

## Bible Teaching Resources

by Don Anderson Ministries

PO Box 6611 • Tyler, TX 75711-6611

903.939.1201 Phone • 903.939.1204 Fax

www.BibleTeachingResources.org

# A Practical Study of EPHESIANS

## HEAVEN'S PLAN for Life on Earth

### “What It’s Like Living According to God’s Plan”

#### PART 1

Key verse 5:17 — *“On this account, do not be foolish but be understanding what the will of the Lord is.”*

#### STUDY NUMBER ONE – THE MASTER PLAN – EPHESIANS 1:1-14

##### **KEY VERSES 1:10, 11**

v. 1 Paul, an apostle of Christ Jesus by the will of God, to the saints who are in Ephesus, and who are faithful in Christ Jesus.

v. 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

v. 3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenlies in Christ.

v. 4 Even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him.

v. 5 In love having decided upon us beforehand for adoption as sons through Jesus Christ for Himself, according to the good pleasure of His will,  
v. 6 to the praise of His glorious grace which He freely bestowed upon us in the Beloved.

v. 7 In whom we are having our redemption through His blood, the forgiveness of our trespasses according to the riches of His grace,

v. 8 which He lavished upon us in all wisdom and insight.

v. 9 Having made known to us the mystery of His will, according to His good pleasure which He purposed in Him

v.10 with reference to a plan for the fullness of the times, to bring everything together in Christ, the things in the heavens and the things upon the earth in Him.

##### NOTES

**NOTES**

v.11 In whom also our lot is cast, having been decided upon beforehand according to the design of the one who is working all things according to the purpose of His will,

v.12 with a view to our being to the praise of His glory who had first placed our hope in the Christ.

v.13 In Him you also, having heard the Word of the truth, the good news of your salvation: in Him also having believed, you were sealed with the promised Holy Spirit,

v.14 Who is the first installment of our inheritance for a redemption through which you become God's property, to the praise of His glory.

**QUESTIONS:**

1. Read Ephesians 1:1-14 and in your own words pull out the main thought of this passage.

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2. What has God done for us, according to verse 3?

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3. When did God the Father choose us, according to verse 4?

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4. What is our position in Christ, according to verse 4?

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5. What two things are ours, according to verse 7?

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6. What is God's "plan," according to verse 10?

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7. What happens to us when we believe, according to verse 13?

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8. What happens to us, according to verse 14, as a result of our becoming a Christian?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Salvation involves all three Persons of the Trinity: God the Father, God the Son, and God the Holy Spirit.

LESSON #2: The Master Plan brings everything together in Christ.

LESSON #3: We are bought by the Son and branded by the Spirit.

LESSON #4: Man has no part in the Master Plan.

LESSON #5: The will of God is primary in the Master Plan for reference to it occurs in verse 1, verse 5, verse 9, and verse 11.

LESSON #6: It is required of us as sinners to taste of God's grace before we will ever know of His peace.

LESSON #7: In the Master Plan we have experienced "every spiritual blessing." Seven of them have been outlined in our study: (1) election; (2) adoption; (3) redemption; (4) forgiveness of sins; (5) God's purpose; (6) sealing; and (7) inheritance.

LESSON #8: The Father chose us "before the foundation of the world" for two purposes: (1) "that we should be holy" and (2) "that we be . . . blameless before Him" (verse 4).

LESSON #9: Verse 5 in our passage begins with "love" and ends with "good pleasure of His will." "In love having decided upon us beforehand for adoption as sons through Jesus Christ for Himself, according to the good pleasure of His will."

LESSON #10: We are safe and secure in the Beloved, that is our Lord Jesus Christ.

LESSON #11: The redemption price for our salvation is the blood of the Lord Jesus Christ.

LESSON #12: Peter tells us in 1 Peter 1:4 that we are “to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you” (NASB).

LESSON #13: The seal of the Holy Spirit guarantees a finished transaction.

LESSON #14: The Holy Spirit is “the first installment of our inheritance” (verse 14). He is the engagement ring. He is the guarantee that there is much more to follow. What a glorious anticipation of eternity!

### **ADDITIONAL NOTES:**

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## **STUDY NUMBER TWO – HIS PLAN FOR GETTING TO KNOW HIM – EPHESIANS 1:15-23**

### **KEY VERSE 1:18**

v.15 On account of this I also, having heard of your faith in the Lord Jesus and your love toward all the saints,

v.16 I do not cease giving thanks for you, making mention of you in my prayers;

v.17 in order that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and revelation in a knowledge of Him.

v.18 The eyes of your hearts having been enlightened, that you may know what is the hope of His calling, what is the wealth of the glory of His inheritance in the saints.

v.19 And what is the surpassing greatness of His power in us who are believing, according to the working of His great might,

v.20 which was operative in the Christ, when He raised Him from the dead, and seated Him at His right hand in heavenly places,

v.21 Far above all rule and authority and power and dominion, and every name that is being named, not only in this age, but also in the one about to come.

v.22 And all things He put in subjection under His feet, and Him, He gave as head over all things to the church,

v.23 which is His body, the fullness of the One who is filling all things with all things.

### **NOTES**

**QUESTIONS:**

1. Read Ephesians 1:15-23 and in your own words pull out the main thought of this passage.

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2. What two things had Paul heard about them in verse 15?

