

Series: the Book of Ephesians
Lesson 1

WELCOME to Pastor Vincent's interactive Bible study. Read the book of Ephesians thoroughly. Then, starting with chapter one each lesson refers to a chapter in the book. Then answer the questions. The answers are found in the text. Enjoy!

The New Testament book of Ephesians is a letter written by the apostle Paul. It contains six chapters and is often considered one of the "prison epistles" because it's believed to have been written while Paul was in prison. Read Ephesians chapter 1 and answer these questions.

According to Ephesians 1:4-5, what three things did God do for us?

- A) He gave us material wealth, happiness, and success.
- B) He predestined us for suffering, trials, and challenges.
- C) He chose us before the foundation of the world, predestined us for adoption as His children, and did it according to His will.
- D) He made us powerful, wise, and influential.

Discussion: do you believe God knows you by name, has a plan and purpose for you according to his will?

According to Ephesians 1:7, what two things do the riches of God's grace give us?

- A) Material wealth and success in life.
- B) Redemption through Christ's blood and the forgiveness of our sins.
- C) Health and long life.
- D) Wisdom and knowledge.

What happened to the Ephesian believers as described in Ephesians 1:13?

- A) They received material blessings.
- B) They were sealed with the promised Holy Spirit.
- C) They became leaders in the church.
- D) They received physical healing.

How is the good news described in Ephesians 1:13, often referred to as the gospel?

- A) The word of truth
- B) A mystery
- C) A parable
- D) A historical account

Discussion: why is the gospel called "the good news"?

What is Paul's prayer for the Ephesian church, as expressed in Ephesians 1:18-19?

- A) That they would gain worldly riches and success.
- B) That they would become famous throughout the region.
- C) That they would have a deeper understanding of the hope, riches, and power in Christ.
- D) That they would achieve political influence.

Ephesians 1:22-23 (ESV) states: “And he put all things under his 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.”

What three things do we know about the relationship between Christ and the church from Ephesians 1:22-23?

- A) Christ is irrelevant to the church, and the church operates independently.
- B) Christ is the head of the church, the church is His body, and the church is His source of power.
- C) The church is the head of Christ, the church is a separate entity from Christ, and the church is unimportant.
- D) The church has authority over Christ, the church is a political organization, and the church is a social club.

In summary, Ephesians 1:22-23 underscores the close and essential relationship between Christ and the church, with Christ as the head and the church as His body, working in unity to fulfill God's purposes.

Ephesians chapter 1 is a rich and theological passage that teaches us several important things. Here are four key lessons we can learn from this chapter:

1. **Spiritual Blessings in Christ:** Ephesians 1 underscores the abundant spiritual blessings that believers have in Christ. These blessings include being chosen, adopted as God's children, redeemed through Christ's blood, and sealed with the Holy Spirit. It emphasizes that our identity and blessings are rooted in Christ.

2. **God's Sovereign Plan and Purpose:** The chapter reveals that God had a plan from the beginning, even before the foundation of the world. This plan includes choosing and predestining believers for adoption into His family. It highlights God's sovereignty and foreknowledge.

3. **The Role of Faith:** While God's grace and predestination are emphasized, Ephesians 1 also recognizes the role of faith. Believers come to faith in Christ by hearing and receiving the gospel message. Faith is the means by which we respond to God's grace.

4. **The Church as Christ's Body:** The chapter describes the intimate relationship between Christ and the Church. Christ is the head, and the Church is His body. This imagery underscores the unity and interdependence of believers within the body of Christ.

Overall, Ephesians 1 teaches us about God's grace, His divine plan, the role of faith, and the significance of the Church in God's redemptive purpose. It sets the foundation for the themes of unity, spiritual growth, and Christian living that are explored in the rest of the letter.

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Lesson 2

Ephesians 2 delves into themes of salvation, reconciliation, unity, and the role of believers as God's dwelling place, all within the context of God's grace and the work of Christ.

Point: Salvation by Grace: Ephesians emphasizes the concept of salvation by God's grace through faith in Jesus Christ. It stresses that salvation is a gift from God and not based on human works.

