

S A V E D

*by*

G R A C E

*through*

F A I T H

*A Twelve Week Study  
in Paul's Letter to  
The Church in Ephesus*

# E P H E S I A N S

## *Week One | Ephesians 1:1-14*

### *Day One | Ephesians 1:1-2*

What does it mean for Paul to be an apostle of Christ Jesus? How did he know that this was God's will for him? Who are the saints in Ephesus? How do you know if you are faithful in Christ Jesus? Why is grace & peace an appropriate greeting to open the letter? What does it look like to have grace & peace in your life today?

---

---

---

### *Day Two | Ephesians 1:3-6*

What does it mean to be blessed with every spiritual blessing in the heavenly places? If you have been chosen before the foundation of the world and predestined for adoption by God, how does that impact your identity and the way that you live? How can we stand holy & blameless before Him?

---

---

---

### *Day Three | Ephesians 1:7-10*

How is our redemption and forgiveness connected to the grace of Jesus and His blood? What is the mystery of God's will that has been made known to us? What does it mean to you, to be united to all things in and through Christ? How does reading this passage make you feel? What part of it stands out the most to you?

---

---

---

### *Day Four | Ephesians 1:11-12*

Have you ever received, or do you plan to receive, an inheritance? What is your relationship like with the one from whom you would receive it? What is the inheritance that we have received in Christ? How are God's purpose and His will being accomplished in you today? How is your life bringing praise to the glory of God?

---

---

---

### *Day Five | Ephesians 1:13-14*

What is the Gospel? When did you first hear it? When did you believe it & put your faith in Jesus? What does it mean to be sealed with the Holy Spirit? In what way is the Spirit the guarantee of our inheritance? How do you see and experience the Holy Spirit working in your life today? How could you seek to see that increase?

---

---

---

### *Group Question:*

In light of this passage, how would you describe the relationship between free will and predestination?

---

### *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Two | Ephesians 1:15-23*

### *Day One | Ephesians 1:15-16*

Which do you tend to value more highly - faith in Jesus or love towards all the saints? Do you think that both are important for followers of Jesus to have? Why does Paul feel thankful for them? Who are the people for whom you tend to pray? Can you describe someone who brings you joy because of their faithfulness to Christ?

---

---

---

### *Day Two | Ephesians 1:17-18*

What is the wisdom that is given to us by the Spirit? Can you describe a time in your life when you felt that the Spirit was guiding you or giving you wisdom? What does it mean to have the eyes of your heart enlightened? What is the hope that you have? What is the inheritance that you hope to receive? What gives you confidence in that?

---

---

---

### *Day Three | Ephesians 1:19-20*

What is the greatest evidence of the power of God at work in the world? Why is the resurrection of Jesus from the dead so important? What is the significance of Jesus being seated at the right hand of the Father? How aware are you of the power of God in your daily life? What impact does it have on the way that you live?

---

---

---

## *Day Four | Ephesians 1:21*

Who and what are the greatest earthly powers today? How does their power & authority compare with the power & authority of Jesus? Why does God allow unjust and corruptible powers to have authority for a time here on earth? Should Christians seek & pursue power and authority for themselves here on earth?

---

---

---

## *Day Five | Ephesians 1:22-23*

In what sense are all things under the feet of Jesus today? What does it mean for the Church to be the body of Christ? How does that impact the way that you think about your personal actions and responsibilities? What are some tangible ways in which you can be more filled with Christ & live with a greater sense of fullness?

---

---

---

## *Group Question:*

How often do you pray prayers of blessing like this over those that you love? Spend some time now praying the words of this passage over a fellow believer.

---

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Three | Ephesians 2:1-10*

### *Day One | Ephesians 2:1-2*

What does it mean to be dead in our sins? What can a dead person contribute to their resurrection? What does it look like to follow the course of this world? Who is the prince of the power of the air? What do you think that title signifies? Why is it important to acknowledge that we are spiritually dead before we receive salvation?

