



See the Big Picture



**BIBLE
GEEKS**

13-SESSION GUIDED STUDY
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biblegeeks.fm/ephesians

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INTRODUCTION

“Hint of Yellow and Black”



Opening my backpack in High School, you’d probably find a bunch of embarrassing ‘90s-specific items: pogs, hacky sacks, maybe even a bottle of Cool Water cologne — for the ladies! But tucked away in my Trapper Keeper, you’d also have found a few yellow and black-striped CliffsNotes study guides. They summarized a book so I didn’t have to read the whole thing. Controversial, but definitely useful for an easily-distractable teenage boy.

Let’s face it, the Bible’s a big book! It can take years to read through the entirety of God’s revelation cover-to-cover. Even reading the New Testament is an almost-18-hour endeavor. Fortunately, a few Bible books have a distinct hint of yellow and black CliffsNotes striping, summarizing and explaining the central theme of God’s word. Let’s dig into one such letter: Paul’s writings to the Ephesian church.

The Apostle’s ability to poetically and powerfully distill God’s saving work in Christ leaves us equipped to live transformed.

So follow along with this 13-session guided study, Talking Through Ephesians, and take in the big picture summary of the Bible’s message.



SESSION
1

THE CONVERSATION STARTER
“Zooming Out”
SEE THE BIG PICTURE

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take some time to read the book of Ephesians.



BONUS RESOURCE

Feel free to listen to **Weekly episode #182, “Jumped Out of Their Skin”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/182



Do you remember the first time you played with Google Earth? You could look at your house, your neighborhood, or across the world at the Eiffel Tower. But when you started clicking the magnifying glass with the minus, you zoomed out. And out. And out, until you saw the whole earth hanging in space. Zooming out has a way of putting things in perspective. We call it "seeing the big picture," the "forest for the trees."

Let's start these Talking Through Ephesians conversations with a look at the book's big-picture theme. Ephesians shows us where the little dot of our life maps onto the sweeping story of the universe and beyond. The letter zooms in and out from a believer's everyday "walk" (Eph. 2:10; 4:1, 17; 5:2, 8, 15) to God's "eternal purpose" (Eph. 3:11).



THE BIG IDEA

Your choices are central to God's eternal purpose for everything.

It shows us that today's struggle to deal well with our anger (Eph. 4:26-27, 31) is part of the cosmic battle in the "heavenly places" (Eph. 6:12; cf. Eph. 1:3,20; 2:6; 3:10). What seems bigger than life becomes exactly life-size — *your* life's size — as the sweeping, eye-opening truths in the book's first half (Eph. 1-3) become painfully practical in the second half (Eph. 4-6).

The apostle Paul writes to "*saints in Ephesus*" (Eph. 1:1; cf. Acts 18-20)¹, charging them to "*stand firm*" (Eph. 6:11-14), holding onto the wide lens view of our new identity (Eph. 2:1-22; 4:17-5:2), confident in God's love (Eph. 3:17-19) and power at work in us (Eph. 3:20-21; 6:10).

God could show his wisdom and goodness in so many ways, but he featured the church as his masterwork (Eph. 3:9-10). There we were, swimming in sin, foolish and confused. But he's taken a dead and divided humanity, made one new, living people, and has come to dwell in us (Eph. 2:5, 11-22).



THE BIG QUESTION

What will you do with your life, knowing there's so much more to it than you can see?

1 - The words "in Ephesus" aren't in all the early manuscripts, so some think it might have been a circular letter. That's possible, but most manuscripts have it, and even those that don't have "in Ephesus" in verse 1 still label the letter as "To the Ephesians" in the title.

Introduction

EPHESIANS 1:1-2

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea. Read, listen, or watch “Zooming Out” – biblegeeks.fm/ephesians/1 ▶▶



ICE BREAKER — Get everyone engaged and talking. Do you have a hard time finding where you are on a map?

ACT I



FINDING JESUS — The Book of Ephesians
As you read through the book, what do you learn about Christ?

Is there a word, phrase, or passage you really want to meditate on about Jesus?

Of all that Paul tells us about Christ’s work and character, what strikes you the most?

Why?

Introduction

EPHESIANS 1:1-2

ACT II



FLYIN' THROUGH THE BOOK — Ephesians

Ephesians 1:1-14

What's the main point: of this section?

Ephesians 1:15-23

What's the main point: of this section?

Ephesians 2:1-10

What's the main point: of this section?

Ephesians 2:11-22

What's the main point: of this section?

Ephesians 3:1-13

What's the main point: of this section?

Ephesians 3:14-21

What's the main point: of this section?

Ephesians 4:1-16

What's the main point: of this section?

Ephesians 4:17-32

What's the main point: of this section?

Ephesians 5:1-21

What's the main point: of this section?

Ephesians 5:22-6:9

What's the main point: of this section?

Ephesians 6:10-24

What's the main point: of this section?

Main Theme: What stands out as the central idea of the book?

Introduction

EPHESIANS 1:1-2

ACT III



REACH OUT — Connect with each other with this question.

How would your day-to-day life change if you had a "Gehazi moment" (2 Kings 6:15-16) to see the unseen?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Invite someone to talk through Ephesians with you over the next few months.



REQUEST — Go to God in a closing prayer.

For example: "Lord, help us see your eternal purpose and align our lives with it."
(cf. Eph 3:11)



NEXT SESSION — Spiritual Blessings

Prepare by reading Ephesians 1:3-14

SESSION
2

THE CONVERSATION STARTER

“Gatorade Shower”

PRAISE GOD FOR HIS SPIRITUAL BLESSINGS

Launch your study with this
CONVERSATION STARTER
Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 1:3-14.

Why do players love to dump orange coolers of icy-cold sports drink all over their coach? That's just what you do when you're full of joy and appreciation after a giant win! As silly as a Gatorade shower might seem, here in Eph. 1:3-14, as God *lavishes* the *riches of his grace* on us (Eph. 1:7-8), we see Paul *gushing* out poetic words of praise for those bountiful spiritual blessings.



THE BIG IDEA

Jesus brings us together into a new spiritual family who lives to honor God for his incredible salvation.



BONUS RESOURCE

Feel free to listen to **Weekly episode #183, “Onions On My Salad”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/183



A mystery since the beginning, God's plan for Christ was to reunite what was previously separated (Eph 1:9-10; c.f. John 12:27). Whereas we were once lost in our sins — outcasts — now God has lovingly adopted us into his family through Jesus' sacrifice (Eph 1:4). And, if being welcomed into a loving and intimate relationship with God wasn't enough, we confidently look forward to a heavenly inheritance someday (Eph. 1:11, 14)!

