

Table of Contents (tap to go to study)

| | |
|--|-----------|
| Spiritual Blessings in Christ - Ephesians 1:1-14 | 2 |
| Thanksgiving and Prayer - Ephesians 1:15-23 | 3 |
| Made Alive in Christ - Ephesians 2:1-10 | 4 |
| One in Christ - Ephesians 2:11-22 | 5 |
| Paul the Preacher to the Gentiles - Ephesians 3:1-13 .. | 6 |
| A Prayer for the Ephesians - Ephesians 3:14-21 | 7 |
| Unity in the Body of Christ - Ephesians 4:1-16 | 8 |
| Living as Children of Light - Ephesians 4:17-5:21 | 9 |
| Wives and Husbands - Ephesians 5:22-33 | 10 |
| Children and Parents - Ephesians 6:1-4 | 11 |
| Slaves and Masters - Ephesians 6:5-9 | 12 |
| The Armor of God - Ephesians 6:10-24 | 13 |

Spiritual Blessings in Christ - Ephesians 1:1-14

Topics: Adoption, Believers, Blessing, Doctrine, Glory, God, God's Will, Gospel, Holiness, Holy Spirit, Jesus Christ, Praise, Purpose, Salvation

Open It

1. How often do you compliment others?
2. How do you usually respond when someone compliments you?
- * 3. What blessings have you received recently?

Explore It

4. How was Paul made an apostle? (1:1)
5. To whom was the letter addressed? (1:1)
6. What greetings did Paul extend to the believers at Ephesus? (1:2)
- * 7. How has God blessed believers? (1:3)
8. When did God's work of election take place? (1:4)
9. What is the purpose of God's election? (1:4)
10. What did God determine beforehand for those who believe in Christ? (1:5)
11. What is the goal of God's election? (1:6)
12. What is redemption? (1:7)
- * 13. What does the work of Christ do for the believer? (1:7)
14. What has God given the believer? (1:8-10)
15. When will everything be brought together? (1:10)
16. How did God's plan include people of different cultures? (1:11-12)
- * 17. What is the role of the Holy Spirit in the lives of those called to receive spiritual blessings in Christ? (1:13-14)

Get It

18. What are spiritual blessings?
- * 19. In everyday language, how would you describe the spiritual blessings given to you?
20. How do you picture the persons of the Trinity at work in your life?
21. How should knowing that you were chosen to be in the family of God affect your involvement in evangelism?
22. What has Christ done on our behalf?
23. How have you benefited from the grace of God?
- * 24. For what work of God on your behalf are you most thankful? Why?
25. Why did God do this amazing work for us?

Apply It

- * 26. How can you say thank you to God this week for what He has done for you?
27. What do you need to do differently to live for the praise of God's glory this week?
28. In the days ahead, how can you share with other people those blessings God has given you?

Thanksgiving and Prayer - Ephesians 1:15-23

Topics: Authority, Body, Church, Creation, Faith, God, Heaven, Holy Spirit, Jesus Christ, Love, Power, Prayer, Thankfulness

Open It

1. How do you celebrate Thanksgiving Day?
- * 2. For what do you thank God on a daily basis?
3. How do you show that you are thankful for those around you?

Explore It

- * 4. What motivated Paul to pray for the Ephesians? (1:15-16)
5. What did Paul ask God to give to the Ephesian Christians? (1:17)
6. What is the purpose of having wisdom and revelation? (1:17)
- * 7. Why did Paul ask that the Ephesians' hearts would continue to be enlightened? (1:18)
8. What kind of help is available to all Christians? (1:19-20)
9. How is God's power at work in all creation? (1:21)
10. How does God's power reach across time? (1:21)
- * 11. What did God place under Christ's control? (1:22)
12. What appointment did God give Christ? (1:22)
13. What is the church's relationship to Christ? (1:22-23)

Get It

- * 14. How did Paul support the Ephesian Christians?
15. How can you encourage growth in other Christians?
- * 16. The Ephesians showed faith in Christ and love for one another; what qualities distinguish your Christian walk?
17. How do you know that Christ's power is sufficient for your life?
18. How does the knowledge of God's authority and control make you secure?
19. When did you last express a prayer of thanks for other saints?

Apply It

20. Since God's power is available to you, what do you need to do to take hold of it this week?
- * 21. What people in need could you remember in your prayers this week?