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3. What two things does Paul do for them, according to verse 16?

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4. What does Paul pray for in verse 17?

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5. What does Paul pray for in verse 18?

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6. What does Paul say to us in verse 19?

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7. What is Christ's position at this present time, according to verses 20 & 21?

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8. What is Christ's position, according to verse 22?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Do people speak often of your faith toward God and love for mankind?

LESSON #2: The reality of your faith will be revealed in your love for others.

LESSON #3: How well do you understand the Lord's dealings with you?

LESSON #4: Do you long for an enlarged capacity for wisdom?

LESSON #5: Philippians 3:10: "that I may know Him, and the power of His resurrection and the fellowship of His sufferings, being conformed to His death" (NASB).

LESSON #6: John 13:34-35: "A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another" (NASB).

LESSON #7: Faith is living without scheming.

LESSON #8: The love of the Spirit produced within us as believers helps us recognize that we are responsible for one another.

LESSON #9: Have you asked the Lord to "give you a spirit of wisdom and revelation in a knowledge of Him"? (verse 17)

LESSON #10: Have you prayed with the psalmist in Psalm 119:18: "Open my eyes that I may see wonderful things in your law" (NIV).

LESSON #11: Philippians 4:13: "I can do all things through Him who strengthens me" (NASB).

LESSON #12: 2 Corinthians 12:9: "And He has said to me, 'My grace is sufficient for you, for power is perfected in weakness.' Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me" (NASB).

LESSON #13: 2 Timothy 1:7: "For God has not given us a spirit of timidity, but of power and love and discipline" (NASB).

LESSON #14: Have I surrendered totally and completely to the sovereign Christ who is the head of His body, the church, and also the head of my life individually?

**ADDITIONAL NOTES:**


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**STUDY NUMBER THREE – HIS PLAN FOR GIVING LIFE – EPHESIANS 2:1-10****KEY VERSE 2:8**

v. 1 And you He made alive when you were dead through your trespasses and sins,

v. 2 in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit that is now working in the sons of disobedience.

v. 3 Among these we all once lived in the desires of our flesh, practicing the desires of our flesh and of our thoughts, and were children of wrath by nature, as also the rest.

v. 4 But God, being wealthy in mercy, because of His great love with which He loved us,

v. 5 even when we were dead through our trespasses, He made us alive together with the Christ, by grace you have been saved.

v. 6 And raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus,

v. 7 in order that He might demonstrate in the coming ages the surpassing wealth of His grace in kindness to us in Christ Jesus.

v. 8 For it is by grace that you have been saved through faith; and this [salvation] is not of yourselves—it is the gift of God;

v. 9 not because of works, in order that no one might boast.

v.10 For we are His creation, created in Christ Jesus for good works, which God prepared beforehand, in order that we should walk in them.

**NOTES****QUESTIONS:**

1. Read Ephesians 2:1-10 and in your own words pull out the main thought of this passage.

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2. What has God done for us, according to verse 1?

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3. What did we used to be like before we became a Christian, according to verse 2?

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4. What were we before we became Christians, according to verse 3?

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5. What is God's attitude toward us, according to verse 4?

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6. What is our position, according to verse 6?

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7. How is it that we become a Christian, according to verse 8?

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8. Why is our relationship to God not based on good works, according to verse 9?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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## **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: We are born into this world spiritually dead.

LESSON #2: “For all have sinned and fall short of the glory of God” (Rom. 3:23 NASB).

LESSON #3: We must be born again to be prepared for eternity.

LESSON #4: Satan is the prince of the power of the air and he is deeply interested and involved in your eternal destruction.

LESSON #5: 2 Corinthians 4:4: “In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them” (KJV).

LESSON #6: Every believer has war on three fronts: (1) against the world; (2) the flesh; and (3) the devil.

LESSON #7: “But God, being wealthy in mercy, because of His great love with which He loved us” (verse 4) did something about our hopeless dilemma.

LESSON #8: “He made us alive together with the Christ,” “[He] raised us up with Him, and [He] seated us with Him in the heavenly places in Christ Jesus” (verses 5 & 6).

LESSON #9: “The surpassing wealth of His grace” will be a testimony throughout eternity (verse 7).

LESSON #10: “For it is by grace that you have been saved through faith; and this [salvation] is not of yourselves” (verse 8).

LESSON #11: Barker says: “The entire process of salvation comes from nothing we have done.”

LESSON #12: Salvation is a “gift of God” (verse 8).

LESSON #13: Our salvation is not of works, “in order that no one might boast” (verse 9).

LESSON #14: “We are His creation, created in Christ Jesus for good works” (verse 10).

