

Summary of Ephesians 3-6

In Ephesians 3, Paul reflects on the mystery of Christ now revealed—that Gentiles are fellow heirs, members of one body, and sharers in the promise in Christ Jesus through the gospel. He marvels at the grace given to him to preach this unsearchable richness of Christ. The chapter climaxes in Paul’s powerful prayer (verses 14–21...memorize this if you haven’t!), where he asks that believers be strengthened through the Spirit in their inner being, that Christ dwell in their hearts through faith, and that they be rooted and established in love. Paul highlights love as the ultimate power source of the Christian life, praying that they may grasp the vast dimensions of Christ’s love and be filled to the measure of all the fullness of God.

Ephesians 4 marks a transition from theological foundation to practical application, urging believers to live worthy of their calling. Unity is central: one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father of all. Christ gives leaders to equip the saints for works of service so the body may mature and grow. Paul then calls believers to put off the old self, corrupted by deceitful desires, be renewed in the attitude of their minds, and put on the new self created to be like God in true righteousness and holiness. The chapter emphasizes both relational unity and personal transformation as evidence of genuine faith.

In Ephesians 5, Paul continues his practical instructions for godly living, calling believers to imitate God, walk in love, and live as children of light. He warns against sexual immorality, impurity, greed, and foolish talk, urging instead lives marked by gratitude, wisdom, and Spirit-filled worship. Being filled with the Spirit expresses itself in worship, thanksgiving, and mutual submission. The chapter then turns to Christian households, instructing wives and husbands in a relationship modeled after Christ and the church—wives respecting their husbands and husbands loving sacrificially, as Christ loved the church and gave Himself up for her.

Ephesians 6 completes Paul’s household instructions by addressing children and fathers, as well as slaves and masters, emphasizing obedience, fairness, and accountability under the Lordship of Christ. The chapter culminates in the powerful imagery of the armor of God, reminding believers that their struggle is not against flesh and blood but against spiritual forces of evil. Paul urges them to stand firm by putting on truth, righteousness, the gospel of peace, faith, salvation, and the word of God, praying in the Spirit at all times. The Christian life is portrayed as both relationally grounded and spiritually combative, requiring strength in the Lord and in His mighty power.

Reflection Questions

1. Paul prays that believers would grasp the height, depth, length, and width of Christ's love (Ephesians 3). How deeply are you experiencing Christ's love right now—and how might growing in that understanding change your daily life? Take some time to pray that God might show this love that “surpasses all knowledge.”
2. In Ephesians 4, Paul calls us to live worthy of our calling with humility, gentleness, and patience. Which of those qualities is most challenging for you in maintaining unity?
3. What does it practically look like in your current season to “put off the old self” and “put on the new self”?
4. Ephesians 4 emphasizes renewing the attitude of your mind. What influences (media, conversations, thought patterns) are shaping your mindset most right now?
5. Paul describes being filled with the Spirit as producing worship, gratitude, and mutual submission. Which of those evidences is strongest in your life? Which needs growth?
6. In Ephesians 5–6, how does viewing marriage, parenting, and work relationships through the lens of Christ's lordship change the way you approach those roles?
7. Ephesians 6 reminds us that our struggle is not against flesh and blood. How might remembering the spiritual nature of the battle reshape the way you handle conflict?
8. When you think about the armor of God, which piece do you most need to intentionally “put on” right now—and what would that look like in practical terms this week?