Made Alive in Christ - Ephesians 2:1-10

Topics: Believers, Craftsmanship, Death, Faith, Gifts, God, Grace, Heaven, Jesus Christ, Life, Love, Mercy, Sin

Open It

- * 1. When have you shown mercy to a person who deserved to be punished?
- 2. What is the best gift you've ever received?

Explore It

- 3. Before conversion, what was the spiritual position of the Ephesians? (2:1)
- * 4. What three characteristics mark the condition of a person without Christ? (2:2-3)
- 5. How are both Jew and Gentile alike? (2:3)
- * 6. Why did God make those who were dead alive with Christ? (2:4-5)
- 7. What describes God's action in making us alive? (2:5)
- 8. What position has God given Christians in Christ by His divine power? (2:6)
- 9. What will God show in the future eternal state? (2:7)
- 10. What is the means of salvation? (2:8)
- 11. Where does salvation come from? (2:8)
- * 12. Why can no one boast in his own salvation? (2:8-9)
- 13. How is the believer God's work of art? (2:10)
- 14. What is the purpose of God's workmanship? (2:10)

Get It

- 15. What were you like before you became a Christian?
- * 16. Why was your position hopeless before becoming a Christian?
- 17. When did you receive the gift of new life?
- 18. How would you describe God's grace to you?
- 19. Why hasn't anyone deserved God's grace, mercy, or riches?
- * 20. How do you see God's creative workmanship operating in your life?

Apply It

- * 21. With whom can you share the news of God's mercy? How?
- 22. Empowered by the Holy Spirit, what good work for the kingdom of God can you do this week?

One in Christ - Ephesians 2:11-22

Topics: Church, Citizenship, God, Good News, Holy Spirit, Jesus Christ, Law, Peace, Reconciliation, Separation

Open It

1. When was a time you felt deprived?
- * 2. What people have you known whose upbringing and family connections provided them with certain advantages?

Explore It

3. What did Paul command the Ephesians to remember? (2:11)
4. Why was being uncircumcised a desperate problem for the Gentiles? (2:11-12)
- * 5. How did Christ's work on the cross transform the condition of the Gentiles? (2:13)
6. Who brought peace to Jewish and Gentile believers? (2:14)
7. Why did Christ end the hostility between Jews and Gentiles? (2:14-16)
8. How did the enmity between Jews and Gentiles come to an end? (2:15-16)
9. What is the result of believing the message of Christ? (2:17-18)
- * 10. In Christ, how did the Gentiles achieve new spiritual and social status? (2:19)
11. On what foundation were the Ephesian believers built? (2:20)
12. How was Christ part of the foundation? (2:20)
13. How was the church described as living and growing? (2:21)
- * 14. How were the Ephesians becoming part of God's dwelling? (2:22)
15. How did God live in the Ephesian Christians? (2:22)

Get It

- * 16. How does the gospel break down religious and social barriers?
17. Why is it that many churches maintain a dividing wall that keeps out other social and ethnic groups?
- * 18. How does your church treat foreigners and aliens?
19. How should churches treat foreigners and aliens?
20. If Paul were speaking to your congregation about reconciliation, would his words be ones of praise or disappointment?
21. In Christ, what is every Christian's relationship to other Christians?
22. What is your role in helping your congregation show unity in Christ?

Apply It

- * 23. How can you show God's love to an "outsider" this week?
24. To what groups or individuals can you extend the peace of Christ this week? How?

Paul the Preacher to the Gentiles - Ephesians 3:1-13

Topics: Church, God, Grace, Holy Spirit, Humility, Insight, Jesus Christ, Power, Purpose, Serving, Suffering

Open It

1. If you found buried treasure in your backyard, what would be your first course of action?
- * 2. Do you like to figure things out for yourself or get help as soon as possible?
3. How good are you at explaining things to others?

Explore It

4. Why did Paul go to prison? (3:1)
5. How familiar was Paul with the company of believers at Ephesus? (3:2)
6. What would the Ephesians have heard about Paul? (3:2-3)
- * 7. To what mystery did Paul refer? (3:2-3)
8. How did Paul receive insight into the mystery of Christ? (3:4-5)
9. Who revealed the mystery of Christ to Paul? (3:5)
10. When was the mystery of Christ disclosed? (3:5)
- * 11. How did Paul reveal the mystery of Christ? (3:6)
12. How was Paul enabled to be a servant? (3:7)
13. What was Paul's attitude to his call? (3:8)
14. What was Paul called to disclose? (3:9)
15. Through what medium was God's wisdom communicated? (3:10)
- * 16. How did God accomplish His plan? (3:11)
17. In light of God's work, how may believers approach Him? (3:11-12)
18. Why were Paul's sufferings the glory of the Ephesians? (3:13)

Get It

- * 19. How do you think Gentile believers responded to Paul's explanation of "the mystery of Christ"?
20. How should we all be involved in evangelism?
21. How can you serve others who need salvation?
22. What helps you to serve the Lord when it is inconvenient, awkward, or painful for you?
23. What gives you confidence and freedom in approaching God?
- * 24. How is sharing the gospel with someone like discovering priceless treasure?