Wow — God definitely didn't hold back from us! And how do we express our joy and appreciation? Paul says that we should aim to live every day blamelessly, in holiness (Eph. 1:4), and *“to the praise of his glorious grace”* (Eph. 1:6). A high standard of living for the high price paid for our salvation.

But this section also leads us to wrestle with our understanding of some important questions:

1. What does "in Christ" mean?
2. How are we "chosen" or "predestined" today?
3. What makes these blessings "spiritual"?
4. What's the Holy Spirit's role in our salvation?

A lot to chew on in these verses. A sweeping and poetic start to the letter, Paul's words inspire joyful appreciation of God's saving grace towards us!



THE BIG QUESTION

Have you been adopted into the Lord's family, united with God through Christ?

Spiritual Blessings

EPHESIANS 1:3-14

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Watch "Gatorade Shower" — biblegeeks.fm/ephesians/2 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

When was the last time you were so excited about something you had to tell someone about it?

ACT I



FINDING JESUS — Ephesians 1:3-14

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

Spiritual Blessings

EPHESIANS 1:3-14

ACT II

DO YOU UNDERSTAND — Ephesians 1:3-14

We identified four questions in the Conversation Starter ("Gatorade Shower") to contemplate, research, and discuss. Prepare to get into and answer the topics below.

1. What does "in Christ" mean?

2. How are we "chosen" or "predestined" today?

3. What makes these blessings "spiritual"?

4. What's the Holy Spirit's role in our salvation?

Spiritual Blessings

EPHESIANS 1:3-14

ACT III



REACH OUT — Connect with each other with this question.

When do you struggle most to remember the blessings God pours into your life?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Ask a friend what spiritual blessings they're most grateful for.



REQUEST — Go to God in a closing prayer.

For example: "O God and Father, may you be praised forever for your glorious grace" (Eph. 1:3, 6).



NEXT SESSION — Enlightened Hearts

Prepare by reading Ephesians 1:14-23

SESSION
3

THE CONVERSATION STARTER
“Hand-Cranked”
OPEN YOUR HEART'S EYES

Launch your study with this
CONVERSATION STARTER
[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Ephesians 1:15-23.



BONUS RESOURCE

Feel free to listen to **Weekly episode #184, “It’s Just So ... Full”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/184



A few months back, we came home to a power outage and dug out our hand-cranked flashlight. Putting our kids to work, we could generate power to light up a little corner of the house for a few minutes. How much cranking would it take to run our entire home? If it depended on our strength, we'd still be in the dark, powerless to accomplish everything we want to do.

Paul frames this first half of Ephesians within praise (Eph. 1:3-14; 3:20-21) and prayer (Eph. 1:15-21; 3:14-19), highlighting our need to depend on the Lord. In Ephesians 1:15-23, he starts with thanksgiving for their faith and love (Eph. 1:15-16). But his prayer focuses on enlightenment (Eph. 1:17-18) and power (Eph. 1:19-23).



THE BIG IDEA

Through faith, the eyes of your heart can perceive the hope awaiting you and God's power toward you.

The word enlightenment might conjure images of a cross-legged monk on a mountain. But the enlightened eyes Paul prays for won't come from emptying our mind but filling it with the *"word of truth,"* allowing God's Spirit to seal (Eph. 1:13) and strengthen us (Eph. 3:16).

Paul prays for wisdom and revelation (Eph. 1:17). He imagines eyes within their hearts, asking God to give them light to see the riches of their inheritance (Eph. 1:18). But then, as he prays for them to see *"the immeasurable greatness of his power toward us who believe"* (Eph. 1:19), he starts unpacking what kind of power he means. That same power raised Jesus from the dead (Eph. 1:20). To grasp it, we need to see that Christ now reigns above every power that is or will ever be (Eph. 1:20-22). The mighty ruler over all — who needs nothing and fills everything — is our head, and we are his fullness (Eph. 1:23). What more power could we need when we stand with the king who conquers all?



THE BIG QUESTION

Are you trying to operate from your wisdom and power or leaning on the Lord?

Enlightened Eyes

EPHESIANS 1:15-23

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Watch “Hand-Cranked” – biblegeeks.fm/ephesians/3 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

Which of your physical senses do you value the most?

ACT I



FINDING JESUS — Ephesians 1:15-23

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ’s work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

Enlightened Eyes

EPHESIANS 1:15-23

ACT II



HEAVY WORDS in Ephesians 1:15-23

Below are four words worth a little extra time to define and reflect upon. We've offered a basic definition. Look at the reference passages provided and reflect on what the Holy Spirit has conveyed about these words. If you have access to reference books, sites, or software, see what else you can learn.

1. **Enlightenment** (photizo) – to give light

Psalm 13:3; 19:8; Luke 11:36; John 1:9; 2 Cor. 4:5-6; Eph. 1:18; 3:9; 2 Tim. 1:10; Heb. 6:4; 10:32; Rev. 21:23; 22:5

- In your own words, what is Paul asking for when he prays for the eyes of our hearts to be enlightened?

2. **Inheritance** (kleronomia) – possessions given to heirs

Exod. 32:13; Deut. 4:20-21; Matt. 5:5; 19:29; 25:34; Acts 7:5; 20:32; Gal. 3:17-18,29; 4:1-7; Eph. 1:14,18; 5:5; Col. 3:24; Heb. 9:15; 11:8; 1 Pet. 1:3-5

- What is our inheritance from God?

3. **Heavenly Places** (epouranos) – celestial, things having to do with the heavens

John 3:12; 1 Cor. 15:40,48-49; Eph. 1:3,20; 2:6; 3:10; 6:12; Phil. 2:10; 2 Tim. 4:18; Heb. 3:1; 6:4; 8:5; 9:23; 11:16; 12:22

- How would you describe the heavenly places, and what all exists in that “place”?

4. **Church** (ekklēsia) – assembly, gathering, community, or congregation of people

Matt. 16:18; Acts 5:11; 7:38; 14:23; 20:28; Rom. 16:16; 1 Cor. 11:18; 14:12; Eph. 1:22; 3:10,20-21; 5:23-32; 1 Tim. 3:15; Heb. 12:23;

- What is Christ's church and why is it so important?

Enlightened Eyes

EPHESIANS 1:15-23

ACT III



REACH OUT — Connect with each other with this question.

Which part of Paul's prayer do you need most right now: enlightened eyes, informed hope, or awareness of God's power toward you? Why?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Let someone know how often you pray for them.



REQUEST — Go to God in a closing prayer.

