

GLEANINGS *from*  
EPHESIANS



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## An Encouraging Word

**“God is Able” is going to take us through the Book of Ephesians. We will be studying deeply the Word of God and gleanings from the Scripture. In the first three chapters you have the doctrines of the gospel; in the last three Chapters you have the experience of the Christian; and before the Letter is finished, you have the precepts of the Christian faith. The Book of Ephesians includes the great themes of God’s work in the church, the community of believers.**

**God is Able to do exceedingly abundantly above all that we ask or think!!**

**Let us keep our eyes on Jesus and fall in love with Him more every day! To Him be the glory!**

***But as it is written: “Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.” 1 Corinthians 2:9***

# Introduction to This Study

Studying the Bible requires a preparation of your thoughts, feelings, and convictions. It should move you to investigate and discuss with clarity and reflection. The homework portion of our study is meant to stir up and excite a passion for God, and at the same time, reveal your heart so that coming before God, there is an honesty and transparency that draws you closer to Him rather than away from Him.

Structuring your time to work on the questions on a somewhat daily basis can be most beneficial.

- **Always begin your study with prayer.** The first step in understanding the Bible is asking God to help you. Someone who understands the Word of God does so because God opens it up.
- Remember, the Spirit of God is the author; we need His help if we are going to understand and apply these wonderful truths. Simply ask God to help you understand. That is a prayer He is longing to answer!
- Read and reread the assigned Bible passages for the week to familiarize yourself with the section. This will help give you an overview of its primary theme.
- The questions in the study will be based on the New King James Version of the Bible. But the King James Version, New American Standard, the New International Version, the Revised Standard Version and the New Living Translation are all very useful and recommended.
- Try to write your answers in the space provided (with an extra sheet handy, just in case you need it).
- Throughout the day, meditate on what you've learned. Reflecting on your discoveries will allow those biblical truths to deepen your understanding and begin to reshape your life.
- Remember, our goal is to learn all we can from the Bible passages being studied. Let it speak for itself, and you will be blessed.

## “God Is Able”

*Gleanings From the Book of Ephesians*

Ephesians 3:20

### Lesson 1

### Our Riches in Christ

The Apostle Paul wrote the Epistle to the Ephesians while imprisoned in Rome. He had a special place in his heart for the Ephesian church as he had stayed there longer than any other place during his missionary journeys. Because of the time Paul had spent teaching the Word of God to the people of Ephesus, he could write the deep truths we find in this Epistle. He wanted to encourage and strengthen them in their Christian walk. May this Epistle do the same for us.

#### Read Ephesians 1:1-14.

1. In verse 1, how does Paul describe himself?

a. Fill in the blank below describing yourself.

---

\_\_\_\_\_ by the will of God.



b. Read through verses 4-14 and list all the spiritual blessings you find in these verses.

c. Glance back over the list and take a moment to thank Him for all He has done for you. Record just one item from the list that you are grateful for and share why.

4. According to verse 4, when did God plan our salvation?

a. What was God's purpose in doing this?

- b. Verses 4 and 5 tell us that God *chose* us and *predestined* us. Does that mean we didn't have any choice in the matter?
  
  - c. How would you explain this to an unbeliever who says she isn't a Christian because God didn't choose her?
5. Describe the glorious blessing found in verse 5.
- a. What was God's motivation in blessing us so tremendously?

- b. What does it mean to you that it brings *pleasure* to God to do these things?

6. Verse 6 says we are “*accepted in the Beloved.*” Explain what it means when Paul says that it is by the glory of His grace that we are accepted.

- a. What do the following verses tell us about our own efforts to be accepted by God?

Ephesians 2:8-10—

James 2:14-18—

- b. How would you explain this to someone who felt they had to earn God's blessings?
- 
7. In verses 7-12 we focus on Jesus, our wonderful Redeemer. A key phrase in this section is *in Him*, for it is because of Him we have all of the privileges and rights of a child of God. According to verse 7, what do we have *in Him*?
    - a. According to 1 Peter 1:18-19, what was the price of our redemption?
    - b. What did we gain by being redeemed?

8. We see again, in verse 9, that God does great things for us *according to His good pleasure*. What does this verse say He has done?
  - a. Define the *mystery of His will* according to verse 10.
  - b. According to 1 Corinthians 2:10, how does God reveal His mysteries?
  - c. Can unbelievers understand the things of God? (1 Corinthians 2:14)

9. In these first few verses of Ephesians we have seen God as our great Benefactor, we have seen the believer as the beneficiary, and now, in verses 13 and 14, we see the Holy Spirit as the One who is the Guarantor of all that God has declared for us. According to verse 13, what happens to us once we believe?

a. What do the following verses teach about this?