Apply It

25. In the days ahead, what can you do to help outsiders feel welcome in your church?
- * 26. What can you do this week to help others understand the mystery of Christ's provision for sin?
27. What can you do this week to develop a patient spirit so that you will not become discouraged by suffering?

A Prayer for the Ephesians - Ephesians 3:14-21

Topics: Church, Faith, Family, Glory, God, Heart, Holy Spirit, Jesus Christ, Love, Power, Prayer

Open It

1. What is your favorite posture for praying? Why?
- * 2. How often do you pray for those you love?

Explore It

3. When Paul prayed, what posture did he assume? (3:14)
4. To whom is God the Father? (3:14-15)
- * 5. What did Paul request of the Father? (3:16)
6. Through whom would the Ephesians be empowered? (3:16)
- * 7. How would Christ dwell in the believers' hearts? (3:17)
8. Why did Paul want the Ephesians to be rooted and established in love? (3:17-19)
9. What did Paul want the Ephesians to grasp? (3:18)
10. What does the love of Christ surpass? (3:19)
- * 11. How did Paul close his prayer? (3:20-21)
12. How did Paul's doxology serve as a fitting conclusion to the doctrine he had presented in the first three chapters of this letter? (3:20-21)

Get It

13. How would you pray Paul's prayer in your own words?
- * 14. If Paul were your prayer partner, how might he encourage you in your devotional life?
15. What is your understanding of Christ's love for you?
16. In what ways do you need to become firmly rooted in love?
17. How have you allowed God to become too small in your life?
- * 18. How does Paul's doxology encourage you?
19. What is your favorite doxology? Why?
20. How do you usually end your prayers?

Apply It

21. How can you take a new and creative approach to your prayer life?
22. What do you need to do to spread Christ's love to others this week?
- * 23. How could you include Paul's doxology as a part of your personal devotion each day?

Unity in the Body of Christ - Ephesians 4:1-16

Topics: Body, Church, Faith, Gentleness, Gifts, God, Grace, Holy Spirit, Hope, Humility, Jesus Christ, Love, Pastors, Patience, Peace, Serving, Teaching, Unity, Work

Open It

1. What one quality would you like to develop in your character?
- * 2. What keeps sports teams unified?
3. What do you consider yourself good at doing?
4. What skill or talent would you like to master?

Explore It

5. What did Paul urge the Ephesians to do? (4:1)
6. What three virtues foster unity among Christians? (4:2)
- * 7. How should Christians conduct themselves toward each other? Why? (4:2-6)
- * 8. What are the seven elements of Christian unity? (4:4-6)
9. How is Christian unity related to the nature of God? (4:4-6)
- * 10. How are we enabled to live at peace with each other? (4:7)
11. Who gives grace to each believer? (4:7)
12. How did Paul confirm God's giving of gifts? (4:8)
13. What commentary did Paul make on the Old Testament passage he quoted? Why? (4:9-11)
14. With what kind of people does God fill the church? (4:11)
15. What is the purpose of spiritual gifts? (4:12-13)
16. What results from gifted believers equipping the church? (4:14-16)

Get It

17. Why did Paul stress the theme of Christian unity to the Ephesians?
- * 18. How do you get along with other Christians?
- * 19. What is God's prescription for unity among believers?
20. How does the Spirit help you maintain the "bond of peace" with others in your church?
21. How have you benefited from the Christian leadership in your church?
22. What is your responsibility to help others in the body of Christ?
23. How unified is your church?

Apply It

- * 24. How do you need to show humility, gentleness, and patience in dealing with a difficult relationship this week?
25. What service can you offer another church member to help build up the body of Christ?
26. To whom do you need to speak the truth lovingly this week?