LESSON #15: No one who is ever in hell will be able to say to God, “You put me here,” and no one who is in heaven will ever be able to say, “I put myself here.” (John Hannah)

### **ADDITIONAL NOTES:**

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## **STUDY NUMBER FOUR – HIS PLAN FOR PEACE – EPHESIANS 2:11-22**

### **KEY VERSE 2:14**

v.11 Therefore remember, that at one time you Gentiles in the flesh, called uncircumcision by what is called the circumcision, which is made in the flesh by hands—

v.12 because you were at that time separated from Christ, having been excluded from the commonwealth of Israel, and strangers from the covenants of promise, not having hope, and without God in the world.

v.13 But now in Christ Jesus you who were once far away have been brought near in the blood of Christ.

v.14 For He is our peace, the One who made us both one, and has broken down the barrier formed by the dividing wall between us,

v.15 having abolished in His flesh the enmity, the Law of the commandments in ordinances, in order that of the two He might create in Himself one new man, making peace,

v.16 and might reconcile us both to God in one body through the cross, having put to death the enmity by it.

v.17 And having come, He proclaimed peace to you who were far off, and peace to those who were near;

v.18 because through Him we are both having access by one Spirit to the Father.

v.19 So then you are no longer strangers and foreigners, but you are fellow-citizens with the saints, and members of God’s household,

v.20 having been built upon the foundation of the apostles and prophets, Christ Jesus Himself being the chief cornerstone,

### **NOTES**

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v.21 in whom the whole building is joined together and is growing into a holy temple in the Lord,  
v.22 in whom also you are being built together for a dwelling place of God in the Spirit.

**QUESTIONS:**

1. Read Ephesians 2:11-22 and in your own words pull out the main thought of this passage.

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2. What four things describe our position before we became a Christian according, to verse 12?

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3. What is our position now, according to verse 13?

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4. Who is our peace, according to verse 14?

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5. What did He proclaim, according to verse 17?

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6. What is our position now as Christians, according to verse 19?

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7. What "foundation" have we built upon?

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8. Why are we “being built together for a dwelling place,” according to verse 22?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Remembrance of the past makes us appreciate more the blessings of the present.

LESSON #2: The present active imperative “remember” in verse 11 could be translated “keep on remembering.”

LESSON #3: Psalm 18:16-17: “He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me” (NIV).

LESSON #4: “But now in Christ Jesus you who were once far away have been brought near in the blood of Christ” (verse 13).

LESSON #5: For He Himself and none other is our peace.

LESSON #6: The Lord paid the price in full for the penalty of our sins.

LESSON #7: His plan for peace is in a person, Jesus Christ.

LESSON #8: He is our peace.

LESSON #9: Christ rendered inoperative the law in His death.

LESSON #10: Our access to the Father is through the Son, and by the Spirit.

LESSON #11: Jesus Christ Himself is the Chief Cornerstone and everything in the building is held together by Jesus Christ.

LESSON #12: Is your testimony that of Job? "I know that my Redeemer lives, and that in the end he will stand upon the earth. And after my skin has been destroyed, yet in my flesh I will see God; I myself will see him with my own eyes—I, and not another. How my heart yearns within me!" (Job 19:25-27 (NIV)).

### **ADDITIONAL NOTES:**

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## **STUDY NUMBER FIVE – HIS PLAN FOR A BODY – EPHESIANS 3:1-13**

### **KEY VERSE 3:6**

v. 1 Because of this I Paul, the prisoner of Christ Jesus on behalf of you Gentiles—  
v. 2 assuming that you heard of the administration of the grace of God which was given to me for you;  
v. 3 That by revelation there was made known to me the mystery, even as I have written above in brief,  
v. 4 in order that, when you are reading, you are able to understand my insight into the mystery of Christ,  
v. 5 which in other generations was not made known to the sons of men, as now it has been revealed to His holy apostles and prophets by the Spirit;  
v. 6 that the Gentiles are fellow-heirs and belonging to the same body, and partakers of the promise in Christ Jesus through the gospel,  
v. 7 of which I became a minister, according to the gift of the grace of God which was given to me according to the manifestation of His power.  
v. 8 To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the fathomless riches of Christ.  
v. 9 And to bring to light what is the administration of the mystery which has been hidden for ages in God, who created all things,  
v.10 in order that now, through the church, might be made known to the principalities and powers in the heavenly places, the manifold wisdom of God.

### **NOTES**

**NOTES**

v.11 According to the eternal purpose which He carried out in Christ Jesus our Lord,  
v.12 in whom we are having our boldness and access in confidence through faith in Him.  
v.13 Wherefore I am asking you not to lose heart over my tribulations on your behalf, which is your glory.

**QUESTIONS:**

1. Read Ephesians 3:1-13 and in your own words pull out the main thought of this passage.

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2. Where is Paul when he writes this letter, according to verse 1?

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3. What is Paul writing about in this section, according to verse 4?

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4. What is the mystery, according to verse 6?

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5. What was Paul's position, according to verse 8?

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6. What was Paul's purpose, according to verse 9?

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7. What does God desire to make known "through the church" in verse 10?

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8. What is he asking to do in verse 13?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Because everything that happens in Paul's life happens because the Lord has allowed it, he can declare "[I am] the prisoner of Christ Jesus on behalf of you Gentiles" (verse 1).

LESSON #2: Paul tells us the mystery of Christ was given to him by revelation (verse 3).

LESSON #3: His personal passion is to proclaim the mystery of Christ and be faithful to complete the work the Lord has for him to do.

LESSON #4: The mystery that Paul is proclaiming is "that the Gentiles are fellow-heirs and belonging to the same body, and partakers of the promise in Christ Jesus through the gospel" (verse 6).

LESSON #5: Paul is just a vessel as he describes himself in verse 8: "To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the fathomless riches of Christ."

LESSON #6: Paul speaks in verse 11 of the "eternal purpose which [God the Father] carried out in Christ Jesus our Lord."

