

# 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 into 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 in 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 6:10-17**

10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. 14 Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

# 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.

S  
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.

O  
Observation

O - Observation

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

A  
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?

P  
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](mailto:rwilcox@faithbible.church)**

# DAILY STUDY: WEEK 1

Ephesians 5:22-23

Read this week's scripture, Ephesians 5:22-33 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

## MONDAY

Read – Genesis 2:18

Memorize – Read Eph 6:10 five times aloud.

## TUESDAY

Read – Genesis 2:24

Memorize – Read Eph 6:10 twice aloud, then write it twice.

## WEDNESDAY

Read – Philippians 2:3-4

Memorize – Read Eph 6:10 aloud, then write it from memory.

## THURSDAY

Read – Galatians 6:2

Memorize – Read Eph 6:10 aloud, then say it from memory.

## FRIDAY

Read – Romans 12:10

Memorize – Read Eph 6:10 silently, then say it from memory.

## SATURDAY

Read – 1 Corinthians 6:18-20

Memorize – Say Eph 6:10 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

April 7, 2024

## Ephesians 5:22-33

22 Wives, be subject to your own husbands, as to the Lord. 23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, 26 so that He might sanctify her, having cleansed her by the washing of water with the word, 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, 30 because we are members of His body. 31 For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. 32 This mystery is great; but I am speaking with reference to Christ and the church. 33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.



# DAILY STUDY: WEEK 2

Ephesians 5:22-33

Read this week's scripture, Ephesians 5:22-33 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

## MONDAY

Read – Colossians 3:19

Memorize – Read Eph 6:11 five times aloud.

## TUESDAY

Read – 1 Peter 3:7

Memorize – Read Eph 6:11 twice aloud, then write it twice.

## WEDNESDAY

Read – Malachi 2:16

Memorize – Read Eph 6:11 aloud, then write it from memory.

## THURSDAY

Read – 1 Corinthians 13:4-7

Memorize – Read Eph 6:11 aloud, then say it from memory.

## FRIDAY

Read – Ecclesiastes 9:9

Memorize – Read Eph 6:11 silently, then say it from memory.

## SATURDAY

Read – Proverbs 5:18-19

Memorize – Say Eph 6:10-11 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

April 14, 2024

## Ephesians 5:22-33

22 Wives, be subject to your own husbands, as to the Lord. 23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, 26 so that He might sanctify her, having cleansed her by the washing of water with the word, 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, 30 because we are members of His body. 31 For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. 32 This mystery is great; but I am speaking with reference to Christ and the church. 33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.



# DAILY STUDY: WEEK 3

Ephesians 5:22-33

Read this week's scripture, Ephesians 5:22-33 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

## MONDAY

Read – 1 Peter 3:1

Memorize – Read Eph 6:12 five times aloud.

## TUESDAY

Read – Proverbs 31:10-31

Memorize – Read Eph 6:12 twice aloud, then write it twice.

## WEDNESDAY

Read – Colossians 3:18-19

Memorize – Read Eph 6:12 aloud, then write it from memory.

## THURSDAY

Read – Song of Songs 6:3

Memorize – Read Eph 6:12 aloud, then say it from memory.

## FRIDAY

Read – Galatians 3:28

Memorize – Read Eph 6:12 silently, then say it from memory.

## SATURDAY

Read – Romans 12:1-2

Memorize – Say Eph 6:10-12 three times



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

April 21, 2024

## Ephesians 5:22-33

22 Wives, be subject to your own husbands, as to the Lord. 23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, 26 so that He might sanctify her, having cleansed her by the washing of water with the word, 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, 30 because we are members of His body. 31 For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. 32 This mystery is great; but I am speaking with reference to Christ and the church. 33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.



# DAILY STUDY: WEEK 4

Ephesians 6:1-4

Read this week's scripture, Ephesians 6:1-4 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

## MONDAY

**Read** – Proverbs 1:8-9

**Memorize** – Read Eph 6:13 five times aloud.

## TUESDAY

**Read** – Proverbs 22:6

**Memorize** – Read Eph 6:13 twice aloud, then write it twice.

## WEDNESDAY

**Read** – Deuteronomy 6:6-7

**Memorize** – Read Eph 6:13 aloud, then write it from memory.

## THURSDAY

**Read** – Hebrews 12:7-8

**Memorize** – Read Eph 6:13 aloud, then say it from memory.

## FRIDAY

**Read** – Proverbs 3:1-2

**Memorize** – Read Eph 6:13 silently, then say it from memory.

## SATURDAY

**Read** – Matthew 19:14

**Memorize** – Say Eph 6:10-13 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

April 28, 2024

## **Ephesians 6:1-4**

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



# DAILY STUDY: WEEK 5

## Ephesians 6:5-9

Read this week's scripture, Ephesians 6:5-9 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

### MONDAY

Read – Galatians 3:28

Memorize – Read Eph 6:14 five times aloud.

