

Ephesians

One Source! One Force!

Lesson 3/Day 1-2

Loving Our Lord —

Once again remind yourself that you are blessed in Christ with every spiritual blessing in the heavenly realms. You are saved, chosen, blameless, holy, adopted, redeemed, forgiven, united with God and sealed by His Spirit all lavishly given to you according to the riches of His grace! Read that sentence again aloud, personalizing it to yourself, "I am saved..." Take some time to bless (praise) God for all He's done for you. Use **Psalm 103:1-6** to guide your prayer of praise to Him, or write your own. Ponder these blessings!

Learning His Word —

Paul was so overcome by this blessing that He couldn't stop thinking, speaking and praying about it. **Ephesians 1:15-23** is an incredible prayer born out of this blessing.

1. Have you ever prayed a prayer like this for one you love, or for yourself? Read **Ephesians 1:15-23** aloud. What is your initial response to this passage? _____

2. Let's break the passage down into bite size pieces so we can get a handle on the depth of this prayer. Paul begins by saying, "For this reason..." What reason do you think he is referring to? _____

a. What excites him about these believers? (verse 15) _____

b. Does that kind of news excite you about people you love? What kind of news do we long to hear? _____

3. Paul is grateful for these followers and prays for them. For each of the verses listed below, write out his requests for them:
a. verse 17 _____

b. verse 18 _____

c. verse 19 _____

d. If you had to sum it up in your own words, what is Paul praying for? _____

4. Think about most prayer requests we share with one another. Do they resemble this list? What can we learn from Paul about prayer? _____

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Learning His Word (cont.)—

5. Continuing on in this powerful prayer, read **verses 19-23** again. He now seems to shift His focus to the supremacy of Christ and the subjection of all things to Him. Again, let's break down exactly what He is stating...it is incredible! What's He saying about Christ in these verses?

a. **verse 20** _____

b. **verse 21** _____

c. **Verse 22** _____

d. **Verse 23** _____

6. How do the following verses reiterate who Christ is?

a. **Colossians 2:9-10** _____

b. **John 3:31** _____

c. **Philippians 2:9** _____

d. **Colossians 1:17-20** _____

7. Have you thought much about the Supremacy of Christ? He not only is our Savior, He is our Ruler, our Lord. What kind of attitude does this attribute of Christ invoke in believers? _____

Living His Way —

Have you bowed in humble obedience before your Lord lately? Have you meditated on His authority, His supremacy? Have you taken the time to acknowledge His supremacy in your life? Take **verses 15-23** and make them your prayer for yourself. Ask God to let the eyes of your heart be enlightened and give you wisdom and understanding to grasp the richness of your inheritance in Christ. Take time to focus on His supremacy. All authority is in Christ. He is Ruler of all! He is our head (the church). Pray for a spirit of wisdom, revelation and knowledge.

If you have time, pray this prayer for those in your life who you love. Is it your desire that they know Christ this way?

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Lesson 3/Day 3-4

Loving Our Lord —

Take a few moments to quiet your mind as you become aware of the presence of God in your life. Remember His Spirit dwells in you and is your teacher and counselor. The powerful Spirit of Christ. Meditate on His supremacy as you read **Psalm 8**. This psalm is a prayer. Allow this prayer to focus your heart and mind on the majestic name of our Lord.

Learning His Word —

Ephesians chapter 2 enlightens us even more as we learn exactly what our state was before we came alive in Christ. Before you begin, pray **Ephesians 1:17-18** for yourself.

1. Read **Ephesians 2:1-10**. What immediately grabs your attention from this passage and why? _____

2. _____ Read **verses 1-2** again. What was our state of being before Christ?

 - a. In what way did we used to live (or walk)? _____

 - b. Who was our leader? _____

 - c. What is His role? _____

3. _____ How does **verse 3** describe our former state?

 - a. How many of us once lived that way? _____
 - b. By nature, what were we? _____
 - c. This is a difficult concept for us to grasp. Let's allow God's Word to speak for itself rather than _____ trying to figure it out. What do the following verses say?
 1. **Romans 5:12** _____

 2. **Psalm 51:5** _____

4. How does Jesus describe the prince of the power of the air in **John 8:44**? _____

5. Adam sinned and brought death to all of us. We can't forget that. However, Paul turns a corner in **Ephesians 2:4**, this is the real mystery! What does God say through Paul in **verses 4-5**? _____

 - a. How does Paul describe God? _____

 - b. Think about being dead and made alive. How much power does a dead person have? _____
 - c. Can a dead person raise himself to life? _____

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Learning His Word (cont.)—

- d. What does **Colossians 2:13-15** say? _____

5. God not only made us alive, He blessed us, remember? What did He do according to **Ephesians 2:6**?

6. What does He want to reveal to us as stated in **verse 7**? _____

7. Can any of us boast about our position in Christ?(v.8-9) _____
Why not? _____

8. _____ **Verse 10** will change your life if you grasp it and embrace it. What does it say?

- a. Think about how God made you. What do you like to do? _____

- b. What are you good at? (Yes, there is something!) _____

- c. What brings you joy? _____

- d. Have you ever really asked God what good works He has prepared for you to do? Sometimes we spiritualize things too much. What are some practical ways we can do good to help others and bring glory to God? _____

Living His Way —

Stop for a few moments and drink in the idea that you were dead in your transgressions. You were lifeless, bound in your box of sin. Your destiny was eternal death. But, God, being rich in mercy, because of His great love for you, made you alive in Christ! Do these words rock your world? Do they cause you to stop and think? Do they motivate you to dig deeper and truly understand why you were saved... what design God placed in you for His glory? Respond to God in prayer praising Him for His mercy.