---

---

---

### *Day Two | Ephesians 2:3*

Is there anyone who is righteous by nature from birth? What passions and desires of the flesh have you been tempted with? Are those things still significant temptations for you today? What does it mean to be, by nature, children of wrath? Why are we born with a desire to do what is not right in the eyes of God?

---

---

---

### *Day Three | Ephesians 2:4-7*

Why did God need to be rich in mercy in order to bring us salvation? What does this passage indicate as the reason for God saving us? What does it mean to be saved by grace? Why do so many people struggle to accept that salvation is by grace alone? What does it mean to be seated in the heavenly places in Christ Jesus?

---

---

---

## *Day Four | Ephesians 2:8-9*

What does it mean to be saved by grace through faith? Who or what is the object of our faith? What would it mean if we were saved by our works? Why would salvation by works lead to boasting? Why are pride, conceit & arrogance incompatible with the Christian faith?

---

---

---

## *Day Five | Ephesians 2:10*

What does it mean for you to be Christ's workmanship? Why is it important that our salvation comes BEFORE our good works? Do you have a sense of the work that God has created you to do? In your own words, what is the role of good works in the life of a follower of Jesus?

---

---

---

## *Group Question:*

How would you explain the relationship between faith & works for a Christian? How does that differ from other major world religions?

---

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Four | Ephesians 2:11-22*

### *Day One | Ephesians 2:11-12*

What were some of the things that divided Jewish & Gentile believers when this letter was written? What is your understanding of the significance of circumcision? What are some things that divide Christians today? Are there people who you struggle to accept as brothers & sisters in Christ?

---

---

---

### *Day Two | Ephesians 2:13-16*

How does the blood of Christ bring us near to one another? What does it mean for Jesus to be your peace? How should the mercy & forgiveness of Jesus impact the way that we treat others? How does Jesus reconcile us to God? If Jesus has killed the hostility between Jewish & Gentile people, why does hostility still exist in the church?

---

---

---

### *Day Three | Ephesians 2:17-18*

In this letter, who are the ones who were “far off”? Who do you know today that is far off from Jesus? What would need to happen for them to draw near to Him? What role does the Holy Spirit play in our access to the Father and in our unity with one another? What can you do to pursue & promote that type of unity in our church?

---

---

---

## *Day Four | Ephesians 2:19-21*

What rights & responsibilities come with being a fellow citizen and member of the household of God? How do the apostles & prophets form the foundation of God's household & kingdom? What does the image of being formed into a Holy Temple for the Lord bring to mind for you? What role does Christ play as the cornerstone?

---

---

---

## *Day Five | Ephesians 2:22*

If we are being built together into a dwelling place for God by the Spirit, how does that impact your view of the importance and significance of the local church body? What would you say to someone who says they can have a full relationship with Jesus outside of a local church community?

---

---

---

## *Group Question:*

What is the cause of divisions, dissension, and individualism in the church today?

---

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Five | Ephesians 3:1-13*

### *Day One | Ephesians 3:1-5*

In what way was the mystery of the Gospel revealed to Paul? (see Acts 9:1-31) In what sense was Paul a steward of God's grace to the Gentiles? Why do you think God chooses not to reveal everything all at once? What is your understanding of how people were saved prior to the truth of Jesus being revealed?

---

---

---

### *Day Two | Ephesians 3:6*

What does it mean that Gentiles are now fellow heirs? What would have made it difficult for Jewish believers to accept Gentile believers as members of the same body? What is the promise in Christ Jesus that they now partake of through the Gospel? What part of this mysterious truth encourages or challenges you the most?

---

---

---

### *Day Three | Ephesians 3:7-10*

Why would Paul describe himself as the very least of all of the saints? What are some of the things that God is uniquely calling you to do with your life? How is the church used by God to display His manifold wisdom? What role can you play in that calling? Do you find it surprising that the church is the tool that God uses? Why or why not?

---

---

---

## *Day Four | Ephesians 3:11-12*

What is the eternal purpose of God that has been realized in Christ Jesus? What does it look like for you to have boldness in Christ? How does our faith allow us to have access with confidence? What, if anything, causes you to lack boldness & confidence?

