

# Real Food

Bible Study

## **Ephesians study guide**

Real Food Fall 2010



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**Term Dates – Fall 2010**

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|              |                                |
|--------------|--------------------------------|
| September 8  | Ephesians 1.1-10               |
| September 15 | Ephesians 1.11-14              |
| September 22 | Ephesians 1.15-23              |
| September 29 | Ephesians 2.1-10               |
| October 6    | Ephesians 2.11-22              |
| October 13   | Ephesians 3.1-13               |
| October 20   | Ephesians 3.14-21              |
| October 27   | Ephesians 4.1-16               |
| October 30   | Ephesians 4.17-5.2             |
| November 3   | Ephesians 5.3-14               |
| November 10  | Ephesians 5.15-33              |
| November 17  | <i>No study – Thanksgiving</i> |
| November 24  | Training evening               |
| December 1   | Ephesians 6.1-9                |
| December 8   | Ephesians 6.10-24              |
| December 15  | Review – Ephesians 1-6         |

## Studying the Bible for ourselves

Throughout the year we'll be thinking further about how we can study the Bible for ourselves, and understand God's word better. We'll also be looking to use the **Bible toolkit** – a set of tools that can help us better understand the message and meaning of the passage that we're studying.

The most important thing we can do when we study the Bible is to start by praying – praying for God's help to understand the passage we're looking at, and also help in applying it to ourselves as well.

For each study I've included the full text of the ESV – feel free to highlight it, make notes, underline repeated words or ideas, or mark any words or terms you're not familiar with. It helps to read through a couple of times before looking at the detail so you can understand how the whole passage works. For each study there are also a few questions to think through and make notes on. These help in understanding the text better, and will help us as we think through the meaning of the passage before the Real Food study. Doing preparation work before the study is really helpful – it helps in understanding the passage better in the study, and also means that we can make more progress.

Each study has one **Bible tool** in a box at the top which will help you to understand the passage better. Later studies might use a combination of tools to help us get even further into the message of Ephesians. All of the Bible tools are taken from the excellent book "Dig Deeper: Tools to unearth the Bible's Treasure" (IVP) which goes into more details on the tools that we'll be using and gives examples of how to use these tools to study the Bible. The prep notes have a slightly fuller explanation of how each tool works and how to use it.

Don't worry if some of the prep questions don't make sense or are a little tough – some of the questions are designed to 'stretch' us and are harder than the others. As long as we're reading Ephesians and praying, we'll make great progress this Fall.

## The Bible Toolkit

Here are several tools to help us as we study the Bible and try to understand what it is all about:

### **Author's purpose tool**

The biggest question that we can ask when we study a book of the Bible is simply 'Why did the author write this?'

### **Context tool**

Words within sentences, sentences in paragraphs, paragraphs in chapters, chapters in sections... a text without a context is a con!

### **Structure tool**

How has the author broken down his material into sections? How do these sections fit together?

### **Linking words tool**

Whenever you see a 'therefore' ask what it is there for! And the same goes for words like 'because', 'so that', 'for' etc.

### **Parallels tool**

Bible poetry doesn't tend to rhyme. Instead, it says the same thing twice in different words (and so you get two chances at understanding it): 'Twinkle, twinkle little star; Shiny, shiny, tiny nebula'.

### **Narrators purpose**

Sometimes the narrator breaks into his narrative to explain what is going on (a kind of 'Pssst, reader, make sure you understand this...')

### **Vocabulary tool**

Bible words have Bible meanings. Be alert in case the author is using a familiar word in an unusual way.

### **Translations tool**

Read the passage in more than one translation, just in case there is a nuance one version has missed.

### **Tone and feel tool**

Pay attention to how the point is being made. Is it happy? Tragic? Comforting? Frightening? How does the author want you to think about what he is saying?

### **Repetition tool**

Sometimes the author says something more than once to make sure we don't miss it. Sometimes the author says something more than once to make sure we don't miss it.

### **Quotation/allusion tool**

When the author quotes or alludes to another part of the Bible, we should turn there to see what ideas he is picking up on.

**Genre tool**

There are many genres in the Bible – e.g. song, historical narrative, genealogy, law. Identifying the genre is important in how we interpret a passage.