For example: "Enlighten the eyes of our hearts to know our hope and your power toward us" (cf. Eph. 1:18-19).



NEXT SESSION — By Grace

Prepare by reading Ephesians 2:1-10,

SESSION
4

THE CONVERSATION STARTER

“The Walking Dead”

LIVE WITH RENEWED PURPOSE

CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Ephesians 2:1-10



BONUS RESOURCE

Feel free to listen to **Weekly episode #185, “Your Father’s Nose”** before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/185



What’s the deal with our culture’s zombie obsession today? From big-budget blockbusters to B movies, people seem to have an insatiable appetite for the undead. Maybe it’s the way they stumble around with their twisted and dark desires that resonates with us on a deeper level. But as Paul begins the second chapter of Ephesians, we learn a far more frightening fact: YOU were the walking dead!



THE BIG IDEA

Without God’s love and grace, we’d still stumble through our days, dead in our sins.

Whether we knew it or not, we were living our lives — going to school, sitting in traffic, eating dinner with our families — without actually being alive! We followed our passions and did what felt good, all under the direction of “*the prince of the power of the air*” (Eph. 2:2). “*But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ ...*” (Eph. 2:4-5).

In a shocking twist, through Christ, we’ve been reanimated! Where we once wandered selfishly and aimlessly, now we live new lives honoring our King (Eph. 2:6-7). It’s a transformation only God could do — the way he did when he raised Christ from the grave (Eph. 1:19-20). There’s no room for pride about our newfound life — God saved us when we couldn’t save ourselves (Eph. 2:5, 8-9). We deserved death (Rom. 3:23), but God graciously “*does not deal with us according to our sins, nor repay us according to our iniquities*” (Psalm 103:10).

Now we’re God’s workmanship, created for his purposes (Eph. 2:10). We walk in newness of life (Rom. 6:4), doing good as we gratefully rejoice in his mercy and love for us!



THE BIG QUESTION

How will you respond now that God has brought you back to life?

By Grace

LIVE WITH RENEWED PURPOSE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read or watch “The Walking Dead” – [biblegeeks.fm/ephesians/4](https://www.biblegeeks.fm/ephesians/4) ▶▶



ICE BREAKER — Get everyone engaged and talking.

What embarrassing fashion trend from your past do you hope never comes back?

ACT I



FINDING JESUS — Ephesians 2:1-10

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ’s work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

By Grace

LIVE WITH RENEWED PURPOSE

ACT II

**DEEP THOUGHTS — Ephesians 2:1-10**

The goal of this exercise is to dive a bit deeper into the big ideas of this profound passage. Use the following questions to help you explore these concepts and prepare for a meaningful conversation. No pressure to be a “deep thinker” – whatever that even means! But these themes benefit from some reflection and meditation on Scripture.

1. Notice two different truths about our “works” in verses 9 and 10. How would you explain to someone what it means that we are now “created for good works” (Eph. 2:10), but we’re not saved “as a result of works” (Eph. 2:9)?

- Why does this distinction matter, and how can misunderstanding either of those truths hinder our walk with Christ?

2. List the change from verses 1-3 to verses 4-10.

- Status Before (Eph. 2:1-3)
- Status After (Eph. 2:4-10)

- What stands out to you about this change?

3. What does this passage say about what God did, and what does it say about what you did?

- How do these truths affect your view of yourself, your salvation, and God?

4. What do you think it means that Christ has “seated us with him in the heavenly places in Christ Jesus” (Eph. 2:6)?

By Grace

LIVE WITH RENEWED PURPOSE

ACT III



REACH OUT — Connect with each other with this question.

What changes for you when you see yourself as God's workmanship?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Write out all the verses with the word "walk" in Ephesians.



REQUEST — Go to God in a closing prayer.

"Dear Savior, bless you for bringing me back to life" (cf. Eph. 2:4-5).



NEXT SESSION — One New Humanity

Prepare by reading Ephesians 2:11-22

SESSION
5

THE CONVERSATION STARTER

“Second-Class Citizens”

DRAW NEAR TO GOD

CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Ephesians 2:11-22



BONUS RESOURCE

Feel free to listen to Podcast episode #186, “It Depends” before your study, as an example of a conversation led by this study guide. biblegeeks.fm/186



We think of ourselves as an egalitarian society, but when you board a plane, airlines literally categorize people into different classes. “First class” passengers lie in a bed or eat fresh-cooked meals. On the other side of the curtain, we second-class citizens squeeze in like sardines, happy to get a cup of water. Comedian Jerry Seinfeld jokes about the little look flight attendants give before closing the curtain, like, “Maybe if you worked a little harder, I wouldn’t have to do this.”

In Ephesians 2:11-23, Paul tells Gentile Christians to remember that they once stood outside looking in. Before Christ came, the temple, the covenant, and all its privileges belonged to Jews. But now God has brought Jews and Gentiles near him, creating one new humanity in Christ.



THE BIG IDEA

People who once couldn’t enter the temple have now become God’s holy house.

The temple structure provided a way to draw near God, but its walls, courts, and curtain veil also blocked access. One temple wall divided the Court of the Gentiles from the inside, keeping them afar. By abolishing the “*law of commandments*” Christ tore down the “*dividing wall*” (Eph. 2:14-15). In his flesh, he eliminated the distinction between circumcision and uncircumcision (cf. Eph. 2:11,14; Phil. 3:3).

Our last lesson featured a “before and after” story, going from death to life (Eph. 2:1,5). But Gentile Christians have also gone from “*separated ... strangers*” (Eph. 2:12) to family (Eph. 2:19). We weren’t second-class citizens — we were aliens, distant from God and hopeless (Eph. 2:12). “*But now*” Christ’s blood has brought us near (Eph. 2:13), offering us full-citizenship (Eph. 2:12, 18-19). God lives within his church — a new multi-ethnic community living like Christ. We’re living stones (1 Peter 2:5) in this ever-growing temple, built on the apostles’ and prophets’ teachings, all aligned to our cornerstone and life source, Jesus Christ (Eph. 2:20; cf. Acts 2:42; Ps. 118:22).



THE BIG QUESTION

How should we worship and serve before God now that he’s made us his home?

One New Humanity

DRAW NEAR TO GOD

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read or watch "Second-Class Citizens" – biblegeeks.fm/ephesians/5 ▶▶



ICE BREAKER — Get everyone engaged and talking.

Have you ever maintained a "long distance" relationship of any kind?

ACT I



FINDING JESUS — Ephesians 2:11-22

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

One New Humanity

DRAW NEAR TO GOD

ACT II



HERE'S THE STORY — The Temple

Our text (Eph. 2:11-22) is built on an understanding of the temple and its meaning in Israel. So what is the story of the temple that the Bible tells? It starts all the way back at the Bible's beginning and ends on the last page of Scripture.