2 Corinthians 1:22

2 Timothy 2:19

b. How is the Holy Spirit described in Ephesians 1:14?



Share one thing from this lesson that has impacted you.

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Ephesians 3:20

### **Lesson 2** **Our New Life in Christ**

What a wretched life we lived before we surrendered to the Lordship of Jesus Christ. It is good to be reminded of our past and what we have been saved from so that we can truly appreciate what Christ did for us when He redeemed our souls by dying on the cross. What a transformation occurs when we change our status from unbeliever to believer. Study the following section of scripture with a heart of love and gratitude, and with praise to our gracious and good God.

#### **Read Ephesians 2:1-10.**

1. Record the attributes of our awesome God found in this portion of Scripture. The first one is completed for you.

Verse 4    He is rich in mercy

Verse 4

Verse 7



Vs	What We Were Like	Vs	What God Did
1,5		1	
2		4,5	
3		6	

5. According to the following verses, what should our response be to such a marvelous transformation?

Romans 12:1

1 Corinthians 6:20

1 Peter 2:9

- a. What are some ways we can do this?

6. God's remedy to our spiritual deadness is recorded twice (verses 1 and 5). What has He done?
  - a. Describe the new sensitivity you have to spiritual things now that your spirit has been *made alive*.
  
7. Even though we have been transformed, we still live in bodies of flesh; we still have a mind and a free will. In what ways does having your spirit *made alive* change your attitude about the *desires of the flesh and the mind*?
  - a. How can we live in a body of flesh without fulfilling its desires? (See Galatians 5:16.)

8. Look again at the phrase in Ephesians 2:5 that begins with the words *made us alive*. What three words follow?
  - a. List two other things God has done for the believer. These can be found in verse 6.
  - b. Just as God has made Jesus alive from the dead, raised Him up and seated Him in the heavenly places, so He has also done for the believer. God's grace toward us should provoke a response from us. It is not just information for us to know, it is power to be applied. What does Colossians 3:1 exhort us to do?
  - c. What do you think this means in a practical sense?

9. Verses 8-9 are two of the most assuring verses in the Bible. What do they say?
  - a. What is the *gift of God* give to you?
  - b. What two phrases tell us what we are *not* saved by?
  - c. What does being *saved by grace* prevent us from doing?

- d. According to 1 Corinthians 1:31, what should believers *boast* or *glory* in?

10. What are we called in Ephesians 2:10?

- a. Although we are not saved by good *works*, as God's *workmanship* we have been created for a purpose. What is God's intention for *good works* in the life of the believer?
  
- b. How would you explain this to someone who was struggling with what part doing *good works* has in the life of a believer?

- c. What is the difference between what you might have called *good works* before you were a believer and the *good works* you do now?

IN CLOSING, share something from this lesson that has touched your heart.

## “God Is Able”

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### Lesson 3

#### God’s Desire for the Believer

The Apostle Paul was a man of prayer. This section of Scripture is his second great prayer in this epistle. Because of Paul’s interest in and great love for this church, he wanted them to experience all the riches of God’s grace in Christ Jesus. He prayed that every spiritual blessing that was theirs would become realities in the lives of the believers. As we go through this section, consider whether you are living as a spiritual pauper or enjoying the spiritual riches with which God has blessed you.

#### **Read Ephesians 3:14-21.**

1. Many believers are ignorant of the spiritual wealth that is theirs in Christ. In the first part of this epistle, Paul reminded the Ephesians of the riches and resources possessed by children of God. In John 10:10b, how did Jesus describe the kind of life He desired Christians to experience?

2. Paul's desire for the Ephesian believers to experience the abundant life prompted him to pray for them. Verse 13 says that he bowed his knees to the Father. What do you think Paul's position while praying indicates about how he feels or what his attitude is during this prayer?

a. Look up the following verses and write out the different postures of prayer found in these scriptures.

2 Chronicles 7:3 –

Ezra 9:5 –

Psalm 95:6 –

Daniel 6:10 –

Matthew 6:6-14 –

Luke 22:41 –

Acts 20:36 --

- b. Do you think the position in which you pray is important? Why or why not?

3. Looking at verses 14-21, make a list of Paul's desires for the Ephesian saints as found in this pastoral prayer of his.

Paul prayed *that*:

a.

b.

c.

d.





6. Although physical strength is a great asset, this is not the focus of Paul's prayer. What kind of *strength* does he pray for?
  - a. Describe someone who has *strength in the inner man*.
  - b. What does 2 Corinthians 4:16 say about this *strength*?
  - c. What part do/can we play in strengthening our inner man?

