-56

### **It's Γρεεκ το Με**

Is Paul misquoting the Old Testament? If you go back and compare what he wrote in Ephesians 4:8 to Psalm 68:18 you noticed a difference. Why? There are two significant collections of Old Testament scriptures: the Masoretic Hebrew and the Septuagint which was a Greek translation of the Hebrew. In every other epistle, Paul quoted the Old Testament from the Septuagint – Jesus did too, by the way – but here he is quoting from a Jewish paraphrase of the Psalms called the Targum. The Targum was written in Aramaic. Paul, who studied under that great Rabbi Gamaliel, would have been familiar with the Targum. It's interesting that he uses this paraphrase because in doing so he captures the emphasis that these gifts were given to men.

Go back and note how Paul's used the imagery of dimensions in 3:18-19 and then in 4:7-10 – especially "height and depth!" Paul describes the dimensions of Christ's love in terms of height, depth, length, breadth and then goes on to talk about the ascension (height) and descension (depth) of his actions...a further reminder of the immeasurable nature of His love and accomplishment on our behalf.

8. Paul says that Jesus ascended and that by ascending it implies what had to have happened?

...and not just descended in general, specifically where? "into the \_\_\_\_\_"

We're zooming in pretty tightly in order to make sure we're understanding this passage, but zooming out is important too! Paul prayed that we'd have "strength to comprehend" and I'm praying that as well as you study this passage...So, take a minute to zoom out a bit and keep the full context of what Paul has said about Jesus in mind. That will help you accurately answer the next question.

9. What is Paul referring to when he says that Jesus "also descended into the lower regions"? (Consider Ephesians 2:20; 3:6)

10. What does Paul say is the significance of Jesus' ascension and descension?

When we did our first read-through of Ephesians, did you make note of this repeated phrase: "all things"? If not, take a moment to do that today.

[Ephesians 1:10-11, 22, 3:9; 4:10](#)

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

11. Compare Paul's focus in 4:4-6 with 4:7-12

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

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

(4:11) Who gave? \_\_\_\_\_ To whom? \_\_\_\_\_

(4:12) What was given? \_\_\_\_\_ For what purpose? \_\_\_\_\_

(4:13) Until when? \_\_\_\_\_

(4:14) So that what *won't* happen? \_\_\_\_\_

(4:15-16) Instead, what *will* happen? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. Read Ephesians 4:11-12. List the gifts (4:8) that God gave (4:11):

- 1) A \_\_\_\_\_ 4) S \_\_\_\_\_  
2) P \_\_\_\_\_ 5) T \_\_\_\_\_  
3) E \_\_\_\_\_

14. What are the purposes of giving the church these kinds of leaders? (4:12-14, 16)

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

### **Ἰτ'σ Γρεεκ το Με**

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

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

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

17. Is your church lacking - "each part [not] working properly" - in this area? Why? How can you be a part of bringing the unity needed?

18. What have you learned about the doctrine of the Church? Add any insights to your Doctrine chart.

### **Ἰτ'σ Γρεεκ το Με**

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

## ...REFLECT ON THE WORD...

When my son was little he came to me and announced, "Mom! Guess what? I'm 8 feet 2 inches tall!" I laughed a bit and asked how he measured himself. "With this!" he said sweetly and proudly handed me a 6-inch ruler; he was actually 4 foot 1 inch. Isn't that the same problem we have in life? We measure ourselves by the wrong standard – often against one another. But God shows us the ultimate measure – Jesus. The only standard by which we will ultimately be measured will be the measuring stick of Christ. We need to remember the goal of the gifts that God has given us is so that we will grow "to the measure of the stature of the fullness of Christ." There is the measuring stick – the fullness of Christ. This would be a lost cause if it weren't for this amazing truth – God's gifts to us equip us to do exactly this! Here is our purpose, our mission, our calling! Our life will only be complete when we aim for the goal we were designed for – to do the good works created for us to do. Remember this isn't empty, altruistic "good deeds!" The whole point is to point to Jesus and to know that he is not Jesus a miracle worker, an amazing teacher, but Jesus Christ the man, the Son of God and Son of Man. He is the way God measures us, and the one whom we are to measure ourselves by.