What is the basis of our salvation, as stated in Ephesians 2:8?

- A) Our Good Deeds
- B) Faith and Works
- C) God's Grace
- D) Our Merit

Discussion: why do you think God chose "Grace" (unmerited favor), as the means of our salvation?

How does the apostle Paul describe us before we knew Christ, according to Ephesians 2:1-2?

- A) As wise and righteous individuals.
- B) As spiritually alive and holy.
- C) As dead in trespasses and sins, following the world and influenced by the spirit of disobedience.
- D) As independent and self-sufficient.

Discussion: how can Paul say that we are dead even though we can walk around and breathe?

Why were we deserving of wrath, according to Ephesians 2:3?

- A) Because of our good deeds and righteousness.
- B) Due to our ignorance of God's existence.
- C) Because we were children of disobedience and followed our own sinful desires.
- D) Because we were highly favored by God.

Discussion: do you believe God can send someone to hell even though they are ignorant of their sins? Are we guilty even though we may be ignorant of our sins?

Why did God make us alive in Christ, as stated in Ephesians 2:4-5?

- A) Because we earned this new life through good deeds.
- B) Because of our intelligence and understanding of spiritual matters.
- C) Because of His great love and rich mercy.
- D) Because of our social status and reputation.

Discussion: where do you think you would be today if you and your family did not know Jesus?
What does salvation mean according to Ephesians 2:8-9?

- A) It means achieving worldly success and prosperity.
- B) It means gaining knowledge and understanding.
- C) It means being saved by God's grace through faith and not by our own works.

D) It means earning salvation through good deeds and righteousness.

According to Ephesians 2:10, which of the following has God prepared for us in advance?

- A) A life of ease and comfort.
- B) Good works for us to walk in.
- C) A path to material wealth and prosperity.
- D) A detailed plan for our career.

According to Ephesians 2:11-12, which three of the following describe a Gentile? (Select all that apply).

- A) They were always included in God's plans and promises.
- B) They were separated from Christ.
- C) They were alienated from the commonwealth of Israel.
- D) They were highly respected in the Jewish community.
- E) They were strangers to the covenants of promise.
- F) They were known for their great wealth.

According to Ephesians 2:12, what did the Jews have that Gentile Christians did not at that time?

- A) Exclusive access to God's love.
- B) Special knowledge of God's plan.
- C) Citizenship in the commonwealth of Israel and participation in the covenants of promise.
- D) Superior status in society.

Now that we are in the church, according to Ephesians 2:14-15, which three things are we known by?

- A) Our personal achievements, wealth, and social status.
- B) Our adherence to religious traditions, rituals, and ceremonies.
- C) Our faith, love, and hope in Christ.
- D) Our unity with other believers, our reconciliation with God, and our breaking down of dividing walls.

Here are three key lessons we can learn from Ephesians chapter 2:

1. Salvation by Grace: Ephesians 2 emphasizes that salvation is a result of God's grace and not human works. It stresses that through faith in Christ, believers are made alive and reconciled to God, highlighting the importance of God's unmerited favor.

2. Unity in the Church: The chapter underscores the unity of Jews and Gentiles in the Church, symbolizing the broader theme of unity within the body of Christ. It teaches that in Christ, believers are brought together as one, transcending cultural and ethnic differences.

3. Transformation and Purpose: Ephesians 2 also illustrates the transformation that takes place in the lives of believers. They go from a state of spiritual deadness to being God's workmanship, created for good works. This teaches us about the purpose and transformation that God brings into the lives of those who follow Christ.

These lessons in Ephesians chapter 2 provide valuable insights into the core principles of Christian faith, emphasizing grace, unity, and the transformative power of God's work in the lives of believers.

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What is the mystery referred to in Ephesians 3:6?

- A) A secret code hidden in the Scriptures.
- B) The complexity of human relationships.
- C) The plan of salvation through faith in Jesus Christ.
- D) A mathematical problem that is difficult to solve.

Discussion: why would Paul refer to the story of the Gentiles becoming Christians a mystery?