7. Paul's next request is that *Christ may dwell in your hearts through faith*. Christ *dwells* in the heart of every believer; yet, there are various degrees of *dwelling*. The New Living Translation records the first phrase of verse 17 as: *And I pray that Christ will be more and more at home in your hearts as you trust in him*. How does *trust/faith* affect Christ's being *at home* in the heart of the believer?
  - a. Conversely, what effect does doubt have?
  
8. From the last part of verse 17 through verse 19, Paul's prayer revolves around the subject of *love*. Why is it important to be *rooted and grounded in love*?

- a. Paul wants us to comprehend the vastness of Christ's *love*. According to the following verses...

John 3:16 What is the width of God's love?

Jeremiah 31:3 What is the length of God's love?

Philippians 2:7-8 What is the depth of God's love?

Ephesians 2:6 What is the height of God's love?

9. Paul wraps up the first three chapters of Ephesians with words of praise. What did He say God is *able* to do in Ephesians 3:20?

- a. There are numerous Scriptures that reveal to us what God is *able* to do. Record what the following verses say...

Jeremiah 32:17, 27 --

Daniel 3:17 --

Matthew 3:9 --

John 10:29 --

Romans 4:21 --

Romans 16:25 --

Hebrews 7:25 --

Jude 1:24 --

- b. Share a time when God did *exceedingly abundantly above what you asked*.
- 
- 10. Paul closes the chapter in verse 21 writing *to Him be glory...* The purpose of much of what God does is for His *glory*. Look back at the following verses in Ephesians 1 and summarize what they say: 6, 12, 14, 18.
    - a. Since *glorifying* God is so important, how are you challenged to daily live in such a way as to produce a life that brings Him *glory*?
    - b. What does it mean to *give God glory*?

Share something from this lesson that impacted you.

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### Lesson 4

### The Worthy Walk

In the first three chapters of this Epistle, Paul has pointed out all that God has done for us and given us by His grace. Here, in chapter four, Paul begins to instruct believers on how to live in light of all that they have been freely given. Let's pray and ask God to show us how we can walk a worthy walk, serving and obeying Him out of a heart of gratitude for all the blessings He has given us.

#### **Read Ephesians 4:1-6.**

1. Paul describes himself as a *prisoner of the Lord*. How would you explain what he means by using that terminology?
  
  
  
  
  
  
  
  
  
  
2. What does Paul *beseech* us to do?

- a. In your own words, write out what *to walk worthy of the calling with which you were called* means to you.

3. Look up the following verses and describe what they say about our *calling*.

Philippians 3:14 --

2 Timothy 1:9 --

Hebrews 3:1 --

a. What is your reaction to these descriptions?

4. Paul *beseeches* us to *walk worthy of the calling with which we were called*. Describe this walk using these verses:

Ephesians 4:17 --

Philippians 1:27 --

Colossians 1:10 --

- a. *Walking* in this manner is not easy, nor is it possible in our own strength. Explain how a person can live a life that would be described as consistently (not perfectly) *walking in a manner worthy*.
- 
5. Paul wrote in Philippians 3:17 (NIV), *Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you.* What have you learned from Paul's example?
    - a. Share something you have learned from the example of another Christian.

6. List each character quality that Paul indicates should mark the life of a believer.
  - a. Which one do you find is the most difficult for you to exhibit in your life? Why?
  - b. What can you do to promote success in living out this character trait?
  
7. In verse 3, how does Paul describe the *unity* that believers ought to share?

a What word(s) let us know that *to keep the unity* requires effort?

8. How does *walking* in the attributes mentioned previously promote *unity*?

a. In contrast, how does not *walking* in these attributes discourage *unity*?

9. We are to *endeavor to keep the unity of the Spirit in the bond of peace*. What does the first phrase of Colossians 3:15 teach us about this?
- a. Practically, what have you found that helps you to *let the peace of God rule in your heart*?
  - b. How does the Holy Spirit help you *keep the bond of peace* with others in your church?
  - c. When do you personally find it most difficult to *keep the bond of peace* with other believers?





After studying this section of Scripture, describe what you think a *worthy walk* looks like.

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### Lesson 5

### The Spirit Filled Life

The Apostle Paul wrote to a group of believers who were living in an evil culture and were surrounded by pagans who focused their lives on worldly pleasures and indulging their every fleshly whim and desire. Paul reminded them of their high calling in Christ and how they should be conducting themselves as Spirit-filled believers. Paul’s concern for the Ephesians is just as relevant for us today as we live in the same worldly environment. As you study this section of Scripture, determine to obey Paul’s command to be filled with the Spirit.