---

---

---

## *Day Five | Ephesians 3:13*

In what way was Paul suffering? Why might this have caused the believers in Ephesus to lose heart? What things are causing you to lose heart in this season of your life? How does the Gospel bring hope & perspective into those situations? Can you describe a time when obedience to Jesus didn't seem to make sense in the moment?

---

---

---

## *Group Question:*

What impact is the revealed mystery of the Gospel having on your life today?

---

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Six | Ephesians 3:14-21*

### *Day One | Ephesians 3:14-15*

What is it that leads Paul to humble prayer before the Lord? What does it mean that, from the Father, “every family on heaven and on earth is named”? What are some of the strengths & challenges of your biological family? What are some of the strengths & challenges of your church family?

---

---

---

### *Day Two | Ephesians 3:16*

What are the riches of Christ’s glory? Is there any end or limit to His glory? What does it look like to be “strengthened with power through His Spirit, in your inner being”? What does this strength and power look like in your life today? What is the key to accessing and receiving more of it?

---

---

---

### *Day Three | Ephesians 3:17-18*

What does it mean for Christ to dwell in your heart through faith? Why is it so important to be rooted and grounded in love? What evidence demonstrates whether this is true in someone’s life? When have you experienced the most growth in your knowledge of Jesus and faith in Him? How do you keep growing?

---

---

---

## *Day Four | Ephesians 3:19*

Do you tend to be more focused on love or knowledge when it comes to your faith? Why does the love of Christ surpass knowledge? What would it look like for you to be filled with the fullness of God? What things in your life distract or hinder you from pursuing Christ more fully? What can you do to address them?

---

---

---

## *Day Five | Ephesians 3:20-21*

What is encouraging about the fact that God can do “far more abundantly than all that we ask or think”? What causes us to pray in small or limited ways? How is His power at work in you today? What does the church do to bring God glory?

---

---

---

## *Group Question:*

How has this passage challenged the confidence and boldness of your prayer life? What is one change you can make today to live more in line with these truths?

---

## *Prayer: Reflection and Response*

Did this week’s passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God’s help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Seven | Ephesians 4:1-16*

### *Day One | Ephesians 4:1-3*

What is our motivation for walking in a worthy manner? How is that different from trying to be “good enough” to be called & accepted by God? How have you seen yourself grow in the areas of humility, gentleness, patience and love? What does it look like to be eager to maintain the Spirit of unity and the bond of peace?

---

---

---

### *Day Two | Ephesians 4:4-6*

As you consider all of the ONE statements (body, Spirit, hope, Lord, faith, God, Father) in these verses, which one stands out to you the most? Why does the Church struggle to remain united and unified? What does unity look like within the Trinity? How can that serve as an example for us?

---

---

---

### *Day Three | Ephesians 4:7-10*

How have you experienced the grace and the gifts of Jesus? Paul seems to indicate that Psalm 68:18 is referring to Jesus - as you read that Psalm, where do you see the connections to Christ? What does it look like for Jesus to fill all things? What does this passage imply about the deity of Jesus?

---

---

---

## *Day Four | Ephesians 4:11-14*

How would you define or explain the roles of apostles, prophets, evangelists, shepherds & teachers? What is the primary task for all of these leaders? How can they equip the saints & build up the body? What is the end goal of this work? What does it look like when someone is mature in Christ? What next step should you take in this?

## *Day Five | Ephesians 4:15-16*

What does it look like to speak the truth in love? Can you describe a time when you were able to do that? Can you describe a time when you failed to do that? Why is unity so essential in the body of Christ? What are some of the ways that members of a church can seek & promote unity - especially with those that they struggle to love?

## *Group Question:*

In your own words, how would you explain the relationship between the uniqueness of giftings & roles in the church and the necessity for unity in the body?

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

# E P H E S I A N S

## *Week Eight | Ephesians 4:17-32*

### *Day One | Ephesians 4:17-19*

In what ways are the Gentiles' minds darkened and futile? Why would a hardened heart towards God make someone greedy to practice impurity? As a Christian, how do we overcome the temptation to walk in those same ways? What makes that difficult to resist? What have you found helpful or effective in avoiding those things?

