

EPHESIANS

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USING YOUR EPHESIANS GUIDE

We are so excited to study the book of Ephesians together! Throughout this series, we hope you will engage with the book of Ephesians as we gather on Sunday mornings and throughout the week. This guide is meant to help you go deeper in your daily time with God as you study His word and respond to Him through prayer.

Each week in this guide, you'll find a daily reading plan that includes the Scripture we're studying that week and other helpful passages. Space is provided for you to write your observations, applications, prayers, and sermon notes. We encourage you to make this a part of your daily time with God and to approach His word devotionally, not just academically.

Throughout our series, we would also like to challenge everyone in our church family to memorize the passage below. How amazing would it be if these truths were on our minds and written on our hearts throughout the day? We hope to see this book make a difference in our day-to-day lives and ultimately conform us to who God desires us to be in Christ.

EPHESIANS 4:17 – 5:2

So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, 18 being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; 19 and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness. 20 But you did not learn Christ in this way, 21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, 22 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you be renewed in the spirit of your mind, 24 and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

INTRODUCTION

THE SOAP METHOD

We will be using the SOAP method of Bible study each week. It's a simple way of studying God's word that doesn't require a seminary degree or Greek language skills! It will encourage you to slow down and dig deeper as you study the book of Ephesians. "SOAP" is an acronym for Scripture, Observation, Application, and Prayer. This method will help you avoid glossing over essential truths in God's word, and it will help you apply His truths to your life.

Scripture

S - Scripture

Physically write out the Bible verse. This will help you slow down and take note of things you might not otherwise observe.

Observation

O - Observation

Write down everything that stands out to you - people, places, repetition of words, main ideas, or key themes.

Application

A - Application

Is there a direct challenge from the text for me to apply? What other truths can I apply from the text? What changes do I need to make?

Prayer

P - Prayer

Spend time praising God for who He is, confessing any known sin, thanking Him for the blessings in your life, and asking him to provide for your needs.

SMALL GROUP DISCUSSIONS

We will also publish Small Group discussion questions each Sunday following the sermon. These questions are designed to help you unpack the application of the message in a group setting. To receive these notes email Rick Wilcox at **rwilcox@faithbible.church**

WEEK 1

Read Ephesians 4:1-6

Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, 2 with all humility and gentleness, with patience, showing tolerance for one another in love, 3 being diligent to preserve the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit, just as also you were called in one hope of your calling; 5 one Lord, one faith, one baptism, 6 one God and Father of all who is over all and through all and in all.

DAY 1

Read – Romans 12:5

Memorize – Read Eph 4:17-18 five times aloud.

DAY 2

Read – Galatians 3:28

Memorize - Read Eph 4:17-18 twice aloud, then write it twice.

DAY 3

Read – Philippians 2:3-4

Memorize - Read Eph 4:17-18 aloud, then write it from memory.

DAY 4

Read – 1 Corinthians 12:12-13

Memorize - Read Eph 4:17-18 aloud, then say it from memory.

DAY 5

Read – John 17:21-23

Memorize – Read Eph 4:17-18 silently, then say it from memory.

DAY 6

Read – Colossians 3:13

Memorize – Say Eph 4:17-18 three times from memory.

Scripture

Write out the verses for the week and any other verses that catch your attention in the daily readings.

Observation

Write down everything that stands out to you - people, places, repetition of words, main ideas, or key themes.

Application

Write the ways the text challenges you. What action must you take to apply these truths to your life? Be specific.

Prayer

Spend time praising God for who He is, confessing any known sin, thanking Him for the blessings in your life, and asking him to provide for your needs. Write your praises and requests below.

SERMON NOTES

Ephesians 4:1-6

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WEEK 2

Read Ephesians 4:7-10

7 But to each one of us grace was given according to the measure of Christ's gift. 8 Therefore it says, "WHEN HE ASCENDED ON HIGH, HE LED CAPTIVE A HOST OF CAPTIVES, AND HE GAVE GIFTS TO MEN." 9 (Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? 10 He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)

DAY 1

Read – Romans 12:6-8

Memorize – Read Eph 4:19-21 five times aloud.

DAY 2

Read – 1 Corinthians 12:7-11

Memorize - Read Eph 4:19-21 twice aloud, then write it twice.

DAY 3

Read – Psalm 68:18

Memorize - Read Eph 4:19-21 aloud, then write it from memory.

DAY 4

Read – Acts 2:32-33

Memorize - Read Eph 4:19-21 aloud, then say it from memory.

DAY 5

Read – Philippians 2:6-8

Memorize – Read Eph 4:19-21 silently, then say it from memory.

DAY 6

Read – Hebrews 2:9

Memorize – Say Eph 4:19-21 three times from memory.

Scripture

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Observation

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Application

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WEEK 3

Read Ephesians 4:11-16

11 And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, 12 for the equipping of the saints for the work of service, to the building up of the body of Christ; 13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ. 14 As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; 15 but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, 16 from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love..