According to Ephesians 3:7-9, what three things was the apostle Paul called to do?

- A) To become a wealthy merchant, a skilled craftsman, and a renowned philosopher.
- B) To oversee a large city, build a great monument, and write epic poetry.
- C) To preach the unsearchable riches of Christ, to bring light to the world, and to make the message plain.
- D) To serve the needs of the wealthy, to promote political power, and to amass material wealth.

Discussion: how can we simplify the message of the gospel?

To whom is the church to make known the wisdom of God, as mentioned in Ephesians 3:10?

- A) To other earthly institutions and organizations.
- B) To the rulers and authorities on Earth.
- C) To the rulers and authorities in the heavenly places.
- D) To the rulers and authorities in the church.

Discussion: do you believe in angels are watching us and are amazed at God's love for us?
How so?

Why might the Ephesians have been discouraged, as mentioned in Ephesians 3:13?

- A) Because of personal conflicts and disputes within the church.
- B) Because of their lack of faith and understanding.
- C) Because of Paul's imprisonment and suffering for their sake.
- D) Because of their material poverty and hardships.

Discussion: have you ever been discouraged because you saw things not going out the way you thought they would? How did you seek encouragement?

When the apostle Paul realized how much the Ephesians needed God's grace, what did he do, as mentioned in Ephesians 3:14?

- A) He criticized them for their lack of faith.
- B) He withdrew from them and ceased his ministry.
- C) He knelt in prayer for them.
- D) He wrote them a stern letter of rebuke.

In Ephesians 3:16, what did the apostle Paul specifically pray for?

- A) Material wealth and prosperity.
- B) Worldly success and recognition.
- C) Strengthening with power through the Spirit in their inner being.
- D) Healing from physical ailments.

Discussion: have you ever heard of the term “grit”? Would you to describe answer C above to this term?

How is the love of Christ described in Ephesians 3:18?

- A) Temporary and conditional.
- B) Unremarkable and insignificant.
- C) Unsearchable and incomprehensible.
- D) Limited and constrained.

In Ephesians 3:20-21, what are three things the apostle Paul uses to describe the praise of God?

- A) Quiet, understated, and brief.
- B) Abundant, limitless, and beyond what we can ask or think.
- C) Formal, ritualistic, and exclusive.
- D) Reserved for special occasions, gatherings, and ceremonies.

Three things we learn from this passage:

1. **The Mystery of Christ:** Ephesians 3 introduces the idea of a “mystery” that had been hidden but is now revealed. This mystery is the plan of God to include both Jews and Gentiles in the body of Christ. It teaches us that God’s redemptive plan is all-encompassing and that through Christ, all believers are part of one unified body.
2. **Prayer and Spiritual Strength:** The chapter highlights the importance of prayer for spiritual strength. The apostle Paul’s prayer for the Ephesians serves as a model for believers to seek spiritual understanding and be strengthened with power through the Holy Spirit.
3. **God’s Immeasurable Love:** Ephesians 3 emphasizes the incomprehensible love of Christ. It encourages us to explore the depths of Christ’s love and to understand that it surpasses human understanding. This love is a central theme in the chapter and underscores God’s unfathomable grace.

These lessons from Ephesians chapter 3 inspire a deeper understanding of God’s plan, the significance of prayer, and the immeasurable love of Christ in the lives of believers.

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Ephesians chapter 4 focuses on the theme of unity and the importance of living a life worthy of one's calling in Christ.

How can we be unified, according to Ephesians 4:1-3?

- A) By asserting our individuality and personal opinions.
- B) By avoiding all contact with others who have different beliefs.
- C) By maintaining the unity of the Spirit in the bond of peace.
- D) By promoting division and disagreements.

Discussion: how would you describe what is peace?

Study point: According to Ephesians 4:4-6, we should be one because of:

1. One Body: Believers are part of one body, which is the body of Christ, the Church. This emphasizes the unity of all believers in Christ.
2. One Spirit: There is one Holy Spirit who indwells and empowers all believers, further emphasizing the unity of the Spirit.
3. One God and Father: There is one God and Father of all, who is above all, through all, and in all. This underscores the foundational unity in the faith and in the relationship with God.