**Copycat tool**

Is the author holding up one of his characters as someone we should imitate or whose likeness we should avoid?

**Bible timeline tool**

Where is this passage on the Bible timeline? Where am I on the Bible timeline? How do I read this in the light of what has happened in between (e.g. the other side of Jesus?)

**The ‘who am I?’ tool**

Whose shoes are we meant to step into – if any!

**‘So what’ tool**

What implications does this have for me? For my church? For an unbeliever?<sup>1</sup>

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<sup>1</sup> Bible toolkit is taken from Beynon & Sach *Dig Deeper! Tools to unearth the Bible’s treasure* (IVP)


## Ephesians 1:1-10

<sup>1</sup>Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus, and are faithful in Christ Jesus:

<sup>2</sup> Grace to you and peace from God our Father and the Lord Jesus Christ.

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, <sup>4</sup> even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love <sup>5</sup> he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, <sup>6</sup> to the praise of his glorious grace, with which he has blessed us in the Beloved. <sup>7</sup> In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, <sup>8</sup> which he lavished upon us, in all wisdom and insight <sup>9</sup> making known to us the mystery of his will, according to his purpose, which he set forth in Christ <sup>10</sup> as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

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|  | <p><b>Tone and Feel tool:</b></p> | <p>Pay attention to how Paul makes his point. Is it happy? Tragic? Comforting? Frightening? How does the author want you to think about what he is saying?</p> |
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When we come to the Bible we need not only pay attention to the point being made but also how it is being made. We want to be alert to the author's tone so that our imagination is awakened and our emotions engaged.

1. Using the **tone and feel tool**, how do these verses feel to us? What does this tell us about why Paul has written this part of Ephesians?

2. Paul says that we have received "every spiritual blessing" – how does he say that we have achieved this?

3. What are the benefits of being a Christian according to this passage? How does this help us better understand the transformation and change that has taken place in the life of a Christian?


4. What is the aim of God's big plan for the world? How does understanding this help us understand what God is doing in the world?

5. There is disagreement between Christians about whether the idea of 'predestination' is good or not. How does the way that Paul uses it here and the **tone and feel** of the passage help us to understand predestination?

## Ephesians 1:11-14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,<sup>4</sup> even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love<sup>5</sup> he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will,<sup>6</sup> to the praise of his glorious grace, with which he has blessed us in the Beloved.<sup>7</sup> In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace,<sup>8</sup> which he lavished upon us, in all wisdom and insight<sup>9</sup> making known to us the mystery of his will, according to his purpose, which he set forth in Christ<sup>10</sup> as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

<sup>11</sup>In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will,<sup>12</sup> so that we who were the first to hope in Christ might be to the praise of his glory.<sup>13</sup> In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,<sup>14</sup> who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

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|  | <p><b>Repetition tool:</b></p> | <p>Sometimes the author says something more than once to make sure we don't miss it. Sometimes the author says something more than once to make sure we don't miss it.</p> |
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When using the **repetition tool**, as well as looking for the same word, also look for phrases with a similar meaning.

1. Using the **repetition tool** look at the whole of 1:3-14. What do we learn about this whole plan – who is behind the plan and controlling it? What is the ultimate purpose of this plan?


2. Fill in the following table – what blessings happened in eternity past, in history, and which do we have to look forward to?

| PRE-TIME/ETERNITY PAST | IN HISTORY | FULNESS OF TIME |
|------------------------|------------|-----------------|
| (v4)                   | (v7)       | (v14)           |
| (v5)                   | (v13)      |                 |
| (v9-10)                | (v9)       | (v10)           |

3. Using the **repetition tool** again – how have we gained all of these blessings? How does this help us understand why being a Christian is such a good thing?

## Ephesians 1:15-23

<sup>15</sup>For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, <sup>16</sup>I do not cease to give thanks for you, remembering you in my prayers, <sup>17</sup>that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, <sup>18</sup>having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, <sup>19</sup>and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might <sup>20</sup>that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, <sup>21</sup>far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. <sup>22</sup>And he put all things under his feet and gave him as head over all things to the church, <sup>23</sup>which is his body, the fullness of him who fills all in all.