Introduction: The Garden & the Fall (Gen. 2-3; e.g. 2:8; 3:8; 3:24). What connections do you see between the Garden of Eden and the tabernacle and temple?

Act I: The Tabernacle (Exod. 29:43-46; 40:1-38). What did the tabernacle's construction and encampment among Israel mean for them? What was required for God to dwell among them?

Act II: The First & Second Temple (2 Chron. 2:5; 1 Kings 8:1-11; 2 Kings 25:1,13; Ezra 1:2-4,7; 3:3; 8-13; Matt. 24:1-2). What happened when the ark was placed in Solomon's temple? What was the ultimate fate of both the first and second temple?

Act III: Christ & the Church (John 1:14; 2:19; Eph. 2:11-22). Why would the Bible use tabernacle and temple language to describe Jesus' bodily presence on earth? And how is the church now God's temple?

Conclusion: The New Jerusalem (Rev. 21:1-4,22; 22:1-2). How does the end of the story signal both the end of the temple and its fulfillment?

One New Humanity

DRAW NEAR TO GOD

ACT III



REACH OUT — Connect with each other with this question.

What threats to church unity trouble you?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Reconcile with any brother or sister you don't have peace with.



REQUEST — Go to God in a closing prayer.

"Bless you for opening the door that was once closed and offering us peace with you through Jesus" (cf. Eph. 2:17-19).



NEXT SESSION — Eternal Purpose

Prepare by reading Ephesians 3:1-13

SESSION
6

THE CONVERSATION STARTER
“Hidey-Hole”
BE BOLD IN GOD'S SALVATION



READ

Before the study, take a moment to read Ephesians 3:1-13



BONUS RESOURCE

Feel free to listen to Podcast episode #187, “Surprise!” before your study, as an example of a conversation led by this study guide. biblegeeks.fm/187



CONVERSATION STARTER

[Watch the video](#) or read it below.

Ever since I was little, I've wanted a house with a secret hiding place — a hidey-hole where I could safely escape from the world. But sadly, in the past 20 years of homeownership, none of my stock-standard builder-grade homes had such a feature. That is, until now! During a recent renovation, we created a custom cabinet reserved for our robotic Roomba vacuum. Though typically out of sight, words can't express my extreme elation every time it emerges from its secret cubby to clean our house.

Here in Ephesians 3:1-13, Paul reveals the good news that's been under wraps — “*the mystery hidden for ages, in God*” (Eph. 3:9) — specifically, “*that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel*” (Eph. 3:6)!



THE BIG IDEA

Paul's suffering and imprisonment paled compared to the privilege of preaching God's eternal plan to the Gentiles.

Sitting in jail, the apostle knows he's “*a prisoner of Christ*” (Eph. 3:1) rather than Rome. He's in chains because his Jewish contemporaries couldn't conceive of co-mingling with these “horrible heathens.” But God, being rich in grace and mercy, made Paul his minister — a servant sent with unsearchable saving news for those “*who once were far off*” (Eph. 2:13; 3:7-8).

Paul's message echoes the past two chapters, connecting his discussions of enlightenment (Eph. 1:18), grace (Eph. 2:4-6), oneness (Eph. 2:14-15), and the incredible blessings found in Christ (Eph. 1:10). So like a lightbulb turned on in a dark room, we stand in shock and awe, seeing God's incredible wisdom on full display (Eph. 3:9)! And it's not just us, but the “*rulers and authorities in the heavenly places*” also marvel in amazement at God's work in the church (Eph. 3:10).

So rather than wallowing in self-pity, Paul calls us to join him in faith and boldness (Eph. 3:12), rejoicing in the glory and salvation the gospel brings to believers of every nation.



THE BIG QUESTION

How does God's revealed mystery give you boldness and confidence?

Eternal Purpose

BE BOLD IN GOD'S SALVATION

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read or watch "Hidey-Hole" – biblegeeks.fm/ephesians/6 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What's the best surprise moment you've been on the receiving end of?

ACT I



FINDING JESUS — Ephesians 3:1-13

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

Eternal Purpose

BE BOLD IN GOD'S SALVATION

ACT II



THE A-TEAM — Paul's Gentile Impact

We've found that drafting your "fantasy team" of certain Bible people and topics can make for a fun and edifying way to discuss Scripture. So prepare by making your "draft board" below, listing your top examples of Gentiles impacted by Paul in the Bible. As you think about individuals and groups associated with the "apostle to the Gentiles," consider all those he converted, taught, worked with, and shone God's light upon. If you get stuck, you can always use a Bible reference book or a search engine to look for ideas. As you build your list, note why you would choose it and what it's about.

#1

#2

#3

#4

#5

If you're studying in a group, break into groups and work together to choose your "A-Team" of Gentiles impacted by Paul, tracking each team and discussing each pick as they're made. And remember to be ready for the other team to "steal" your top choices!

We recommend doing 3 rounds of "draft picks." At the end, review the two teams and acknowledge all of the great examples of praise songs in Scripture. Then discuss: Who almost made the cut? What lessons or insights do you take from the exercise as a whole!

Eternal Purpose

BE BOLD IN GOD'S SALVATION

ACT III



REACH OUT — Connect with each other with this question.

What do you take away from Paul's positivity in prison?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Ask a believing friend to join you in talking to a stranger about the Lord.



REQUEST — Go to God in a closing prayer.

"May your wisdom be shown to all through your church" (cf. Eph. 3:10).



NEXT SESSION — Christ's Love

Prepare by reading Ephesians 3:14-21.

SESSION
7

THE CONVERSATION STARTER

“The Power of Love”

UNDERSTAND GOD'S LOVE

CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Ephesians 3:14-21



BONUS RESOURCE

Feel free to listen to Podcast episode #188, “You Don’t Even Know!” before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/188



How many songs do you have in your favorite playlist about the power of love? Crooners pour their hearts out, trying to explain the size and scope of their devotion. But hymns have to go even further, trying to put God's vast love for us into words of praise and instruction. Hymn writer Frederick Lehman captures the challenge by imagining the sky as a parchment full of an ocean's worth of ink expounding on divine love. It's so mind-blowing; why do we even try to comprehend our Maker's love for us?

In Ephesians 3:14-21, Paul bows before the Father again in prayer and praise, ending the letter's first half the way he started it (Eph. 1:3, 16). He prays *“that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge”* (Eph. 3:17-19).



THE BIG IDEA

Knowing Christ's love renews and strengthens us.