LESSON #7: A mystery in the Old Testament is concealed and in the New Testament revealed.

LESSON #8: There is one church His body made up of all those who have life in the Lord Jesus Christ.

LESSON #9: Only in the church can angels comprehend the grace of God.

LESSON #10: We have access to the Father through the Son and by the Spirit.

LESSON #11: Paul is personally concerned about the saints in Ephesus over the difficulties he is going through at this time in being imprisoned. He does not want them to lose heart because of the hard times he is having.

### **ADDITIONAL NOTES:**

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## **STUDY NUMBER SIX – HIS PLAN FOR POWER – EPHESIANS 3:14-21**

### **KEY VERSE 3:16**

v.14 For this reason I am bowing my knees before the Father,  
v.15 from whom every family in heaven and on earth is named,  
v.16 that He would grant to you, according to the riches of His glory, to be mightily strengthened through His Spirit in the inner man;  
v.17 that Christ might settle down in your hearts through faith in love, having been rooted and grounded,  
v.18 in order that you may have power to comprehend with all the saints what is the breadth and length and height and depth;  
v.19 and to know the love of Christ, which is surpassing knowledge, in order that you may be filled with all the fullness of God.  
v.20 Now to the One who is able to do infinitely more than we are asking for ourselves, or imagining, according to the power which is working in us,  
v.21 to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

### **NOTES**



**QUESTIONS:**

1. Read Ephesians 3:14-21 and in your own words pull out the main thought of this passage.

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2. What is Paul doing in this section, according to verse 14?

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3. What is Paul praying for in verse 16?

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4. What is Paul praying for in verse 17?

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5. What does he pray that they might know, according to verse 19?

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6. What is his desire for them in verse 19?

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7. How much can God do in answer to our prayers, according to verse 20?

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8. What is working in us, according to verse 20?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Because of his concern over their spiritual and emotional well-being, because of his problems, we see him in this passage bowing his knees before the Father (verse 14).

LESSON #2: The key verse in this study is verse 16: “that He would grant to you, according to the riches of His glory, to be mightily strengthened through His Spirit in the inner man.”

LESSON #3: There is no energy shortage with the Father.

LESSON #4: Philippians 4:13: “I can do all things through Him who strengthens me” (NASB).

LESSON #5: Isaiah 40:31: “But they that wait upon the Lord shall renew their strength. They shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint” (TLB).

LESSON #6: “Strengthened . . . in the inner man” (verse 16) involves our discernment, our desires and our disciplined determination.

LESSON #7: Are we making progress toward being rooted and grounded in the Lord Jesus Christ?

LESSON #8: Can you pray with the Apostle Paul “that you may be filled with all the fullness of God” (verse 19)?

LESSON #9: What a joy to come to “the One who is able to do infinitely more than we are asking for ourselves, or imagining, according to the power which is working in us” (verse 20).

LESSON #10: Have you prayed for strength through His Spirit in the inner man?

LESSON #11: Have you asked for power to comprehend and know the love of Christ?

LESSON #12: Have you prayed to be filled with all the fullness of God?

LESSON #13: Are you satisfied with your prayer life?

**ADDITIONAL NOTES:**

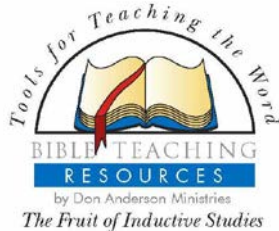
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PO Box 6611 • Tyler, TX 75711-6611

903.939.1201 Phone • 903.939.1204 Fax

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# A Practical Study of EPHESIANS

## HEAVEN'S PLAN for Life on Earth

“What It’s Like Living According to God’s Plan”

### PART 2

Key verse 5:17 — *“On this account, do not be foolish but be understanding what the will of the Lord is.”*

### STUDY NUMBER SEVEN – HIS PLAN FOR A FUNCTIONING BODY – EPHESIANS 4:1-16

#### KEY VERSES 4:15, 16

v. 1 I, therefore, the prisoner in the Lord, am begging you to walk worthy of the calling to which you have been called,

v. 2 with all lowliness and meekness, with patience, bearing with one another in love,

v. 3 making every effort to maintain the unity of the Spirit in the bond of peace.

v. 4 There is one body and one Spirit, even as also you were called in one hope of your calling,

v. 5 one Lord, one faith, one baptism,

v. 6 one God and Father of all, the One who is above all, and through all, and in all.

v. 7 But to each one of us there was given grace according to the measure of the gift of Christ.

v. 8 Therefore, it is said when He went up on high, He led away captive those taken captive, and gave gifts to men.

v. 9 Now the fact that He went up, what is it except that also He went down into the lower regions of the earth.

v.10 The One who went down Himself is also the One who went up, above all the heavens, in order that He might fill all things.

v.11 And He gave some apostles, and some prophets, and some evangelists, and some pastors and teachers;

#### NOTES

**NOTES**

v.12 For the equipping of the saints for the work of the ministry, for building up the body of Christ;

v.13 until we all attain to the unity of the faith, and the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

v.14 In order that we no longer may be immature, being tossed here and there by the waves, and being carried here and there by every wind of doctrine, by the trickery of men, by their craftiness in deceitful scheming;

v.15 but speaking the truth in love, may grow up into Him in all things, who is the head, Christ,

v.16 from whom all the body, being joined and knit together through every joint with which it is supplied, according to the power that corresponds to the measure of each individual part, is making for growth of the body, resulting in the building up of itself in love.