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|  | <b>Linking words tool</b> | Whenever you see a 'therefore' ask what it is there for! And the same goes for words like 'because', 'so that', 'for' etc. |
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Linking words help us see the logical flow of an argument because they reveal the cause and effect relationships between different statements. Words like 'for', 'because' and 'since' explain the reason for something. Words like 'therefore', 'consequently', 'for this reason', 'thus' and 'so' explain the result or consequence of something. 'If' usually implies that something will happen if certain conditions are fulfilled [though the Bible writers occasionally use 'if' to mean 'because']. 'So that' reveals either the purpose behind something or the result of something.

1. Using the **linking words** tool highlight any linking words in the passage (there aren't many!). How do these linking words help us understand how Paul's prayer fits with what we've already seen in Ephesians?


2. Paul prays that the Christians he is writing to might have "knowledge of [God the Father]". What does he pray that they'd know?

3. How might knowing these things that Paul prays for help these Christians in their daily life?

4. How might knowing what Paul prays for these Christians help us to pray for others?

## Ephesians 2:1-10

And you were dead in the trespasses and sins <sup>2</sup> in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— <sup>3</sup>among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. <sup>4</sup>But God, being rich in mercy, because of the great love with which he loved us, <sup>5</sup>even when we were dead in our trespasses, made us alive together with Christ— by grace you have been saved— <sup>6</sup>and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup>so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. <sup>8</sup>For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, <sup>9</sup> not a result of works, so that no one may boast. <sup>10</sup>For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

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|  | <p><b>Structure tool:</b></p> | <p>How has the author broken down his material into sections? How do these sections fit together?</p> |
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In paying attention to the structure of a passage we need to ask first, ‘how has the author broken down his material into sections?’ and secondly, ‘how do those sections fit together?’ Within each identified section summarize the content and then begin to work out how the sections fit together. By paying attention to the structure of the author’s material we’re often able to interpret the meaning.

1. How does the structure of 2.1-10 compare with what we’ve been told about Christ in 1.20-21? The following table may help:

|  |   |   |
|--|---|---|
| <p>Christ – dead in the grave</p> <p style="text-align: right;">(1:20)</p> | <p>Christ – raised from the dead</p> <p style="text-align: right;">(1:20)</p> | <p>Christ – seated in the heavenly places</p> <p style="text-align: right;">(1:20-21)</p> |
| <p>Christians...</p> <p style="text-align: right;">(2:1-3)</p>             | <p>Christians...</p> <p style="text-align: right;">(2:4-5)</p>                | <p>Christians...</p> <p style="text-align: right;">(2:6-7)</p>                            |


2. Paul contrasts our former state with how we are now. Before we were Christians what was our spiritual status? What has changed, and how has it happened?

3. Why does this mean that Christians can’t boast about their salvation (v. 9)?

4. How might this section of Ephesians help us to appreciate our salvation more?

## Ephesians 2:11-22

<sup>11</sup>Therefore remember that at one time you Gentiles in the flesh, called "the uncircumcision" by what is called the circumcision, which is made in the flesh by hands— <sup>12</sup>remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. <sup>13</sup>But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. <sup>14</sup>For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility <sup>15</sup>by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, <sup>16</sup>and might reconcile us both to God in one body through the cross, thereby killing the hostility. <sup>17</sup>And he came and preached peace to you who were far off and peace to those who were near. <sup>18</sup>For through him we both have access in one Spirit to the Father. <sup>19</sup>So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, <sup>20</sup>built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, <sup>21</sup>in whom the whole structure, being joined together, grows into a holy temple in the Lord. <sup>22</sup>In him you also are being built together into a dwelling place for God by the Spirit.

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|  | <p><b>'So what' tool:</b></p> | <p>What implications does this have for me? For my church? For an unbeliever?</p> |
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We need to read the Bible and ask, 'what does this mean for me and my life?' In working this out we might want to ask, 'do I need to stop doing something?', 'is there an aspect of my behavior I must change?' or 'is there something new that I should start doing?' But we need to repent not only in patterns of behavior but also patterns of thinking. In applying the Bible we need to remember that not every passage of the Bible will be equally relevant at every point of our lives.

We're going to try to use a few tools together to see if we can understand the point of this passage in Ephesians.

1. Using the **structure tool** how would you break this section up into three sections? How do these sections relate to one another?