---

---

---

### *Day Two | Ephesians 4:20-24*

How have you learned the most about Christ and the way that He wants us to live? What do you find compelling about the image of putting off your old self and putting on the new self? What makes that difficult to do? What is deceitful about the desires of the old self? What does true righteousness look like?

---

---

---

### *Day Three | Ephesians 4:25-27*

Why is honesty and truth such a significant part of our new identity? When are you most tempted to bend or twist the truth? What does it look like to be angry without sinning? What does "do not let the sun go down on your anger" mean? How does our anger give an opportunity to the devil? When are you most prone to get angry?

---

---

---

### *Day Four | Ephesians 4:28-30*

Clearly stealing is wrong, but why is honest labor praised? What is the goal or motivation for this work? What is meant by “corrupting talk”? Can you describe a time when you were able to speak words that built up & gave grace in a difficult situation? What does it look like when we grieve the Holy Spirit?

---

---

---

### *Day Five | Ephesians 4:31-32*

What causes or creates all of those negative feelings within us? Why are we so easily drawn into those types of feelings? What motivation for kindness and forgiveness is given in these verses? How do you live in that way without being “fake”?

---

---

---

### *Group Question:*

How have you noticed a difference in your own behaviors, thoughts & actions as you have sought to walk as a new person in Christ?

---

### *Prayer: Reflection and Response*

Did this week’s passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God’s help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Nine | Ephesians 5:1-21*

### *Day One | Ephesians 5:1-2*

Who has been a great role model in your life? What made their way of living something that you wanted to emulate? What does it look like to walk in love? In what way does our behavior serve as a sacrifice before God? Why was the sacrifice of Jesus fragrant before God? What would it look like for you to follow that example?

---

---

---

### *Day Two | Ephesians 5:3-6*

How does sexual immorality relate to the sin of covetousness? Why are foolish talk & crude joking detrimental to Christian community? Does this passage mean that anyone who has ever been impure has no inheritance in the Kingdom? In your own words, what do these verses mean about how seriously we should take sin?

---

---

---

### *Day Three | Ephesians 5:7-12*

How are you able to discern what is pleasing to the Lord? What is the fruit of light in your life right now? Why are people drawn to walk in the darkness once they have seen the light? What is our role in exposing the works of darkness? What causes us to hesitate or pull back from exposing the darkness around us?

---

---

---

## *Day Four | Ephesians 5:13-16*

Where has the light of Christ exposed darkness in your life? How have you responded to those things being exposed? Why are the days evil? What does it look like for you to make the best use of your time? What are the main things that distract or hinder you as you seek to walk in the light? What can you do this week to remove or limit them?

## *Day Five | Ephesians 5:17-21*

What is your view on drinking alcohol? Do you believe it is in alignment with what the Bible says? What is the spiritual danger with alcohol? What are the ways in which you praise the Lord and demonstrate your thankfulness to Him? How does submitting to one another demonstrate reverence for Christ?

## *Group Question:*

If this passage has helped to convict you of sin & darkness in your life, what is preventing you from removing those things? Who can help you in that process?

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

# E P H E S I A N S

## *Week Ten | Ephesians 5:22-33*

### *Day One | Ephesians 5:22-24*

What is your initial response to this passage? What is the reason that the text gives for wives to submit to their husbands? Can you think of situations where wives should not submit to their husbands? What makes this a difficult command to obey? What sort of marriage relationship would make this command easy & joyful to obey?

---

---

---

### *Day Two | Ephesians 5:25-27*

How did Christ demonstrate His love for the church? What does it look like when a husband loves His wife in that same manner? What are some of the things that a husband can do to sanctify & cleanse his wife? How does this command relate to the call for a wife to submit to her husband?

---

---

---

### *Day Three | Ephesians 5:28-30*

What reason is given for why a husband should love his wife? In what way is loving his wife the same as loving himself? How does this relate to the union between Jesus and the Church? What significance is there to being a member of the body of Christ? What expectations come with being a member of the body of Christ?