**QUESTIONS:**

1. Read Ephesians 4:1-16 and in your own words pull out the main thought of this passage.

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2. What is Paul begging of them according to verse 1?

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3. Define a worthy walk according to verses 2 & 3.

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4. Outline the facets of oneness in verses 4—6.

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5. Why did the Lord give spiritual gifts according to verse 12? Do you know what your gift is?

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6. What is the goal that Paul outlines in verse 13?

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7. Outline what happens when we fail to grow according to verse 14?

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8. Describe the growing process according to verses 15 & 16.

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It is vitally important that we learn to walk worthy of the calling to which we have been called.

LESSON #2: Our walk should be characterized by five things—lowliness, meekness, patience, bearing with one another in love, and making every effort to maintain the unity of the Spirit and the bond of peace.

LESSON #3: Isaiah 32:17 “The fruit of righteousness will be peace. The effective righteousness will be quietness and confidence forever.”

LESSON #4: Our great God is the one who is above all, and through all and in all.

LESSON #5: Spiritual gifts are for edifying and equipping the body of Christ.

LESSON #6: Everyone who receives Christ is given a grace gift to function in the body of Christ.

LESSON #7: Speaking the truth in love involves life and lip.

LESSON #8: Satan’s desire is to keep us childish and carnal.

LESSON #9: Gifted individuals are given to the body of Christ for three reasons:  
a. for the equipping of the saints  
b. for the working of the ministry  
c. for the building up of the body of Christ

LESSON #10: Unity, maturity and fullness are God’s plan and purpose for each of us as individuals in the body of Christ.

LESSON #11: Our prayer should be Psalm 25:4—5, “Show me your ways, O Lord, teach me your paths. Guide me in your truth and teach me for you are God my Savior and my hope is in you all day long.”

LESSON #12: Are we vulnerable by our immaturity to be tossed by every wind in doctrine, by the trickery of men, by their craftiness and deceitful scheming? Or are we rooted and grounded in the Lord Jesus Christ and in His Word?

LESSON #13: Have you discovered what place the Lord has for you in His Body and how He has gifted you to minister to that body?

LESSON #14: Will you join Isaiah in saying, “Here am I, send me”?

**ADDITIONAL NOTES:**

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## **STUDY NUMBER EIGHT – HIS PLAN FOR LIFE ON A NEW LEVEL – EPHESIANS 4:17-5:2**

### **KEY VERSES 4:22-24**

v.17 This, therefore, I am saying and affirming in the Lord, that no longer are you to be walking as the Gentiles, walking with their minds fixed on futile things,

v.18 being those who have their understanding darkened, who have been estranged from the life of God, through the ignorance that is in them, through the dullness of their hearts;

v.19 who being calloused, they gave themselves over to debauchery, for the practice of all kinds of sinful things and greediness.

v.20 But you did not so learn Christ,

v.21 since indeed you heard about Him and were taught Him, just as the truth is in Jesus,

v.22 that you laid aside concerning your former way of life, the old man, who is being corrupted according to the deceptive desires.

v.23 But get yourselves renewed in the spirit of your minds.

v.24 And put on the new man, who after God was created in true righteousness and holiness.

v.25 Therefore, having put away falsehood, let everyone be speaking the truth with his neighbor, because we are members one of another.

v.26 Be angry and do not sin; do not let the sun go down upon your angry mood.

v.27 And do not give the devil a chance.

v.28 The one who is stealing, let him no longer be stealing; but rather let him work hard, working with his own hands that which is good, in order that he may be having to share with the one who is having need.

v.29 Let every rotten word not be coming out of your mouth, but whatever is good, such as will build up where it is necessary, in order that it might impart grace to those who are hearing.

v.30 And stop grieving the Holy Spirit of God, in whom you were sealed for the day of redemption.

v.31 Let all bitterness and wrath, and anger, and shouting, and slander, be put away from you, with all ill will.

v.32 And be kind to one another, compassionate, forgiving each other, even as also God in Christ forgave you.

5:v.1 Therefore, be imitators of God, as beloved children.

v. 2 And walk in love, even as Christ also loved you and gave Himself up for us, as an offering and a sacrifice to God for an aroma of a sweet smell.

### **NOTES**

### **QUESTIONS:**

1. Read Ephesians 4:17-5:2 and in your own words pull out the main thought of this passage.

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2. Describe the pre-Christian conduct of these Ephesians according to verses 17, 18, 19.

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3. Where does the truth reside according to verse 21?

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4. What are we supposed to put off and to put on according to verses 22, 23, 24?

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5. What are we to do according to verse 25 & why?

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6. Why do you handle anger immediately according to verses 26, 27?

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7. Outline the program for the use of the tongue according to verses 29, 30, 31?

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8. How are we to display Christ according to verses 4:32, 5:1, 2?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: What do you spend your time thinking about? Futile or future things?

LESSON #2: “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.” Are you following the mental menu of Philippians 4:8?

LESSON #3: “We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,” Are you bringing your thoughts captive as in 2 Corinthians 10:5?