2. Using the **repeated words tool**, what words and ideas does Paul repeat in 2:18-19? How does this help us with understanding the purpose of this section?

3. Using the **'so what' tool**, why has Paul written this part of Ephesians? What change is he looking for in his reader's lives, and how should we respond?

## Ephesians 3:1-13

<sup>1</sup>For this reason I, Paul, a prisoner for Christ Jesus on behalf of you Gentiles—<sup>2</sup>assuming that you have heard of the stewardship of God’s grace that was given to me for you, <sup>3</sup> how the mystery was made known to me by revelation, as I have written briefly. <sup>4</sup> When you read this, you can perceive my insight into the mystery of Christ, <sup>5</sup>which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. <sup>6</sup>This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

<sup>7</sup> Of this gospel I was made a minister according to the gift of God’s grace, which was given me by the working of his power. <sup>8</sup>To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, <sup>9</sup>and to bring to light for everyone what is the plan of the mystery hidden for ages in God who created all things, <sup>10</sup>so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. <sup>11</sup>This was according to the eternal purpose that he has realized in Christ Jesus our Lord, <sup>12</sup>in whom we have boldness and access with confidence through our faith in him. <sup>13</sup>So I ask you not to lose heart over what I am suffering for you, which is your glory.

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|  | <p><b>Parallel words tool:</b></p> | <p>Sometimes the author will use the same word in a different place. This gives us two chances to try and understand what it means.</p> |
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Some of the words in the Bible can be difficult to understand – how is the Bible author using them? If the words are used in a different passage, we can also use that information to help us understand them. We’re going to try to understand what Paul is talking about when he talks of **“the mystery”** and **“the heavenly places”**.

1. Paul in 3:9 talks of **“the plan of the mystery”** that has now been revealed. Look at the parallel in 1:9-10 –how might this help us understand what Paul means here?

2. Look at the parallel between **“the heavenly places”** in 3:10, 2:4-8 and 1:19-21. What is happening in the heavenly places? What will eventually happen in the heavenly places?

3. How does the church now demonstrate God’s wisdom to the heavenly places? We can use the **context tool** to help us understand this – look at what has been accomplished in 2:14-16, and what God’s plan is in 1:9-10.

4. Why might Paul want to tell the churches that Ephesians is written to this? Looking at 3:1 and 3:13, why might they lose confidence? What might they lose confidence in?

## Ephesians 3:14-21

<sup>14</sup>For this reason I bow my knees before the Father, <sup>15</sup>from whom every family in heaven and on earth is named, <sup>16</sup>that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, <sup>17</sup>so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, <sup>18</sup>may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup>and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

<sup>20</sup>Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.




## Ephesians 4:1-16

<sup>1</sup>I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>eager to maintain the unity of the Spirit in the bond of peace. <sup>4</sup>There is one body and one Spirit— just as you were called to the one hope that belongs to your call— <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all, who is over all and through all and in all. <sup>7</sup>But grace was given to each one of us according to the measure of Christ's gift. <sup>8</sup>Therefore it says,

"When he ascended on high he led a host of captives,  
and he gave gifts to men."

<sup>9</sup>( In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? <sup>10</sup>He who descended is the one who also ascended far above all the heavens, that he might fill all things.) <sup>11</sup>And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, <sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, <sup>14</sup>so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. <sup>15</sup>Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup>from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

|   |                             |  |
|---|-----------------------------|--|
|  | <p><b>Context tool:</b></p> | <p>Words within sentences, sentences in paragraphs, paragraphs in chapters, chapters in sections... a text without a context is a con!</p> |
|---|-----------------------------|--|

We've entered a new section in Ephesians and so we're going to use the **context tool** again this week to see how the content of the 2<sup>nd</sup> half of Ephesians links to the 1<sup>st</sup> half.

1. Using the **context tool**, what has Paul reminded us of in Ephesians 2:11-22? How does this link to the big theme of the first three chapters of Ephesians? How does this fit with the content of this section?

2. Using the **repetition tool**, what words does Paul repeat in 4:1-6? How does he want us to view Christians in the church?

3. In this passage Paul refers to gifts given by Christ to the church (4:11). What is the aim of these gifts? How do they help the church?