Living as Children of Light - Ephesians 4:17-5:21

Topics: Anger, Believers, Children, Darkness, Forgiveness, God, Hardheartedness, Help, Holiness, Holy Spirit, Ignorance, Immorality, Jesus Christ, Kindness, Light, Love, Lust, Lying, Nature, Needs, Righteousness, Separation, Sin, Submission, Wisdom

Open It

1. Do you prefer wearing old, comfortable clothing or dressy outfits? Why?
2. How do you feel when you wear a brand-new suit or outfit?
- * 3. What do you do with your worn-out clothing?

Explore It

4. In what way were Ephesian believers instructed not to live as Gentiles? (4:17-19)
5. How did Paul contrast the Ephesian Christians with the Gentiles? (4:20-21)
- * 6. In what way does God want Christians to change? (4:22-24)
7. How should new Christians stop living? (4:22)
8. How should new Christians begin living? (4:23-24)
9. What should we keep in mind concerning lying, anger, and stealing? (4:25-28)
10. How should believers speak to one another? (4:29)
11. How can the Holy Spirit be hurt? (4:29-30)
12. Of what five vices are believers to rid themselves? (4:31)
13. What positive commands did Paul give the Ephesians? (4:32)
- * 14. How are Christians to imitate God? (5:1-2)
- * 15. From what practices should Christians abstain? (5:3-6)
16. Whom do we need to avoid? Why? (5:5-7)
17. Why should Christians not become partners with non-Christians? (5:7-8)
18. How does life in darkness contrast with life in the light? (5:9-20)
19. How should Spirit-controlled believers relate to one another? (5:21)

Get It

- * 20. Since becoming a Christian, what old habits have you discarded?
21. Of what aspects of your old nature do you still need to rid yourself?
22. How do you see the new nature taking hold in your life?
- * 23. What evidence do you see that your life is controlled by the Holy Spirit?
24. What fruit of the light do you see in your life?
25. In what way should you be submissive to other Christians?
26. How would you rate your spiritual wardrobe: basic, adequate, or overflowing?
27. What aspect of your Christian life do you want to practice more consistently?

Apply It

- * 28. What would be the first step for you in changing an old pattern of behavior?
29. What can you do this week to make your Christian living more consistent?
30. How can you relate to others today in new, joyful ways?

Wives and Husbands - Ephesians 5:22-33

Topics: Bible, Body, Church, Family, Holiness, Husbands, Jesus Christ, Love, Marriage, Respect, Submission, Unity, Wives

Open It

1. What husband-and-wife team do you greatly admire?
- * 2. In your view, what one quality or ability sustains a marriage relationship?

Explore It

3. What service should wives render to the Lord? (5:22)
4. What is the relationship of the husband to the wife? (5:23)
5. How is Christ's headship of the church an example to the husband? (5:23)
- * 6. How is the relationship of the church to Christ an example to wives? (5:24)
7. How are husbands commanded to love their wives? (5:25)
8. How did Christ prepare a bride for Himself? (5:26-27)
- * 9. How should husbands love their wives? (5:28-30)
10. How is the bond between husband and wife greater than the bond between parent and child? (5:31)
- * 11. How does the bond between Christ and the church illustrate the love of a husband for his wife? (5:32)
12. In sum, what are the responsibilities of the husband and wife toward each other? (5:33)

Get It

- * 13. How should both husband and wife model themselves on Christ?
- * 14. Why would unselfishness be an essential part of a Christian marriage?
15. What should a Christian wife give her husband?
16. How should a Christian husband care for his wife?
17. How does a healthy Christian marriage relationship honor the Lord?
18. What are some ways local churches can help Christian couples strengthen their marriages?

Apply It

- * 19. What is something you can do to help a Christian couple strengthen their marriage?
20. How can you treat your spouse with more respect and love this week?
21. How can you express your thankfulness to Christ today for making you His bride?

Children and Parents - Ephesians 6:1-4

Topics: Children, Discipline, Discouragement, Honor, Instructions, Jesus Christ, Marriage, Parents, Promises, Training

Open It

1. What are some of the enjoyable aspects of being a parent?
2. How do you treat children differently from the way your parents treated you?
- * 3. If you could change one thing about your parents, what would you change?