LESSON #4: “And the witness is this, that God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have the life” 1 John 5:11—12. Do you have the life of God in you?

LESSON #5: The callous of coldness can form so quickly on our hearts.

LESSON #6: Would you say that presently you are living in victory or defeat?

LESSON #7: List the things you *have* or *are* laying aside.

LESSON #8: Are you experiencing renewal from your daily time in the Word?

LESSON #9: Read Galatians 5:22—23 (NASB). And what fruitage of the Spirit do you see in your life?

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

LESSON #10: As far as you know, are you walking in truth?

LESSON #11: Have you let the sun go down on your anger?

LESSON #12: Have you given the devil a place?

LESSON #13: Are you presently grieving the Holy Spirit?

LESSON #14: Are you presently walking in love?

**ADDITIONAL NOTES:**


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## **STUDY NUMBER NINE – HIS PLAN FOR LIVING IN THE LIGHT – EPHESIANS 5:3-20**

### **KEY VERSE 5:8**

v. 3 But immorality and all uncleanness, or covetousness, let it not be named among you, as is fitting among saints.

v. 4 And wickedness and silly talking, or coarse jesting, which are not proper, but rather giving of thanks.

v. 5 For you may be sure of this, that every immoral or unclean man, or one who is covetous, that is an idolater, is not having an inheritance in the kingdom of Christ and God.

v. 6 Let no one be deceiving you with empty words, for because of these things there is coming the wrath of God upon the sons of disobedience.

v. 7 Therefore, do not be sharing with them.

v. 8 For you were once darkness, but now you are light in the Lord: be walking as children of light.

v. 9 For the fruit of this light is found in all goodness and righteousness and truth.

v.10 Try to learn what is pleasing to the Lord.

v.11 And do not be associating with the unfruitful works of darkness, but rather be exposing them.

v.12 For it is a shame even to speak of the things which they do in secret.

v.13 But when anything is exposed by the light, it is made visible, for everything that is being made visible is light.

v.14 Therefore, it is said, be waking up he who is sleeping, and arise from the dead, and Christ shall shine upon you.

### **NOTES**

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v.15 Take heed therefore, how carefully you are walking, not as unwise men, but as wise,  
v.16 making the most of the time because the days are evil.  
v.17 On this account do not be foolish, but be understanding what the will of the Lord is.  
v.18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,  
v.19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with all your heart to the Lord;  
v.20 giving thanks always concerning all things in the name of our Lord Jesus Christ to God, even the Father;

**QUESTIONS:**

1. Read Ephesians 5:3-20 and in your own words pull out the main thought of this passage.

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2. Outline the things saints should avoid according to verses 3 & 4.

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3. What may we be assured of according to verse 5?

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4. What are we commanded to do in verse 8?

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5. Where is the fruit of life found according to verse 9?

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6. What should be our #1 priority according to verses 10 & 11?

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7. What are we commanded to do according to verses 17 & 18?

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8. Outline the evidences of being filled with the Spirit according to verses 19 & 20?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: We must be careful to protect ourselves from immorality and all uncleanness or covetousness.

LESSON #2: We must pray daily that the Spirit of God will control our tongues and fill our mouths with the giving of thanks.

LESSON #3: We can be sure that those whose lifestyle is characterized by these ugly words will not be having an inheritance in the kingdom of Christ in God.

LESSON #4: Are you walking in the light transparent before the Lord?

LESSON #5: There are consequences of this lifestyle. We are warned that there is coming the wrath of God upon the sons of disobedience.

LESSON #6: The fruit of walking in the light is found in all goodness, righteousness and truth.

LESSON #7: Are you learning by reading the Word what is pleasing to the Lord?

LESSON #8: Are you careful to make the most diligent use of your time?

LESSON #9: Can you say that you are conducting yourself carefully, walking in the power of the Spirit?

LESSON #10: Are you beginning to understand what the will of the Lord is for your life?

LESSON #11: At this moment, are you characterized by being filled with the Spirit?

LESSON #12: Are you finding joy in your worship of the Lord, “speaking to one another in psalms and hymns and spiritual songs, singing and making melody with all your heart to the Lord”?

LESSON #13: Are you giving thanks always, concerning all things, not just the good?

**ADDITIONAL NOTES:**

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**STUDY NUMBER TEN – HIS PLAN FOR THE HUSBAND AND WIFE RELATIONSHIP**  
**– EPHESIANS 5:21-33**

**KEY VERSE 5:33**

v.21 putting yourselves in subjection to one another in respect of Christ.  
v.22 Wives, be putting yourselves in subjection to your own husbands, as to the Lord.  
v.23 Because the husband is the head of the wife, as Christ is the head of the church, He himself being the Savior of the body.  
v.24 But as the church is subject to Christ, so also let wives be subject in every thing to their husbands.  
v.25 Husbands, love your wives, even as also Christ loved the church and gave Himself up for her;  
v.26 in order that He might sanctify her, having cleansed her by the washing of water with the word,  
v.27 in order that He might present the church to Himself in splendor, not having spot or wrinkle or any such things; but in order that she might be holy and blameless.  
v.28 Even so husbands should love their wives as their own bodies. The one who is loving his own wife is loving himself;  
v.29 for no one ever yet hated his own flesh, but is nourishing and cherishing it, even as Christ does the church,  
v.30 because we are members of His body.  
v.31 For this reason a man shall leave his father and his mother, and shall be joined to his wife; and the two shall become one flesh.  
v.32 This is a great mystery, but I am speaking with reference to Christ and the church.  
v.33 However, let each one be loving his own wife as himself, and the wife that she respects her husband.