Paul doesn't ask that we'd be smart enough to understand it. Instead, he prays we'd be strong enough to comprehend how much Christ loves us. As the Spirit strengthens and Christ resides in us, we can perceive the immensity of our Lord's love for us.

It's no softball, no light and easy truth. It's life-changing but sometimes hard to receive. We must see ourselves in the light of the cross — both its shame and victory, our guilt and our worth in God's eyes. Because this kind of love must become the soil we sink our roots into and grow from. The ground of our being, the foundation we stand on, is that we are deeply loved and live to reflect that love (Eph. 3:17).

So think about everything you could pray for or imagine and praise the one who can *“do far more abundantly than all that we ask or think.”* Then give God glory, realizing that power is *“at work within us”* (Eph. 3:20).



THE BIG QUESTION

Are you grounded in love?

Christ's Love

UNDERSTAND GOD'S LOVE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea. Read or watch "The Power of Love" — biblegeeks.fm/ephesians/7 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What cheesy love song is a guilty pleasure you can't help but enjoy?

ACT I



FINDING JESUS — Ephesians 3:14-21

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

Christ's Love

UNDERSTAND GOD'S LOVE

ACT II



FAVORITE THINGS — Passages & Hymns About God's Love

Some hymns and passages of Scripture impact us differently than others, becoming treasured resources we return to again and again for strength and renewal. Make a list below of some favorites that have helped you appreciate and understand the Lord's love, and then note why you have loved them. If you're studying with a group, be prepared to share one or two favorites and what they mean to you.

Favorite Passages About God's Love (Feel free to use a search engine, concordance, or topical Bible. Here are some classic chapters to get you started if none come to mind: Romans 8; 1 John 3 & 4; Zephaniah 3:16-17; John 14 & 15; Psalm 63; 103; 118; Philippians 2).

Your Passage

Why You Chose It

- >
- >
- >

Favorite Hymns About God's Love (Again, if none come to mind you can peruse a topical index at the back of your hymnal or use a search engine.)

Your Hymn

Why You Chose It

- >
- >
- >

Go back and put a star next to your top two from either category, and think about what you would want to share with someone else about them. Even if you're not studying with a group, look for ways to bring them up in a conversation this week.

Christ's Love

UNDERSTAND GOD'S LOVE

ACT III



REACH OUT — Connect with each other with this question.

What do you think gets in the way of people comprehending Christ's love? Have you ever felt it challenging?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Give someone a note or card reminding them how much God loves them.



REQUEST — Go to God in a closing prayer.

"Father, help us to know the unknowable love you have for us in Christ"
(cf. Eph. 3:18-19)



NEXT SESSION — One

Prepare by reading Ephesians 4:1-16

SESSION
8

THE CONVERSATION STARTER
“Forces Combine”
UNITE AROUND OUR COMMON FAITH

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 4:1-16



BONUS RESOURCE

Feel free to listen to Podcast episode #189, “I Am Glue Man” before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/189



Whether you grew up loving the Teenage Mutant Ninja Turtles, Power Rangers, Charlie's Angels, or the Avengers, something special happens when forces combine around a common goal. What one team member can't do alone with their unique abilities, they can easily accomplish when they work together. They're unstoppable unless somehow they're weakened from within.

Good news: you've made it to the last half of the Ephesian letter! While the first three chapters felt poetic and grand, in Ephesians 4:1-16, Paul — Christ's prisoner — puts all his prior praise and prayer into practice. After introducing his audience to four Christlike qualities of humility, gentleness, patience, and loving forbearance (Eph. 4:2), we learn to put these virtues into action as we unite around our common faith.



THE BIG IDEA

Though we all bring something unique to our role in the church, Jesus calls us to join forces and grow stronger together in love.

There's so much that could divide us, yet *"There is one body and one Spirit ... one hope ... one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all"* (Eph. 4:4-6). And in God's oneness, we're glued to each other in the *"bond of peace"* (Eph. 4:3).

Calling back to a Hebrew song, Paul reveals how the Lord equips his *"host of captives"* with gifts to use in his service (Ps. 68:18; Eph. 4:7-8). Though our contributions differ, they all serve the greater purpose of building up Christ's church to be more like him as mature disciples (Eph. 4:11-14).

We fight a crafty enemy who tries to trick us at every turn (Eph. 4:14). But as our bond with Christ and his followers grows, the more we hold firm to the truth and draw strength from each other (Eph. 4:15). We're unstoppable when each of us uses our abilities for the greater good!



THE BIG QUESTION

Do you hold the body of Christ together in your work?

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read or watch “Forces Combine” – biblegeeks.fm/ephesians/8 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.
What would your role be on a superhero team?

ACT I



FINDING JESUS — Ephesians 4:1-16
What does this passage teach you about Jesus?

Of all that Paul tells us about Christ’s work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

ACT II

**TOP 4 PROVERBS — Conflict Resolution**

Using a concordance, topical Bible, internet search, or other resource – choose four favorite Proverbs about conflict resolution. Then jot down a few notes on the application or insight you take from each verse. What do you appreciate about how it's said and the wisdom it contains? How have you seen the principle in action?

If you're part of a group study, ask everyone to pick one of their four and share their insights.

Proverb #1 _____

Proverb #2 _____

Proverb #3 _____

Proverb #4 _____

ACT III



REACH OUT — Connect with each other with this question.

Which of the four virtues – humility, gentleness, patience, and loving forbearance – do you excel in? Which do you struggle with?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Commend a brother or sister for their work as a "peacemaker" this week.



REQUEST — Go to God in a closing prayer.

"Lord, may we maintain the unity of the Spirit and grow into the measure of the stature of the fullness of Christ" (cf. Eph. 4:3,13).



NEXT SESSION — A New You

Prepare by reading Ephesians 4:17-32

SESSION
9

THE CONVERSATION STARTER
“You Smell!”
PUT ON A NEW IDENTITY

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 4:17-32.



BONUS RESOURCE

Feel free to listen to Podcast episode #190, “A Really Gross Episode” before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/190



You come inside after a Saturday afternoon of work in the yard. Entering the kitchen, you go to kiss your wife, but she holds out her hand and says, “Uh uh, buddy. I love you, but you smell!” Laughing, she adds, “And you better clean up and change before date night because I’m not walking into that restaurant with you!”

Sometimes, a shower and a clean shirt can make you feel like a new you. But in Ephesians 4:17-32, putting off the old, we put on a new identity.



THE BIG IDEA

A Christian's lifestyle change comes from a changed mind.