#### **Read Ephesians 5:18-21.**

1. Ep[hesians 5:18 commands us, *And do not be drunk with wine*. What reason follows this command?
  - a. Define *dissipation* as it is used in this verse.

2. Rather than *be drunk with wine*, what are we to do?

a. In what ways is *being filled with the Spirit* more *filling* and *fulfilling* than being *drunk with wine*?

3. What does Ephesians 5:19 tells us to do?

a. What is your favorite:

psalm

hymn







c. What kinds of behaviors are opposite of *submission*?

9. For further consideration, look up each of the following verses and explain what indicated the filling of the Holy Spirit?

Acts 2:4 –

Acts 4:8 –

Acts 4:31 –

Acts 6:3 –

Romans 8:9 –

1 Corinthians 12:13 –

10. Is it possible to live a Spirit-filled existence apart from the Word of God? Explain your answer.

In what ways were you challenged by this lesson?

## “God Is Able”

*Gleanings From the Book of Ephesians*  
Ephesians 3:20

### **Lesson 6** **The Marriage Life**

In these verses, Paul continues his instructions on how to walk the worthy walk. He now speaks of how we are to conduct ourselves in the marriage relationship. Paul likens Christian marriage, the most precious relationship in life, to the relationship between Christ and the Church. As always, Jesus is our prime example of how we are to conduct ourselves in every avenue of life. This is another opportunity to consider whether or not we are living the abundant life as instructed in this important arena...the Christian marriage relationship.

#### **Read Ephesians 5:21-33.**

1. To apply the principle of harmony to husbands and wives, what admonition does Paul give in verse 21?
  - a. According to Philippians 2:3-4, what attitudes are necessary to live victoriously in this area?

2. Often *wives* question why they are commanded to *submit*. Ephesians 5:23 gives us an answer. What does it say?
  - a. Describe how you view *Christ as the head of the church*.
  - b. Using what you have written above, describe the *husband's* role as *head of the wife*.
3. What conclusion does Paul arrive at in Ephesians 5:24?









- b. How is the bond between *husband* and *wife* greater than the bond between parent and child?
- 
8. What does Paul say about all of this in Ephesians 5:32?
    - a. In what way is *Christ*, as head of the *church*, an example to the *husband*?
    - b. In what way is the *church*, as subject to *Christ*, as example to the *wife*?

9. Whether or not we fully understand the *mystery* of the previous verses, Paul wants to be sure we understand the practical application. What instruction to *husbands* in verse 28 is repeated in verse 33?
  - a. What does 1 Peter 3:7 teach regarding the *husband's* attitude toward his wife?
  - b. What are the consequences for disregarding this?
  - c. Do these same consequences apply to a *wife* who disregards God's commands to her? Why or why not?

10. In verse 33, note the phrase *in particular*. Paul is reminding *husbands* that he is not referring to a group of people (the church), but is speaking to each and every *husband*. This phrase should also be applied to the instruction to *wives* in this verse. What does Paul instruct *each wife in particular* to do?
  - a. Describe the behavior of a *wife who respects her husband*.
  - b. What advice would you give to a Christian wife who told you that her husband should earn her *respect*?

Share some ways this lesson has personally challenged you.

## “God Is Able”

*Gleanings From the Book of Ephesians*  
Ephesians 3:20

### **Lesson 7** **The Armor of God**

Surely no one would argue the fact that the Christian life is a battlefield...a spiritual battlefield. When we became Christians, we quickly learned that we were no match, in our own strength, for the enemy of our souls. But, no worries! God has given us spiritual armor so we can stand firm against the enemy that He has already defeated. Let's take a look at what God has provided so we can walk victoriously during this earthly pilgrimage.

#### **Read Ephesians 6:10-18.**

1. As believers we know that the Lord is our strength. Yet here we are commanded to *be strong in the Lord and the power of His might*. What do the following verses tell us about our part?

Deuteronomy 20:3 –

Joshua 1:6-9 –

1 Chronicles 28:20 –

1 Corinthians 16:13

- a. In your own words, explain our part in being *strong in the Lord and the power of His might.*

- b. Read Philippians 4:13. What can the believer do *through Christ*?
  
  - c. How is the believer to apply this verse in her daily life?
- 
- 2. According to Ephesians 6:11, why are we to *put on the whole armor of God*?
  
  - a. The *wiles* can be defined as craftiness, deceitfulness, or trickery. What do the following verses say about the *devil*?