DAY 1

Read – 1 Corinthians 12:28-31

Memorize – Read Eph 4:22-24 five times aloud.

DAY 2

Read – Romans 12:6-8

Memorize - Read Eph 4:22-24 twice aloud, then write it twice.

DAY 3

Read – Colossians 2:2

Memorize - Read Eph 4:22-24 aloud, then write it from memory.

DAY 4

Read – Philippians 3:12-14

Memorize - Read Eph 4:22-24 aloud, then say it from memory.

DAY 5

Read – 2 Timothy 4:3-4

Memorize – Read Eph 4:22-24 silently, then say it from memory.

DAY 6

Read – 1 Peter 3:15

Memorize – Say Eph 4:22-24 three times from memory.

Scripture

Write out the verses for the week and any other verses that catch your attention in the daily readings.

Observation

Write down everything that stands out to you - people, places, repetition of words, main ideas, or key themes.

Application

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WEEK 4

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DAY 1

Read – Romans 12:2

Memorize – Read Eph 4:25-27 five times aloud.

DAY 2

Read – 1 John 2:15-17

Memorize - Read Eph 4:25-27 twice aloud, then write it twice.

DAY 3

Read – Colossians 3:5-10

Memorize - Read Eph 4:25-27 aloud, then write it from memory.

DAY 4

Read – Galatians 5:16-25

Memorize - Read Eph 4:25-27 aloud, then say it from memory.

DAY 1

Read – 5 Philippians 2:5-11

Memorize – Read Eph 4:25-27 silently, then say it from memory.

DAY 6

Read – 1 Thessalonians 5:23-24

Memorize – Say Eph 4:25-27 three times from memory.

Scripture

Write out the verses for the week and any other verses that catch your attention in the daily readings.

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WEEK 5

Read Ephesians 4:25-5:2

25 Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. 26 Be angry, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity. 28 He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need. 29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. 30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. 1 Therefore be imitators of God, as beloved children; 2 and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.

DAY 1

Read – Colossians 3:9

Memorize – Read Eph 4:28-29 five times aloud.

DAY 2

Read – John 8:32

Memorize - Read Eph 4:28-29 twice aloud, then write it twice.

DAY 3

Read – James 1:19-20

Memorize - Read Eph 4:28-29 aloud, then write it from memory.

DAY 4

Read – Colossians 3:13

Memorize - Read Eph 4:28-29 aloud, then say it from memory.

DAY 5

Read – Proverbs 15:4

Memorize – Read Eph 4:28-29 silently, then say it from memory.

DAY 6

Read – Galatians 5:13-14

Memorize – Say Eph 4:28-29 three times from memory.

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WEEK 6

Read Ephesians 5:3-14

3 But immorality or any impurity or greed must not even be named among you, as is proper among saints; 4 and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks. 5 For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God. 6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. 7 Therefore do not be partakers with them; 8 for you were formerly darkness, but now you are Light in the Lord; walk as children of Light 9 (for the fruit of the Light consists in all goodness and righteousness and truth), 10 trying to learn what is pleasing to the Lord. 11 Do not participate in the unfruitful deeds of darkness, but instead even expose them; 12 for it is disgraceful even to speak of the things which are done by them in secret. 13 But all things become visible when they are exposed by the light, for everything that becomes visible is light. 14 For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."

DAY 1

Read – 1 Corinthians 6:18

Memorize – Read Eph 4:30-32 five times aloud.

DAY 2

Read – Romans 6:12

Memorize - Read Eph 4:30-32 twice aloud, then write it twice.

DAY 3

Read – Galatians 5:19-21

Memorize - Read Eph 4:30-32 aloud, then write it from memory.

DAY 4

Read – Colossians 3:5

Memorize - Read Eph 4:30-32 aloud, then say it from memory.

DAY 5

Read – Luke 12:15

Memorize – Read Eph 4:30-32 silently, then say it from memory.

DAY 6

Read – Colossians 3:8

Memorize – Say Eph 4:30-32 three times from memory.

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WEEK 7

Read Ephesians 5:15-21

15 Therefore be careful how you walk, not as unwise men but as wise, 16 making the most of your time, because the days are evil. 17 So then do not be foolish, but understand what the will of the Lord is. 18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; 20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; 21 and be subject to one another in the fear of Christ.

DAY 1

Read – Colossians 4:5

Memorize – Read Eph 4:30-32 five times aloud.

DAY 2

Read – Romans 13:13-14

Memorize - Read Eph 4:30-32 twice aloud, then write it twice.

DAY 3

Read – Philippians 2:3

Memorize - Read Eph 4:30-32 aloud, then write it from memory.

DAY 4

Read – 1 Thessalonians 5:18

Memorize - Read Eph 4:30-32 aloud, then say it from memory.

DAY 5

Read – James 5:13

Memorize – Read Eph 4:30-32 silently, then say it from memory.

DAY 6

Read – Psalm 34:1

Memorize – Say Eph 4:30-32 three times from memory.

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