If we want to change our habits, we must let go of our old thinking and let God renovate us within. You can't separate the first half of Ephesians — reframing our worldview — from the second half — redirecting our walk.

We used to have a “darkened” understanding of life (Eph. 4:18), but now we “*must no longer walk as the Gentiles do, in the futility of their minds*” (Eph. 4:17). Like stripping off dirty clothes, we shed our old impure desires and callousness (Eph. 4:19-23), trading bitterness for tenderheartedness (Eph. 4:31-32).

And it’s so much deeper than a mere wardrobe change. Paul says, “*to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God*” (Eph 4:23-24). It also changes how we relate to others. Leaving behind duplicity and scheming, we now choose integrity and generosity (Eph. 4:25,28). We respond differently to anger (Eph. 4:26-27) and carefully choose words that give others grace (Eph. 4:29).

Applying this passage requires meditation on some practical questions, like:

1. What does it mean to learn Christ (Eph. 4:20)?
2. How do we put on a new self (Eph. 4:24)?
3. What does the sun going down on our anger have to do with giving the devil opportunity (Eph. 4:26-27)?
4. How do we speak as “fits the occasion” (Eph. 4:29)?



THE BIG QUESTION

Do you hold the body of Christ together in your work?

SESSION
9

STUDY GUIDE

A New You

PUT ON A NEW IDENTITY

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read or watch "You Smell!" – biblegeeks.fm/ephesians/9 ▶▶



ICE BREAKER — Get everyone engaged and talking.

What old article of clothing have you hung onto longer than you should have?

ACT I



FINDING JESUS — Ephesians 4:17-32

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

SESSION
9

STUDY GUIDE

A New You

PUT ON A NEW IDENTITY

ACT II



WHAT'S THE DEAL? — Questions from Ephesians 4:17-32

Take some time to think about each of the questions below. Prepare to discuss and answer them all together.

1. How are people's minds futile (4:17)?
2. What does it mean to learn Christ (4:20)?
3. Practically speaking, how do we put on a new self (4:24)?
4. What does not letting "the sun go down on" our anger have to do with giving opportunity to the devil (4:26-27)?
5. What does it mean to speak as "fits the occasion" (4:29)?
6. What's the deal with grieving the Holy Spirit (4:30)? What does the phrase mean and how do we ensure that we don't do it?

SESSION
9

STUDY GUIDE

A New You

PUT ON A NEW IDENTITY

ACT III



REACH OUT — Connect with each other with this question.

What application do you particularly want to focus on from Eph. 4:25-32?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Put a note by your bed reminding you: "do not let the sun go down on your anger" (Eph. 4:26).



REQUEST — Go to God in a closing prayer.

"May I be renewed in the spirit of my mind and the patterns of my life" (cf. Eph. 4:23-24).



NEXT SESSION — A New Walk

Prepare by reading Ephesians 5:1-21

SESSION
10

THE CONVERSATION STARTER
“Texas Switch”
SWAP YOUR STEPS FOR THE LORD’S

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 5:1-22.



BONUS RESOURCE

Feel free to listen to Podcast episode #191, “My Rods! My Cones!” before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/191



Unlike Tom Cruise, most actors rely on a professional stunt double to perform their dangerous on-screen feats. To fool the audience, a cinematographer might employ the “Texas Switch,” where the actor and stunt person swap places while the camera is still rolling. The actor vanishes behind something, revealing their replacement for the rest of the shot. It’s a trick that’s hard to unsee once you know what’s happening.

Continuing from the last chapter, Paul begins this section in Ephesians 5:1-21 with some *switcheroos* of his own. Rather than living lives of anger and bitterness (Eph. 4:26, 31), we walk in love (Eph 5:2). Instead of spending our days hiding in the darkness of sin, we walk in the light (Eph. 5:8). No more foolish choices, we walk in wisdom as we seek God’s guidance (Eph. 5:15-16).



THE BIG IDEA

God wants us to follow his lead by replacing destructive sinful activities with wholesome ones.

As with many of the sections before this one, Paul starts with a conversation about our walk — this time encouraging us to “*walk in love, as Christ loved us and gave himself up for us*” (Eph. 5:2). We’re God’s children, imitating his leadership each step of the way (Eph. 5:1).

And if we’re God’s heirs and not “*sons of disobedience*” (Eph. 5:6), we’re walking in the light rather than in the darkness (5:7-8). We aim to please our Father by our lives (Eph. 5:10), shining his revealing truth into the shadows of sin in and around us (Eph. 5:11). Practically speaking, instead of filthy jokes, we speak words of thanksgiving (Eph. 5:4). Instead of sexual immorality or idolatry, we stay pure (Eph. 5:5).

It’s not hard to see people making foolish decisions all around us. We once made them, too! But now we walk in wisdom, allowing God to define a new standard for right and wrong (Eph. 5:17). Rather than stumbling around in drunkenness, we fill ourselves with the Spirit and sing our unending praise and thanks to God (Eph. 5:18-20).



THE BIG QUESTION

What choices mark your new walk with the Lord?

A New Walk

SWAP YOUR STEPS FOR THE LORD'S

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read or watch "Texas Switch" – biblegeeks.fm/ephesians/10 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What healthy alternative food do you reach for over the original?

ACT I



FINDING JESUS — Ephesians 5:1-21

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

SESSION
10

A New Walk

SWAP YOUR STEPS FOR THE LORD'S

ACT II

**SCRIPTURE DU JOUR — Eph. 5:1-21**

Summarize each paragraph, noting any major takeaways.

• Eph. 5:1-2

• Eph. 5:3-14

• Eph. 5:15-21

Reading through this whole passage (5:1-21), what phrases and ideas stand out to you? What insight do you take from it?

A New Walk

SWAP YOUR STEPS FOR THE LORD'S

ACT III



REACH OUT — Connect with each other with this question.

Which aspects of this new walk might you over-emphasize and which should you pay more attention?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Note three times you've chosen wisely today in your journal or to a close friend.



REQUEST — Go to God in a closing prayer.

"Lead me to imitate your love and holiness today" (cf. Eph 5:1-2).



NEXT SESSION — The Household

Prepare by reading Ephesians 5:22-6:9

SESSION
11

THE CONVERSATION STARTER
“Playing House”
REFLECT CHRIST IN YOUR RELATIONSHIPS

CONVERSATION STARTER

[Watch the video](#) or read it below.



READ

Before the study, take a moment to read Ephesians 5:23-6:9.



BONUS RESOURCE

Feel free to listen to Podcast episode #192, “Quit Hittin’ Yourself!” before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/192



Kids love acting out little versions of adult life. Under our staircase, our kids have a built-in playhouse designed to look like our Tudor-style home. There's a play kitchen, play cars, toy phones, and little plastic laptops — miniatures of the grown-up world. Playing house, they imagine parenthood and pretend to go to work.