In summary, we are called to be one because of our shared membership in one body, one Spirit, and one God and Father, which promotes unity among believers.

Discussion: describe what happens when believers come together and are not unified.

In Ephesians 4:11, what are the four offices listed as gifts to the Church?

- A) Prophets, Evangelists, Priests, and Scribes.
- B) Pastors, Deacons, Bishops, and Elders.
- C) Apostles, Prophets, Evangelists, and Shepherds (Pastors) and Teachers.
- D) Ministers, Preachers, Missionaries, and Worship Leaders.

Discussion: could you see yourself more as an evangelist, Shepherd or a teacher?

What is the purpose of those people Christ gave to the Church, as mentioned in Ephesians 4:12-13?

- A) To gain personal recognition and honor within the Church.
- B) To rule and exercise authority over others.
- C) To equip the saints for the work of ministry, for building up the body of Christ, until we all attain the unity of the faith and the knowledge of the Son of God.
- D) To promote division and competition among believers.

Discussion: how important is it to know God or is it just important that we come to church?

True or false: it is the job of the pastor to do everything in the church?

True or false: it is the job of the pastor to equip the church for the work of the ministry?

How can we grow to maturity, as described in Ephesians 4:15?

- A) By seeking worldly success and recognition.
- B) By imitating the behaviors of others.
- C) By speaking the truth in love and being joined and held together by Christ.
- D) By following rigid rules and traditions.

Why should we not be like the Gentiles, according to Ephesians 4:17-18?

- A) Because the Gentiles are inherently evil and wicked.
- B) Because the Gentiles are more knowledgeable and enlightened.
- C) Because the Gentiles walk in the futility of their minds, being darkened in their understanding and alienated from the life of God due to their ignorance and hardness of heart.
- D) Because the Gentiles are more financially prosperous.

Discussion: would you rather seek the advice of a believer or an unbeliever? Why?

If we live like the Gentiles, as mentioned in Ephesians 4:19, what will be the outcome?

- A) We will become wealthy and prosperous.
- B) We will become righteous and holy.
- C) We will become callous, giving ourselves up to sensuality, greedy for every kind of impurity.
- D) We will become highly educated and knowledgeable.

How would you describe your non-believing friends? Do they exhibit bad behavior? How?

We are not like the Gentiles because we are now:

- A) Wealthier and more prosperous.
- B) Religious and deeply devoted.
- C) Taught in Christ, learning the truth that is in Jesus.
- D) Better educated and wiser.

Discussion: does being "in Christ" mean that we are better than others and we can judge them?

According to Ephesians 4:22-23, in what three ways should we live now that we are Christians?

- A) Indulging in worldly pleasures, following personal desires, and seeking material success.
- B) Renewing our minds, putting on the new self, and being transformed by the Holy Spirit.
- C) Focusing on acquiring material wealth, pursuing worldly knowledge, and achieving social recognition.
- D) Living in isolation, avoiding all contact with non-believers, and adhering to strict rules.

Ephesians 4:25-32 provides guidance on the behavior expected of Christians in light of their new life in Christ. In summary, Ephesians 4:25-32 outlines the new behavior expected of Christians, which includes truthfulness, managing anger, honest labor, edifying speech,

forgiveness, and imitating God's love and forgiveness in their interactions with others. These behaviors reflect the transformation that comes with a life in Christ.

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According to Ephesians 5:1-2, how can we imitate God?

- A) By acquiring material wealth and possessions
- B) By living a life of obscurity and seclusion
- C) By walking in love and offering ourselves in sacrificial love
- D) By pursuing personal ambitions and success

Discussion: why is biblical love sacrificial? Is it possible to love one another without a sacrifice?

According to Ephesians 5:3-7, how can we avoid immorality?

- A) By prioritizing career success over family life
- B) By embracing impurity and covetousness
- C) By promoting obscenity and vulgarity in our speech
- D) By practicing sexual purity and avoiding behaviors that do not befit God's people

Discussion: how can we keep our lives pure? What activities do we do that destroy purity in our private life?