4. What should we be doing in the church (4:15)? How does this change the way we view what we do on Sundays and on Wednesday nights at Real Food?


5. Using the **context tool** again, how does what Paul ask us to do in this passage tie with God's plan in 2:19-22?

## Ephesians 4.17-5.2

<sup>17</sup>Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. <sup>18</sup>They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. <sup>19</sup>They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup>But that is not the way you learned Christ!— <sup>21</sup>assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup>to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup>and to be renewed in the spirit of your minds, <sup>24</sup>and to put on the new self, created after the likeness of God in true righteousness and holiness.

<sup>25</sup>Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup>and give no opportunity to the devil. <sup>28</sup>Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup> Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

<sup>1</sup> Therefore be imitators of God, as beloved children. <sup>2</sup>And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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|  | <p><b>Linking words tool</b></p> | <p>Whenever you see a ‘therefore’ ask what it is there for! And the same goes for words like ‘because’, ‘so that’, ‘for’ etc.</p> |
|---|----------------------------------|---|

We’re going to use the **linking words tool** again, this time to help us understand the structure of Paul’s argument in this section.

1. Using the **linking words tool** how should we break up the structure of Paul’s argument? How does the argument work?

2. Using the **context tool**, look at 2:1-10. How does what we learn in 4:17-5:2 fit with what Paul has already told us in 2:1-10?

2. Paul uses several contrasts to illustrate the change that should take place in the lives of the Christians. Complete the following table to illustrate the contrasts and the reasons that Paul gives:


| PUT OFF... | PUT ON... | BECAUSE... |
|------------|-----------|------------|
| (v25)      | (v25)     | (v25)      |
| (v26)      | (v26)     | (v26)      |
| (v28)      | (v28)     | (v28)      |
| (v29)      | (v29)     | (v29)      |
| (v31)      | (v32)     | (v30)      |

3. Is there a unifying reason that Paul gives us? How do 5:1-2 help as a summary of this section?

## Ephesians 5.3-14

<sup>3</sup>But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. <sup>4</sup>Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. <sup>5</sup>For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. <sup>6</sup> Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. <sup>7</sup>Therefore do not become partners with them; <sup>8</sup>for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup>(for the fruit of light is found in all that is good and right and true), <sup>10</sup>and try to discern what is pleasing to the Lord. <sup>11</sup> Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup>For it is shameful even to speak of the things that they do in secret. <sup>13</sup>But when anything is exposed by the light, it becomes visible, <sup>14</sup>for anything that becomes visible is light. Therefore it says,

"Awake, O sleeper,  
and arise from the dead,  
and Christ will shine on you."

|   |                         |   |
|---|-------------------------|---|
|  | <b>Repetition tool:</b> | Sometimes the author says something more than once to make sure we don't miss it. Sometimes the author says something more than once to make sure we don't miss it. |
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When using the **repetition tool**, as well as looking for the same word, also look for phrases with a similar meaning.


1. Using the **repetition tool**, what repeated words or ideas do we get in 5:3-14? It might be worth underlining or highlighting key words that are repeated in this passage.
  
  
  
  
  
  
  
  
  
  
2. We want to understand how this passage relates to the rest of Ephesians – using the **context tool** how do these words tie with the context of 2:1-10 and 4:17-24?
  
  
  
  
  
  
  
  
  
  
3. Why should Christians be changing their lifestyle? Why does their old lifestyle before they became Christians no longer fit with their new identity?
  
  
  
  
  
  
  
  
  
  
4. In 5:11-14, what difference should our changed lives have on the people around us?

## Ephesians 5:13-33

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise, <sup>16</sup> making the best use of the time, because the days are evil. <sup>17</sup>Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup>And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup>addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, <sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup> submitting to one another out of reverence for Christ.

<sup>22</sup> Wives, submit to your own husbands, as to the Lord. <sup>23</sup>For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. <sup>24</sup>Now as the church submits to Christ, so also wives should submit in everything to their husbands.