**NOTES**

**QUESTIONS:**

1. Read Ephesians 5:21-33 and in your own words pull out the main thought of this passage.

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2. Define the wife's role in the marriage relationship according to verses 22—24.

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3. Define the husband's role in the marriage relationship according to verse 25.

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4. What are the 3 purposes behind this command for sacrificial love on the part of the husband according to verses 26 & 27?

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5. How are husbands to love their wives according to verse 28?

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6. How is this love of the husband illustrated in verse 29? In your own words define "nourishing & cherishing".

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7. Describe God's original intention for the marriage relationship according to verse 31.

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8. In verse 33 define the roles of both the husband & the wife.

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Submission to designated authority relieves you of the responsibility before God.

LESSON #2: Submission is natural for a woman whose husband is a spiritual leader and servant, magnifying security and self-image.

LESSON #3: Love will give of itself to nurture and present the wife proudly.

LESSON #4: Submission and love summarize the New Testament teaching on marriage.

LESSON #5: To be subject to one's own husband involves the three A's: awareness, attitude and authority.

LESSON #6: When an obligation has to be forced, it is not submission, but slavery.

LESSON #7: To love and give of himself, the husband must be sensitive, sacrificial and a servant.

LESSON #8: Daily application of the Word of God is that which cleanses our lives from the defilements of living.

LESSON #9: Because of His work on Calvary's cross, the Savior is going to present us without spot or wrinkle or any such thing.

LESSON #10: Husbands have a moral obligation to be loving own wives as their own bodies.

LESSON #11: The husband is to be nourishing and cherishing his wife just as Christ also is nourishing and cherishing the church.

LESSON #12: The man is to leave his father and his mother, and shall cleave to his wife.

LESSON #13: The husband is to be loving his own wife even as himself.

LESSON #14: The wife is to see to it that she is respecting her husband.

**ADDITIONAL NOTES:**

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**STUDY NUMBER ELEVEN – HIS PLAN FOR THE HOME AND BUSINESS RELATIONSHIP**  
**– EPHESIANS 6:1-9**

**KEY VERSES 6:1, 5**

v. 1 Children, be obeying your parents in the Lord, for this is right.

v. 2 Be honoring your father and your mother; this is the first commandment with a promise,

v. 3 in order that it may be well with you, and in order that you may live long upon the earth.

v. 4 And fathers, do not make your children angry, but be bringing them up in the discipline and instruction of the Lord.

v. 5 Slaves, be obeying those who according to the flesh are your masters, with fear and trembling, in sincerity of heart, as to Christ;

v. 6 not in the way of eye service, as men-pleasers; but as servants of Christ, doing the will of God from the heart.

v. 7 With good will rendering service, as to the Lord and not men,

v. 8 knowing that each one, whatever good he may do, this he will receive from the Lord, whether he is a slave or whether he is free.

v. 9 And masters, do the same to them, giving up your threatening, knowing that also their Master and yours is in heaven, and there is not partiality with Him.

**NOTES**

**QUESTIONS:**

1. Read Ephesians 6:1-9 and in your own words pull out the main thought of this passage.

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2. What are children to do in the family & why according to verse 1?

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3. What are the three reasons for children to be honoring their parents according to verses 2 & 3?

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4. There is a negative & a positive command for fathers in verse 4. What are they?

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5. Define the roles of employees in verse 5 & how they perform their work.

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6. There is one negative & two positives in verse 6 for employees. What are they?

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7. What is the bottom line for our work according to verse 7?

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8. Outline the responsibility for employees according to verse 9.

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Submission, love and obedience are the ingredients of a godly home.

LESSON #2: Fatherhood involves encouragement, exhortation, and example.

LESSON #3: A job is transformed when you see it as serving the Lord.

LESSON #4: Leaders are held responsible for the right use of authority.

LESSON #5: Children are to be obeying their parents in the Lord for this is right. They are also to be honoring their father and their mother.

LESSON #6: To the obedient heart will come the response from the Father that it will be well with you and you may live long upon the earth.

LESSON #7: Fathers be careful to not make your children angry, but be bringing them up in the discipline and instruction of the Lord.

LESSON #8: Employees are challenged to be obeying their employers.

LESSON #9: The obedience of employees as a job description is to be:

- a) with fear and trembling
- b) in sincerity of heart
- c) as to Christ
- d) not in the way of eye-service as men-pleasers
- e) as servants of Christ
- f) doing the will of God from the heart

LESSON #10: Colossians 3:23: "Whatever you do, do your work heartily as for the Lord rather than for men."

LESSON #11: The employee is to do his work with goodwill, rendering service as to the Lord, and not men.

LESSON #12: It is a comforting thought to know that the Lord is having his eyes upon us. He sees what we do in a good way and we will receive a reward from the Lord.

LESSON #13: Command #6 is for the employers. Do the same thing to them, giving up your threatening, knowing that also their Master and yours is in Heaven.