### TUESDAY

Read – Luke 4:18

Memorize – Read Eph 6:14 twice aloud, then write it twice.

### WEDNESDAY

Read – 1 Timothy 6:1-2

Memorize – Read Eph 6:14 aloud, then write it from memory.

### THURSDAY

Read – Philemon 1:8-16

Memorize – Read Eph 6:14 aloud, then say it from memory.

### FRIDAY

Read – 1 Corinthians 7:20-24

Memorize – Read Eph 6:14 silently, then say it from memory.

### SATURDAY

Read – Colossians 3:22-25

Memorize – Say Eph 6:10-14 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

May 5, 2024

## **Ephesians 6:5-9**

5 Slaves, be obedient to those who are your masters according to the flesh, with fear and trembling, in the sincerity of your heart, as to Christ; 6 not by way of eyeservice, as men-pleasers, but as slaves of Christ, doing the will of God from the heart. 7 With good will render service, as to the Lord, and not to men, 8 knowing that whatever good thing each one does, this he will receive back from the Lord, whether slave or free. 9 And masters, do the same things to them, and give up threatening, knowing that both their Master and yours is in heaven, and there is no partiality with Him.



# DAILY STUDY: WEEK 6

## Ephesians 6:10-12

Read this week's scripture, Ephesians 6:10-12 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

### MONDAY

Read – 1 Peter 5:8-9

Memorize – Read Eph 6:15 five times aloud.

### TUESDAY

Read – Colossians 1:16

Memorize - Read Eph 6:15 twice aloud, then write it twice.

### WEDNESDAY

Read – Philippians 4:13

Memorize – Read Eph 6:15 aloud, then write it from memory.

### THURSDAY

Read – Revelation 12:7-11

Memorize – Read Eph 6:15 aloud, then say it from memory.

### FRIDAY

Read – James 4:7

Memorize – Read Eph 6:15 silently, then say it from memory.

### SATURDAY

Read – John 3:16

Memorize – Say Eph 6:10-15 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

May 12, 2024

## **Ephesians 6:10-12**

10 Finally, be strong in the Lord and in the strength of His might.  
11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.



# DAILY STUDY: WEEK 7

Ephesians 6:13-17

Read this week's scripture, Ephesians 6:13-17 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

## MONDAY

Read – Romans 13:12

Memorize – Read Eph 6:16 five times aloud.

## TUESDAY

Read– Isaiah 9:17

Memorize – Read Eph 6:16 twice aloud, then write it twice.

## WEDNESDAY

Read – 1 John 5:4

Memorize – Read Eph 6:16 aloud, then write it from memory.

## THURSDAY

Read – 2 Corinthians 10:4

Memorize – Read Eph 6:16 aloud, then say it from memory.

## FRIDAY

Read – Deuteronomy 31:6

Memorize – Read Eph 6:16 silently, then say it from memory.

## SATURDAY

Read – Hebrews 4:12

Memorize – Say Eph 6:10-16 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

May 19, 2024

## **Ephesians 6:13-17**

13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. 14 Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God.



# DAILY STUDY: WEEK 8

Ephesians 6:18-24

Read this week's scripture, Ephesians 6:18-24 each day, then read the daily scripture below to gain additional insight using the SOAP method. Do the memory work at the conclusion of each day's study.

## MONDAY

Read – 1 Thessalonians 5:17

Memorize – Read Eph 6:17 five times aloud.

## TUESDAY

Read – Philippians 4:6-7

Memorize – Read Eph 6:17 twice aloud, then write it twice.

## WEDNESDAY

Read – Colossians 3:10

Memorize – Read Eph 6:17 aloud, then write it from memory.

## THURSDAY

Read – Galatians 5:22-23

Memorize – Read Eph 6:17 aloud, then say it from memory.

## FRIDAY

Read – Colossians 3:15-17

Memorize – Read Eph 6:17 silently, then say it from memory.

## SATURDAY

Read – 1 John 4:7-8

Memorize – Say Eph 6:10-17 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

May 26, 2024

## **Ephesians 6:18-24**

18 With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, 19 and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, 20 for which I am an ambassador in chains; that in proclaiming it I may speak boldly, as I ought to speak. 21 But that you also may know about my circumstances, how I am doing, Tychicus, the beloved brother and faithful minister in the Lord, will make everything known to you. 22 I have sent him to you for this very purpose, so that you may know about us, and that he may comfort your hearts. 23 Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all those who love our Lord Jesus Christ with incorruptible love.





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