<sup>25</sup> Husbands, love your wives, as Christ loved the church and gave himself up for her, <sup>26</sup>that he might sanctify her, having cleansed her by the washing of water with the word, <sup>27</sup>so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. <sup>28</sup>In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. <sup>29</sup>For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, <sup>30</sup>because we are members of his body. <sup>31</sup>"Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." <sup>32</sup>This mystery is profound, and I am saying that it refers to Christ and the church. <sup>33</sup>However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

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|  | <p><b>Parallels tool:</b></p> | <p>Sometimes the author uses a parallel to illustrate his point, and to help us better understand the main point of his message.</p> |
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In this section Paul uses a big parallel to help us understand what a Christian marriage should look like. Studying the parallel in a little more detail will help us to understand what it should look like in practice.

1. Using the **parallels tool**, what is the big parallel that Paul draws in this passage? Using the **repeated words** tool might help.

2. To understand what Paul is saying here, it might help to look at what we've already been told about the relationship between Christ and the church. What have we learned so far?

Some useful verses include 1:3-10, 1:9-22, 2:13-16, 3:10 (there are others!)


3. Why would a Christian marriage that looked like what Paul describes be a good thing? How would it help the relationship on both sides?

4. Paul describes marriage as "referring to the Christ and the church" (5:32). What do we learn about how Christ cares for his church?

## Ephesians 6.1-9

<sup>1</sup> Children, obey your parents in the Lord, for this is right. <sup>2</sup> "Honor your father and mother" (this is the first commandment with a promise), <sup>3</sup>"that it may go well with you and that you may live long in the land." <sup>4</sup>Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

<sup>5</sup> Slaves, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, <sup>6</sup>not by the way of eye-service, as people-pleasers, but as servants of Christ, doing the will of God from the heart, <sup>7</sup>rendering service with a good will as to the Lord and not to man, <sup>8</sup> knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a slave or free. <sup>9</sup>Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

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|  | <p><b>Context tool:</b></p> | <p>Words within sentences, sentences in paragraphs, paragraphs in chapters, chapters in sections... a text without a context is a con!</p> |
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We're in part of an extended discussion of Paul's on what it looks like to be filled with the Spirit, so we're going use the **context tool** to help us understand the passage.

1. Using the **context tool**, how does this teaching fit in with what Paul has been saying so far in Ephesians? Some useful verses include 4:17-24, 5:1-2 and particularly 5:15-21.

2. What is the job of a Spirit-filled child, and what is the job of a Spirit-filled parent?

3. If we think of slavery as the 1<sup>st</sup> Century equivalent of employment, what do vv5-9 tell us about our attitude to work?

4. Why should slaves work hard? Why should masters behave properly towards their slaves? What do these two commands have in common?

## Ephesians 6.10-24


<sup>10</sup>Finally, be strong in the Lord and in the strength of his might. <sup>11</sup> Put on the whole armor of God, that you may be able to stand against the schemes of the devil. <sup>12</sup>For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup>Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. <sup>14</sup>Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, <sup>15</sup>and, as shoes for your feet, having put on the readiness given by the gospel of peace. <sup>16</sup>In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; <sup>17</sup>and take the helmet of salvation, and the sword of the Spirit, which is the word of God, <sup>18</sup>praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, <sup>19</sup>and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, <sup>20</sup>for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

<sup>21</sup> So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. <sup>22</sup>I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

<sup>23</sup> Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. <sup>24</sup>Grace be with all who love our Lord Jesus Christ with love incorruptible<sup>2</sup>.

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<sup>2</sup> All scripture references in this study guide are taken from the *English Standard Version (ESV)*.  
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|  | <p><b>Repetition tool:</b></p> | <p>Sometimes the author says something more than once to make sure we don't miss it. Sometimes the author says something more than once to make sure we don't miss it.</p> |
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One of the most unique phrases in the whole of Ephesians compared with the rest of the Bible is “In the heavenly places”. We’re going to use the **repetition tool** to see if we can understand what it means, and what is happening in the heavenly places.

1. Using the **repetition tool** look at the whole of Ephesians. What are the heavenly places, and what do we learn about them?

Useful verses include 1:3, 1:20, 2:6, 3:10 and 6:11-12.

2. Is spiritual warfare marching across the land to claim the ground for Jesus, according to these verses? If not, what kind of battle is it, and what should our objective be?

3. How do the different parts of the armor of God tie with what has been mentioned so far in Ephesians? And if these are the armor of God, what do we need to know to stand firm?

4. Who are we to pray for, and what should we pray for them (vv18-20)? How does this help us as we pray?