---

---

---

## *Day Four | Ephesians 5:31-32*

Why is there a call for a married couple to leave their family and hold fast to one another? If the two are now one flesh, how does that relate to the earlier commands to submit and to love? In what way is a marriage meant to be a picture of the relationship between Jesus and the Church? Why is this a profound mystery?

## *Day Five | Ephesians 5:33*

Why do many husbands struggle to love their wives well? Why do many wives struggle with respecting their husband? How do these commands impact cultures that have widely different expectations for the roles of men & women in a marriage?

## *Group Question:*

Can you describe a marriage that you admire or view as healthy? What is it about the relationship that you respect or find attractive?

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

# E P H E S I A N S

## *Week Eleven | Ephesians 6:1-9*

### *Day One | Ephesians 6:1-3*

What is the promise attached to honoring your father & mother? What does it look like to honor parents who may not be worthy of respect? What does it mean to obey your parents “in the Lord”? What is the deeper principle that lies under this command? Why does God care about positional authority?

---

---

---

### *Day Two | Ephesians 6:4*

What are some ways in which a father could provoke his child to anger? Why does the Bible condemn and discourage that? What are they called to do instead? What makes it difficult to raise children in the discipline and instruction of the Lord? How do these commands relate to your experiences as a child and/or as a parent?

---

---

---

### *Day Three | Ephesians 6:5-6*

In what ways is this passage applicable to how you approach your job & your relationship to your employer? What is the deeper principle that connects to this command? Why is sincerity important as opposed to merely doing things as a people pleaser? Do you find it difficult to connect the will of God with your daily tasks? Why?

---

---

---

## *Day Four | Ephesians 6:7-8*

Ultimately, why is it that all of our work is really done for God? In your own words, what does it mean that “whatever good anyone does, this he will receive back from the Lord”? What should be our primary motivation in the workplace?

---

---

---

## *Day Five | Ephesians 6:9*

Why is threatening a poor way to gain obedience? When you have been in a position of authority, how have you handled it? Why was it wrong for people to use this passage to condone slavery & force slaves to be submissive?

---

---

---

## *Group Question:*

Why does the Bible call us to act with honor and respect, even in situations that are challenging & difficult?

---

## *Prayer: Reflection and Response*

Did this week’s passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God’s help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---

# E P H E S I A N S

## *Week Twelve | Ephesians 6:10-24*

### *Day One | Ephesians 6:10-12*

Where does our strength come from? What does it mean that “we do not wrestle against flesh and blood”? How aware are you of the spiritual opposition that you face as a follower of Jesus? What allows us to stand against these things? How does this spiritual warfare relate to the practical steps of daily obedience we’ve been exploring?

---

---

---

### *Day Two | Ephesians 6:13-15*

What does it look like to stand firm for Jesus in your present situation? How does Truth function like a belt? What is the function of a breastplate? How does this relate to our righteousness? What is the “readiness given by the Gospel of peace”? How does that function like shoes for your feet?

---

---

---

### *Day Three | Ephesians 6:16-17*

How does faith function like a shield? What are some of the flaming darts of the evil one that your faith can protect you from? How does our salvation function like a helmet? Why is the word of God our only offensive weapon? What can you do to sharpen your sword? Which of these tools need some reinforcement in your life?

---

---

---

## *Day Four | Ephesians 6:18-20*

What is the role of prayer in spiritual warfare? What does it look like to pray at all times? What should we be praying for? Who needs your prayers this week? What would make it difficult for Paul to declare the Gospel boldly? In what ways do you face that same struggle? What would boldness in the Gospel look like for you this week?

---

---

---

## *Day Five | Ephesians 6:21-24*

What was Paul's relationship with the church in Ephesus like? Where have you grown the most in Christian relationships and community? What is the significance of grace, peace & love in our lives as Christians?

---

---

---

## *Group Question:*

What does spiritual warfare look like in your life today?

---

## *Prayer: Reflection and Response*

Did this week's passage lead you to a sense of Praise? Worship? Gratitude? Did it lead to conviction? A need to confess & ask for forgiveness? A request for God's help? Write down a prayer, speaking to God simply & honestly in light of those reflections.

---

---

---