John 10:10



3. From the verses in the previous question, and from the description of the devil's followers in Ephesians 6:12, we know who our enemy is and what his intentions are toward us. Yet we must never believe that we are without power to resist him. Record the words of James 4:7 below:
  - a. Before we *resist the devil*, what must we do?
  - b. Describe what it means to *submit to God*?
  - c. According to Ephesians 4:13, what must we do to *resist (withstand) the enemy*?

**Ephesians 6:14a** *Stand therefore, having girded your waist with truth...*

4. According to Ephesians 6:14, what position are we to be in as we *gird our waist with* (put on the belt of) *truth*?
  - a. Think about how hard it is to put on a belt while you are lying down or sitting. What do you think the spiritual significance is of *standing* while you put on *truth*?
  - b. Read Romans 13:11-14. Rather than telling us to *put on truth*, Paul tells us to *put on the Lord Jesus Christ*. What do you think it means to *put on the Lord Jesus Christ*?

**Ephesians 6:14b** *...having put on the breastplate of righteousness...*

5. Because Jesus reconciled us to God, we have access to the Holy Spirit Who enables us to walk *righteously*. What does 1 John 2:29 say about those who *practice righteousness*?

- a. Describe how you personally experience this in your life.

*b....being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God (Philippians 1:11). Fruits are a result. A life lived in response to the righteousness granted through Jesus Christ produces fruit. Describe the fruit of a life lived righteously.*



- a. Although God gives *peace*, it is the believer's responsibility to appropriate it (put it on). What do the following verses say about this?

Isaiah 26:3 –

Luke 1:79 –

John 14:27 –

Philippians 4:6-7 –



- d. What is so *beautiful* about *feet* that are used to spread the *gospel*?
- e. Our *feet* are to be *prepared*. We are to be ready to share the *gospel*. What do the following verses teach about being *ready*?

Romans 1:15 –

2 Timothy 4:2 –

1 Peter 3:15 –

- f. In what ways does a heart *prepared* to share *the gospel* enable one to *stand against the wiles of the devil*?

**Ephesians 6:16** ...*above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.*

7. God requires that we trust Him/have *faith* in Him. What do these verses tell us about God that should cause us to know we can rely upon Him?

1 Corinthians 10:13 –

1 Thessalonians 5:24 –

2 Thessalonians 3:3 –

2 Timothy 2:13 –

Hebrews 10:23 –

1 Peter 4:19 –

1 John 1:9 –



1 Timothy 6:20-21 –

Jude 1:3 –

Jude 1:20 –

- d. What are some of the pitfalls of not remaining steadfast in our *faith*?

**Ephesians 6:17a** *And take the helmet of salvation...*

8. What part of the body does a *helmet* protect?
  - a. According to 2 Corinthians 11:3, what is one of Satan's goals for your *mind*?
  - b. Satan constantly attacks the believer's assurance of *salvation*. According to the following verses what can we know?

Romans 10:9-10 –

1 John 5:4-5 –



- g. Practically, how does the believer do this?

**Ephesians 6:17b** *...and the sword of the Spirit which is the word of God.*

- 9. In Matthew 4:3-10, Jesus was led up by the Spirit in to the wilderness to be tempted by the devil. Rather than using His supernatural powers, what did He use to resist the devil?
  - a. Why do you think Satan continues to look for opportune times to tempt a believer even though the believer has successfully used the *Word of God* against previous temptations?

- b. In Psalm 119:11, what did David say he did to resist the enemy (*that he might not sin*)?
- c. The *Word of God* has been referred to as a *sword* in other verses of the Bible. What does Hebrews 4:12 say about *God's Word*?
- d. The *Holy Spirit* used the *Word of God* as a *sword*. What is the role of the Holy Spirit in each of the following verses?

Luke 12:12 –

Luke 21:15 –



**Ephesians 6:18** ...*praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints--*

10. Now that the soldiers are dressed for battle in all of their armor, Paul adds two things in verse 18 that believers should also do in order to be fully prepared for warfare. What is the first instruction?
  - a. Paul uses the word *always* to express how often we are to *pray*. Realistically, we cannot be *always* praying or praying *without ceasing* (1 Thess. 5:17). In a practical sense, what do you think Paul is telling us to do?
  - b. With his instruction to pray, Paul includes an additional command. What are we to do?



- e. How might this attitude (*being watchful to this end with all perseverance*) cause a believer to *stand against the wiles of the devil* (Ephesians 6:11)?

This letter to the Ephesians has been rich with doctrine and practical application. As you think about all you have learned in this letter, what stands out as most important or most memorable?