LESSON #14: It is comforting to know that the ground is level at the cross of Christ.

**ADDITIONAL NOTES:**


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**STUDY NUMBER TWELVE – HIS PLAN FOR DEFENSE – EPHESIANS 6:10-24****KEY VERSES 6:10,11**

v.10 Finally, be strong in the Lord in the strength of His might.

v.11 Put on the whole armor of God, to the end that you may be able to hold your ground against the stratagems of the devil.

v.12 Because we are not wrestling against blood and flesh, but against the principalities, against the powers, against the world rulers of this darkness, against the spiritual forces of wickedness in the heavenly places.

v.13 On this account, take the whole armor of God in order that you may be able to stand your ground in the evil day, and after proving victorious over everything, to stand your ground.

v.14 Stand therefore, after you have girded your waists with truth, and having put on the breastplate of righteousness,

v.15 and having sandaled your feet with the equipment of the gospel of peace.

v.16 In addition to all these, taking the shield of faith, by means of which you can put out all the flaming darts of the evil one.

v.17 And take the helmet of salvation and the sword of the Spirit, which is the word of God.

**NOTES**

**NOTES**

v.18 Through every prayer and supplication, praying at all times in the Spirit, and maintaining a constant alertness in the same with all perseverance and supplication for all the saints,

v.19 and on behalf of me, in order that there might be given me utterance in the opening of my mouth in boldness, to proclaim the mystery of the gospel,

v.20 for which I am an ambassador in a chain, in order that in it I may declare it boldly, as I ought to speak.

v.21 But in order that you also might know how I am, and what I am doing, all things to you, Tychicus, the beloved brother and faithful minister in the Lord, will make known.

v.22 Whom I sent to you for this same purpose, in order that you might know these things concerning us, and that he might encourage your hearts.

v.23 Peace to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.

v.24 Grace be with all those who are loving our Lord Jesus Christ with undying love.

**QUESTIONS:**

1. Read Ephesians 6:10-24 and in your own words pull out the main thought of this passage.

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2. What two things are we supposed to do to be prepared for spiritual warfare in verses 10 & 11?

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3. The word **against** occurs 6 times in verses 11 & 12 to describe our enemy. Record all six.

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4. Why does God provide an armor according to verse 13?

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5. Outline the pieces of armor supplied in verses 14—17.

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6. Outline the battle strategy in verse 18.

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7. Paul asks for prayer. There are four purposes for this request in verses 19—22. List these.

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8. What three things does Paul pray for them in verses 23 & 24?

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9. What verse in the study has meant the most to you?

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10. What lesson have you learned from this study?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: We are in a war on three fronts: the world, the flesh, & the devil.

LESSON #2: Endure suffering along with me, as a good soldier of Christ Jesus. And as Christ’s soldier, do not let yourself become tied up in the affairs of this life, for then you cannot satisfy the one who enlisted you in his army. 2 Timothy 2:3, 4 (NLT)

LESSON #3: So I advise you to live according to your new life in the Holy Spirit. Then you won’t be doing what your sinful nature craves. The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict. Galatians 5:16, 17 (NLT)

LESSON #4: We use God’s mighty weapons, not mere worldly weapons, to knock down the Devil’s strongholds. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas, and we teach them to obey Christ. 2 Corinthians 10:4, 5 (NLT)

LESSON #5: ...”even though I have received wonderful revelations from God. But to keep me from getting puffed up, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from getting proud. Three different times I begged the Lord to take it away. Each time he said, ‘My gracious favor is all you need. My power works best in your weakness.’” 2 Corinthians 12:7—9 (NLT)

LESSON #6: These people are false apostles. They have fooled you by disguising themselves as apostles of Christ. But I am not surprised! Even Satan can disguise himself as an angel of light. So it is no wonder his servants can also do it by pretending to be godly ministers. In the end they will get every bit of punishment their wicked deeds deserve. 2 Corinthians 11:13—15 (NLT)

LESSON #7: Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour. Take a firm stand against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are. 1 Peter 5:8, 9 (NLT)

LESSON #8: The plan for defense is: #1 Be strong in the Lord & #2 Put on the whole armor.

LESSON #9: The Devil has schemes for our defeat. “...so that Satan will not outsmart us. For we are very familiar with his evil schemes.” 2 Corinthians 2:11 (NLT)

LESSON #10: The enemy is well-described in verse 12. “Because we are not wrestling **against** blood and flesh, but **against** the principalities, **against** the powers, **against** the world rulers of this darkness, **against** the spiritual forces of wickedness in the heavenly places.” Ephesians 6:12 (DAV)

LESSON #11: The command in verse 13 is to take the whole armor, don’t leave anything home.

LESSON #12: Remember there is no armor for the back.

LESSON #13: The shield of faith is included so you can put out the flaming darts of the evil one.

LESSON #14: The sword of the Spirit is the word of God. “For the word of God is full of living power. It is sharper than the sharpest knife, cutting deep into our innermost thoughts and desires. It exposes us for what we really are.” Hebrews 4:12 (NLT)

LESSON #15: Victory is certain if we are following instructions. “But you belong to God, my dear children. You have already won your fight with these false prophets, because the Spirit who lives in you is greater than the spirit who lives in the world. 1 John 4:4 (NLT)



**ADDITIONAL NOTES:**

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