According to Ephesians 5:14-18, how can we demonstrate that we are children of light?

- A) By engaging in works of darkness to better understand them
- B) By avoiding exposure of sinful behaviors in others
- C) By being wise, making the most of our time, and understanding the Lord's will
- D) By withdrawing from society and living in isolation

Discussion: what are some things that you see in this text that describe things you see in society that disturb you?

According to Ephesians 5:15-17, how can we build wisdom in our marriage?

- A) By making impulsive decisions without considering the consequences
- B) By focusing solely on personal desires and ambitions
- C) By being foolish and neglecting God's will
- D) By being wise, making the most of our time, and understanding the Lord's will

Discussion: How is God asking us to behave as we live out our lives?

The Bible provides guidance on how Christians can be filled with the Spirit in various passages. Here are three ways based on biblical teachings:

1. Through Prayer and Seeking God's Presence: One way to be filled with the Spirit is through prayer and seeking God's presence. Acts 4:31 describes the early Christians praying, and "the place where they were meeting was shaken. And they were all filled with the Holy Spirit." Prayer and seeking a deeper relationship with God are essential for experiencing the filling of the Spirit.

2. Submission and Surrender to God: Ephesians 5:18 instructs believers not to be drunk with wine but to "be filled with the Spirit." This implies the need for surrender and submission to God. By yielding to God's will and allowing the Holy Spirit to have control in their lives, Christians can be filled with the Spirit.

3. Walking in Righteousness and Obedience: Living a life characterized by righteousness and obedience to God's commands is another way to be filled with the Spirit. Galatians 5:16 encourages believers to "walk by the Spirit, and you will not gratify the desires of the flesh." When Christians strive to live in accordance with God's principles, they create an environment where the Holy Spirit can work more powerfully in their lives.

These are just a few ways that the Bible suggests Christians can be filled with the Spirit. It involves seeking God, surrendering to His will, and living in obedience to His teachings.

Discussion: what do you think a spirit filled life would look like?

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According to Ephesians 6:1-2, children are commanded to:

- A) Obey their parents in the Lord, for this is right.
- B) Love their neighbors as themselves.
- C) Honor the Sabbath day and keep it holy.
- D) Serve their community with humility and kindness.

Discussion: what do you think are some of the most difficult commands that children find hard to obey?

According to Ephesians 6:3, what are the consequences of disobedience from children towards their parents?

- A) loss of a long life and prosperity in the land.
- B) Immediate punishment from God.
- C) Diminished wisdom and understanding.
- D) Alienation from the love of God.

According to Ephesians 6:4, what are parents commanded to do?

- A) Provoke their children to anger.
- B) Exasperate their children's spirits.
- C) Bring up their children in the discipline and instruction of the Lord.
- D) Neglect their children's upbringing and well-being.

Discussion: can you name one thing that your parents tell you is important for you to do at all times?

Truth: In Ephesians chapter 6, verse 5, the term "slave" refers to a person who is under a system of servitude, working for another individual, typically with limited personal freedoms or rights.

According to Ephesians 6:5, what are the characteristics of a good slave?

- A) Rebellion and defiance against their earthly masters.
- B) Obedience and respect toward their earthly masters, working diligently as for Christ.
- C) Manipulation and deceit in their work to gain freedom.
- D) Indifference and laziness in their service to their masters.

According to Ephesians 6:6, what happens when a slave does what he is supposed to?

- A) The slave gains freedom and independence.
- B) The master provides lavish rewards and gifts.
- C) The slave works solely for human masters, neglecting spiritual matters.
- D) The slave serves without question, as working for the Lord.

Discussion: in our world today, who do you think the Bible is talking about when it uses the word "slave"? Can you see yourself fulfilling that role, either at school, church, or at home?

According to Ephesians 6:9, what happens when a master treats his slave properly as unto the Lord?