Explore It

4. Why is a child's obedience to his or her parents pleasing to the Lord? (6:1)
5. Why should children obey parents? (6:1)
6. How is obedience to parents part of a child's obligation to Christ? (6:1)
- * 7. What does it mean to "honor your father and mother"? (6:2-3)
8. What was promised to Israelite children who obeyed their parents? (6:2-3)
9. How does God's commandment and promise to children hold true today? (6:2-3)
- * 10. What does God want fathers not to do? (6:4)
11. What does God want fathers to do? (6:4)
- * 12. How should children be reared and nourished? (6:4)
13. How is the Lord to be the center of parent-child relationships? (6:4)

Get It

14. Why should parents pay attention to their child's natural bent?
- * 15. Why is it easier for children to obey fair and loving parents than unreasonable and demanding parents?
16. How does rearing children in the "training and instruction of the Lord" provide guidelines for fathers?
- * 17. How does honoring your parents bring you blessing?
18. How do you feel about your ability to be a good parent?
19. How can the Lord support you in your role as a parent?
20. How can a parent avoid exasperating his or her children?

Apply It

- * 21. What can you do to improve or strengthen your relationship with your parents?
22. How can you avoid exasperating your children?
23. How do you need to nurture healthy family relationships this week?

Slaves and Masters - Ephesians 6:5-9

Topics: Favoritism, Heart, Jesus Christ, Obedience, Respect, Rewards, Serving, Sincerity, Slavery, Work

Open It

1. Had you lived long ago and owned slaves, what kind of slave owner would you have been?
- * 2. If you were a slave, what would be the worst part of being someone's property?

Explore It

- * 3. Why did Paul tell slaves to obey their masters "with respect and fear"? (6:5)
4. What did Paul tell slaves to do? (6:5-8)
5. What responsibilities did slaves have to their masters? (6:5-8)
6. How did Paul transform the work of the slave? (6:5-8)
- * 7. How could slaves serve the Lord while working for their masters? (6:5-8)
- * 8. How would slaves benefit from winning the favor of their masters? (6:6)
9. With what attitude should the slave serve his master? (6:7)
10. What reward for Christian service could the slave expect? (6:7-8)
11. What directives did Paul give slave owners? (6:9)
12. Why did Paul warn owners against abusing their slaves? (6:9)
13. How does God view rank or social status? (6:9)

Get It

- * 14. Why did Paul call slaves to obey and not to revolt against the system of slavery?
15. How were Paul's instructions helpful and protective to both slave and slave owner?
16. How did Paul's words to slaves and masters relate to the teaching in the rest of his letter to the Ephesians?
17. How do we enslave certain groups in our society?
18. How does God want us to treat people who are subordinate to us?
19. How does God want us to treat people who are over us?
- * 20. How does God want us to treat all people with whom we work?
21. When should Christians work for social justice?
22. What importance do you attach to rank or social status?
23. What importance should we attach to rank or social status?

Apply It

24. How can you improve your attitude toward someone you work with?
- * 25. How can you remember to serve all people wholeheartedly, as if you were serving the Lord?

The Armor of God - Ephesians 6:10-24

Topics: Armor, Bible, Blessing, Darkness, Encouragement, Evil, God, Holy Spirit, Power, Prayer, Satan, Strength

Open It

1. How do you protect your home from danger?
- * 2. If you were a police officer, what extra precautions would you take to guard against danger?
3. Do you tend to be the trusting type, or are you suspicious of other people? Why?

Explore It

4. What did Paul say to exhort his audience? (6:10)
- * 5. What did Paul tell the believers to put on? (6:11)
6. Why do Christians need to put on God's armor? (6:11-12)
7. What can Christians dressed in the full armor of God expect? (6:13)
8. What mandate does God give all Christians? (6:14)
- * 9. How should Christians be armed for battle? (6:14-17)
- * 10. What last two pieces of armor did Paul tell all Christians to take up? (6:18)
11. Why did Paul ask the Ephesians to pray for him? (6:19-20)
12. Who took Paul's letter to the Christians at Ephesus? (6:21)
13. How would Tychicus help the Ephesians? (6:21-22)
14. With what kind of words did Paul bless his audience? (6:23)
15. What did Paul say in benediction? (6:24)

Get It

16. Why do you think Paul used the detailed description of a Roman soldier's armor to explain spiritual warfare?
17. How would you describe the armor of God in your own words?
18. What is spiritual warfare?
- * 19. How often are you engaged in spiritual warfare?
20. In what way is the Christian life like a battle?
21. Why is the Christian life like a battlefield?
- * 22. What pieces of armor are you missing?
23. How often do you pray in the Spirit?
24. How often do you pray for other Christians?
25. In what ways do you need peace, love, faith, and grace in your life right now?

Apply It

26. How can you lean on the Holy Spirit's help in doing battle for the kingdom of God each day?
- * 27. How can you encourage another Christian in his or her spiritual battles?