Our home and work lives model a bigger reality as well. In Ephesians 5:22-6:9, each Christian household member must build relationships around the Lord.



THE BIG IDEA

The secret strength behind Christian relationships is our love and honor for Jesus.

After showing that being “filled with the Spirit” leads to “submitting to one another out of reverence for Christ” (Eph. 5:18-21), Paul illustrates mutual submission in different roles. Our “reverence for Christ” transforms our attitudes and behaviors towards others (Eph. 5:21ff).

A household table is a format used in other ancient literature to outline the home’s proper order. But where other household tables focused on wives, children, and servants, Paul insists that those in authority also reflect Christ's love. Husbands, fathers, and masters must learn from Jesus that leadership isn't the right to “exercise lordship” for their pleasure but the responsibility to “serve” as a leader (Matt. 18:25-27).

This vision of marriage requires husbands to imitate Christ's self-sacrificial love (Eph. 5:25) and wives to follow them with respect (Eph. 5:24), forming oneness like the unity Christ has with his body (Eph. 5:30-32). Submission and sacrifice might sound outdated or unpleasant, but they're defining traits of Jesus. He surrendered his will to the Father and yielded his rights for us. We joyfully submit to him, knowing he sanctifies, nourishes, and cherishes us (Eph. 5:26,29).

Children must obey parents “in the Lord” (Eph. 6:1) and servants “as to the Lord and not to man” (Eph. 6:7). It's no longer about consequences or society's expectations. Our drive comes from a place no one can see or alter through force. We serve the living Christ.



THE BIG QUESTION

Do you interact with others “as to the Lord”?

The Household

REFLECT CHRIST IN YOUR RELATIONSHIPS

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read or watch "Playing House" – biblegeeks.fm/ephesians/11 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.
What's your favorite or **LEAST** favorite wedding tradition?

ACT I



FINDING JESUS — Ephesians 5:22-6:9
What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

The Household

REFLECT CHRIST IN YOUR RELATIONSHIPS

ACT II



DO YOU UNDERSTAND —

Questions About Husbands & Wives, Parents & Kids, Masters & Servants

Study and prepare to discuss the questions below.

1. How do the specific directions below connect to the command to submit to one another in 5:21?
2. What are we meant to learn about Christ and the church from marriage?
3. How do we apply church-like submission and Christ-like headship in our marriages?
4. In 6:1-4, what do “in the Lord” and “of the Lord” mean? What does it mean to “obey your parents in the Lord” and bring up your kids in the “discipline and instruction of the Lord”?
5. Do the commandments to slaves mean that Christianity is pro-slavery?
6. What should Christians take from the servant / master commandments?

The Household

REFLECT CHRIST IN YOUR RELATIONSHIPS

ACT III



REACH OUT — Connect with each other with this question.

How has your view of marriage changed as you've matured in the Lord?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Find a way to do something extra at work without letting anyone know about it.



REQUEST — Go to God in a closing prayer.

"Help me become a loving and productive member of my family and community, looking to Jesus in every relationship" (cf. Eph. 5:22-6:9).



NEXT SESSION — Spiritual Warfare

Prepare by reading Ephesians 6:10-20.

SESSION
12

THE CONVERSATION STARTER
“Battle-Tested”
STAND STRONG IN THE LORD’S ARMOR

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 6:10-20.



BONUS RESOURCE

Feel free to listen to Podcast episode #193, “” before your study, as an example of a conversation led by this study guide. [Biblegeeks.fm/193](https://www.biblegeeks.fm/193)



Why did David refuse to wear Saul’s armor in his fight with the great Philistine giant, Goliath (1 Sam. 17:38-40)? Did God want his warriors to go out unprotected? No, David left the helmet, chainmail, and sword behind because it was untested and too risky to bring to such an important contest.

In Ephesians 6:10-20, Paul reminds us that we’re locked in a cosmic battle with the spiritual forces of evil (Eph. 6:12). We’re soldiers in enemy territory, outnumbered and too weak on our own. Fortunately, we have battle-tested equipment from a trusted ally to help us withstand.



THE BIG IDEA

God equips us to stand firm with the same armor he wears in battle.

Paul tells us to *“be strong in the Lord and in the strength of his might. Put on the whole armor of God”* (Eph. 6:10-11a). We learn that a fully-prepared soldier prayerfully puts on the belt of truth, the breastplate of righteousness, the shoes of the readiness given by the gospel, the shield of faith, the helmet of salvation, and wields the sword of the Spirit (Eph. 6:14-17).

This passage echoes the imagery in Isaiah. But there, it’s God and Christ who wear this armor (Isa. 11:4-5; 49:2; 59:17). Christ, the Divine Warrior, has *“righteousness as a breastplate, and a helmet of salvation on his head ... garments of vengeance for clothing ... wrapped ... in zeal as a cloak”* (Isa. 59:17). Our armor has been battle-tested by the King! And that means we can stand in God’s strength by putting on God’s character as we join God’s war.

The weapons the Lord needs to overcome are the same weapons we need to withstand our struggles. Think about God’s word — know it, love it, wield it like our last defense. See righteousness — not as rules that constrain us — but the just and good way that protects our hearts. Imitate God (Eph. 5:1), be recreated in his image (Eph. 4:24), and dress for war just as he does.



THE BIG QUESTION

Do you have God’s full armor on today?

Spiritual Warfare

STAND STRONG IN THE LORD'S ARMOR

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read or watch "Battle-Tested" – biblegeeks.fm/ephesians/12 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

What's something you still use today that's been passed down to you by family or friends?

ACT I



FINDING JESUS — Ephesians 6:10-20

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

SESSION
12

Spiritual Warfare

STAND STRONG IN THE LORD'S ARMOR

ACT II

**HERE'S THE STORY — Suiting Up!**

What does each piece of the armor represent, and how do we make sure we are equipped with it? What do you find elsewhere about truth, salvation, etc.

- Belt of Truth
- Breastplate of Righteousness
- Shoes of the Readiness Given by the Gospel
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit

What's your biggest overall takeaway from this passage and all these parts of the armor?

Spiritual Warfare

STAND STRONG IN THE LORD'S ARMOR

ACT III



REACH OUT — Connect with each other with this question.

What gaps in your armor do you most need to shore up?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Ask a friend if there's an aspect of their spiritual warfare you can pray for.



REQUEST — Go to God in a closing prayer.