- A) The master gains increased wealth and prosperity.
- B) The slave becomes disobedient and disrespectful.
- C) The master will receive divine favor and fairness from the Lord.
- D) The slave gains freedom and rights in society.

In light of all that we have learned from the book of Ephesians, what is God telling us to do?

- A) Withdraw from the world and lead a secluded life.
- B) Engage in spiritual warfare by putting on the whole armor of God.
- C) Avoid any form of conflict and disagreement with others.
- D) Trust solely in our own strength and abilities.

How is our struggle described in Ephesians 6:12?

- A) A battle against flesh and blood.
- B) A conflict between nations and kingdoms.
- C) A spiritual warfare against spiritual forces of evil.
- D) A struggle for material wealth and possessions.

Discussion: how do you know that the battle is you are going through his physical or spiritual?

What is the nature of the armor of God as described in Ephesians 6:13?

- A) Physical armor made of steel and iron.
- B) Armor designed for personal comfort and convenience.
- C) The complete armor of God, equipped for spiritual battles.
- D) Armor accessible only to a select few individuals.

Discussion: is the armor spiritual or physical?

Truth to build on: In Ephesians 6:14-15, truth and righteousness are part of the spiritual armor to empower believers with a foundation of honesty and integrity (truth) and moral uprightness (righteousness), essential to withstand spiritual battles and live in alignment with God's principles.

If truth is not part of our spiritual armor, according to Ephesians 6:14-15, what might be the consequence?

- A) Immunity to spiritual attacks.
- B) Vulnerability to deception and falsehood.
- C) Gain of earthly riches and prosperity.
- D) Enhanced spiritual discernment.

According to Ephesians 6:15, what is the relationship between our feet and the gospel?

- A) Feet are used as a symbol of material wealth.
- B) Our feet are irrelevant to spreading the gospel.
- C) The readiness of our feet is associated with the preparation to share the gospel of peace.
- D) The gospel is solely a matter of intellectual understanding.

Discussion: have you ever had a foot injury that kept you from walking? What would keep us from sharing the gospel?

Truth to live on: The “shield of faith” mentioned in Ephesians 6:16 refers to the protective covering that faith provides against spiritual attacks and doubts. Just like a physical shield guards against incoming threats, faith acts as a spiritual safeguard, enabling believers to deflect and extinguish the fiery darts or attacks of the enemy by trusting in God’s promises and protection.

What is the “shield of faith” described in Ephesians 6:16?

- A) A physical barrier against worldly temptations.
- B) A spiritual defense against doubts and fears.
- C) A decorative item for ceremonial use.
- D) A metaphor for material wealth and prosperity.

Truth to live by; In Ephesians 6:17, the "helmet of salvation" refers to the assurance and security found in the salvation provided by Christ, guarding the mind against doubts and spiritual attacks. The "sword of the Spirit" represents the Word of God, serving as a powerful offensive weapon in spiritual warfare, enabling believers to counter falsehoods and temptations with the truth of God's Word. These elements, the helmet and sword, signify the protection and strength available to believers through their faith and the truth found in the Word of God.

In Ephesians 6:17, a believer uses the helmet and sword for what purpose?

- A) The helmet for physical protection and the sword for literal combat.
- B) The helmet for spiritual assurance and the sword for prayer.
- C) The helmet for safeguarding the mind and the sword for offensive spiritual warfare.
- D) The helmet for ceremonial purposes and the sword for personal defense.

Truth to live by: In Ephesians 6:18-20, the passage emphasizes the importance of prayer in the life of a believer. It underlines a constant connection to God through various forms of prayer and supplication. This relationship with prayer is described as continual, persistent, and vigilant, while seeking God's guidance, strength, and clarity. Believers are encouraged to pray not just for themselves but for all believers and for those spreading the gospel. It stresses the significance of prayer in both personal and collective spiritual endeavors.

In Ephesians 6:18-19, what is Paul specifically asking for prayer?

- A) Wisdom and understanding in personal matters.
- B) Personal prosperity and success in endeavors.
- C) Boldness in proclaiming the gospel and clarity in speaking.
- D) Physical health and well-being for all believers.