So that  
through the church the manifold  
wisdom of God might be made  
known to the rulers and  
authorities in the heavenly places

Ephesians 3:10

# ...Lesson Three - Day Ten...

...WRITE & MEMORIZE THE WORD...

EPHESIANS 3:10

## ...CREATE & SHARE...

The week I wrote this lesson the Powerball jackpot had rolled to an estimated \$620 million and the MegaMillions was an estimated \$1.6 billion. With 2.2 billion up for grabs the frenzy for tickets has been hard to miss! People are lining up at every gas station, supermarket, and liquor store to buy tickets by the hundreds, going in on purchases with friends and coworkers and even just taking a chance that one lucky ticket might be the winner. It's an unfathomable amount of money to be had. Imagine one person winning it all! Do you think you could truly comprehend what it would be like to have that massive of a windfall of money? I'd like to think I could, but honestly, there's no way. It's too big, too wide and high to try to imagine it – not that I wouldn't like the opportunity to experience it!

Now imagine them never claiming their winnings. It would be devastating to imagine if they just never even knew they won, but what if they knew, and didn't bother to claim their prize? It almost makes you sick to think of that! No one would just pass that up!

Now, back to the message of Ephesians. Paul has been passionately telling us that we've got such massive blessings that he is praying we'd be have the "strength to comprehend the breadth, length, height and depth" of it all. Do you get as excited about that? I'd like to think you would. Truthfully, I'd like to think I would too...but somehow, the immediacy of this world – the financial concerns, health issues, social pressures, and all the rest – is more real to me than the power at work in me, the mystery revealed, the riches of his grace. But isn't living in this way like knowing you've got the winning lottery numbers and never claiming the treasure or claiming the treasure but never reveling in the joy of it or enjoy the blessings because of it?

For our Create & Share this lesson read back through Ephesians 1:1-4:16 and write out at least five blessings you have in Christ that should transform the way you live and engage with others. Paul urged us to "walk in a manner worthy of the calling to which we have been called." Let's all do that! As much as winning the MegaMillions would radically transform our lives, we have something so much greater in Christ. Really embrace that! Better yet, let that truth change you!

## ...DIRECTIONS...

- 1) Write out at least 5 truths/blessings from Ephesians 1:1-4:16 on separate slips of paper, on card stock, or on sticky notes. (I've provided a template on the next page if you'd like to use that.)
- 2) On the back of each card write out a simple reminder of how that blessing in Christ should impact how you "walk in a manner worthy of the calling to which you have been called."
- 3) Keep those blessings handy – in your purse, on your mirror, in a stack of flashcards on a ring – whatever is a helpful place to have them handy to read and re-read daily.
- 4) Share them with a friend! Send one or a photo of one to encourage someone every day for the next ten days.
- 5) Share on Facebook or Instagram too! Include #LMCCWomen in your post and tag @LMCCWomen.





# Ephesians

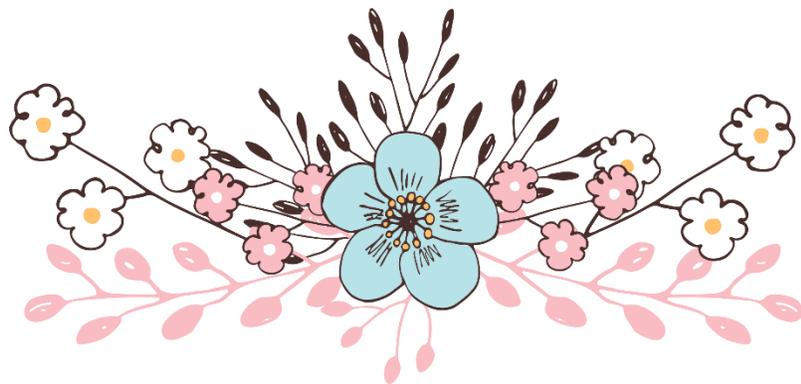


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# Ephesians



A vertical decorative border runs along both the left and right edges of the page. It features a complex, repeating pattern of black and white geometric and floral motifs, including circles, dots, and stylized floral shapes. The central area of the page is filled with horizontal lines, providing a space 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.