“Lord, equip us with the full complement of protection against our evil enemy”
(cf. Eph. 6:13).



NEXT SESSION — Conclusion

Prepare by reading Ephesians 6:21-24

SESSION
13

THE CONVERSATION STARTER
“Still Science Fiction”
ABOUND IN GRACE AND PEACE

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 6:21-24.



BONUS RESOURCE

Feel free to listen to Podcast episode #194, “With Love, Paul” before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/194



It's been almost sixty years since Captain Kirk first told Scotty to "beam" him up. I think the younger me hoped scientists would have made some progress by now! But teleportation technology is still science fiction, so we call long-distance friends and tell them to "Give everyone there our love!" Since we can't be there, we want someone to express our friendship and blessings.

In Ephesians 6:21-24, Paul closes by commending his letter-carrying emissary. Tychicus is more than a mailman. Along with the letter (and probably letters to Colossians and Philemon, too), the *"faithful minister"* comes with two purposes: *"that you may know how we are, and that he may encourage your hearts"* (Eph. 6:22). In the letter's last two sentences, Paul prays a blessing for them that summarizes the whole book (Eph. 6:23-24).



THE BIG IDEA

God wants every Christian's life to overflow with peace, love, faith, and grace.

What's the good news? Why do we rejoice in Christ? In short, because of the peace. The grace. The love. All received through faith in the one who died for us, rose again, and reigns *"in the heavenly places, far above all rule and authority and power and dominion"* (Eph. 1:20-21).

Jesus *"preached peace"* and *"he himself is our peace"* (Eph. 2:17, 14). He united Jews and Gentiles, reconciling *"us both to God in one body through the cross"* (Eph. 2:16). Redemption, adoption, inheritance, and all spiritual blessings (Eph. 1:3-14) come *"by grace ... through faith"* (Eph. 2:8). It's *"because of the great love with which he loved us"* that he *"made us alive together with Christ"* (Eph. 2:4-5).

These four *heavy words* have had starring roles in Ephesians, so it's fitting that they're named as the book ends and the credits roll. We pray that they may have a starring role in you. Grace, peace, and *"love with faith ... be with all who love our Lord Jesus Christ with love incorruptible"* (Eph. 6:24).



THE BIG QUESTION

What has this study taught you about God's love and grace?

SESSION
13

STUDY GUIDE

Conclusion

ABOUND IN GRACE AND PEACE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read or watch “Still Science Fiction” – biblegeeks.fm/ephesians/13 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

When was the last time you snail-mailed someone a letter?

ACT I



FINDING JESUS — Ephesians 6:21-24

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ’s work and character, what strikes you the most?
Why?

How can reflecting on and applying this passage draw us closer to Christ?

SESSION
13

STUDY GUIDE

Conclusion

ABOUT IN GRACE AND PEACE

ACT II



HEAVY WORDS — Peace, Love, Faith, and Grace

These four words have been key themes throughout the entire letter, and now Paul features all four with his conclusion in the last two verses.

- **Peace** (Greek: eirene) – What key verses in the book have featured this word?

What other Bible passages come to mind?

How would you put the Bible's teaching on peace into one sentence?

- **Love** (Greek: agape) – What key verses in the book have featured this word?

What other Bible passages come to mind?

How would you put the Bible's teaching on love into one sentence?

- **Faith** (Greek: pistis) – What key verses in the book have featured this word?

What other Bible passages come to mind?

How would you put the Bible's teaching on faith into one sentence?

- **Grace** (Greek: charis) – What key verses in the book have featured this word?

What other Bible passages come to mind?

How would you put the Bible's teaching on grace into one sentence?

Conclusion

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ACT III



REACH OUT — Connect with each other with this question.

What's one way this study of Ephesians will have a lasting impact on you?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Pick a favorite verse in Ephesians and memorize it.



REQUEST — Go to God in a closing prayer.

"May all who love you enjoy peace, grace, and love with faith" (cf. Eph. 6:23-24).

CONCLUSION

Ephesians in a Nut Shell



THE BIG IDEAS

We hope this study has blessed and edified you and your study group! Here is a summary of the Big Ideas at the heart of the thirteen study sessions we just completed.

EPHESIANS 1-3 — GOD'S ETERNAL PURPOSE

1:1-2 • Your choices are central to God's eternal purpose for everything.

1:3-14 • Jesus brings us together into a new spiritual family who lives to honor God for his incredible salvation.

1:15-23 • Through faith, the eyes of your heart can perceive the hope awaiting you and God's power toward you.

2:1-10 • Without God's love and grace, we'd still stumble through our days, dead in our sins.

2:11-22 • People who once couldn't enter the temple have now become God's holy house.

3:1-13 • Paul's suffering and imprisonment paled compared to the privilege of preaching God's eternal plan to the Gentiles.

3:14-21 • Knowing Christ's love renews and strengthens us.

EPHESIANS 4-6 — OUR EVERYDAY WALK

4:1-16 • Though we all bring something unique to our role in the church, Jesus calls us to join forces and grow stronger together in love.

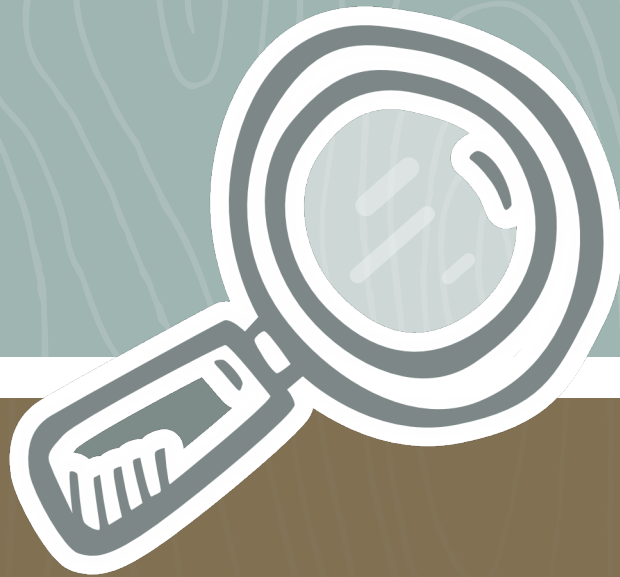
4:17-32 • A Christian's lifestyle change comes from a changed mind.

5:1-21 • God wants us to follow his lead by replacing destructive sinful activities with wholesome ones.

5:22-6:9 • The secret strength behind Christian relationships is our love and honor for Jesus.

6:10-20 • God equips us to stand firm with the same armor he wears in battle.

6:21-24 • God wants every Christian's life to overflow with peace, love, faith, and grace.



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