

# EPHESIANS



Rooted and Grounded  
in love

Lesson One ..... EPHESIANS 1:1-10

## Day 1



Father, let the words that I read today take root in my heart, helping me to see you more clearly, love you more deeply and follow you more closely.

- Read Ephesians 1:1-10 several times. Read through the passage *prayerfully*—responding to what you are reading with praise, thanksgiving, confession or surrender. (God speaks to us through his word and we respond back to him through prayer.)
- Pick one word or phrase that stands out to you to ponder on throughout the day and week. (It may be something that resonates with you or that you want to understand better.) Write it here.
- Write one sentence summarizing the passage.

## Day 2- Eph.1:1-2

Write out verses 1-2.

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1. How does Paul, the author of this letter, identify himself in verse 1?

- Why do you think it is important that he is an apostle of Jesus Christ, *by the will of God*; what point do you think he is making?

Scholar's Note: Apostle-1. an authorized representative and spokesman for Jesus Christ.<sup>1</sup> 2. Somebody specially chosen, called and sent to teach with authority.<sup>2</sup>

### For Discussion:

Paul describes the saints in Ephesus as *faithful in Christ Jesus*. The adjective *pistos* [faithful] can have either an active meaning ('trusting', 'having faith') or a passive ('trustworthy', 'being faithful')<sup>3</sup>. How do you think these two variations are blended together in believers?

Scholar's Note: Saints- "a common way of referring to the new covenant people of God in the early church, but it was particularly favored by Paul."<sup>4</sup> It refers to believers, all God's people, they are holy ones—those who are set apart by God and for God.



Can you be described as faithful in Christ Jesus? Have you put your trust in him alone for salvation? Are you united to him in faith? Have you devoted your life to following Jesus as your King? If your answer is no, it doesn't have to remain that way. As you study Ephesians ask God to open your eyes and soften your heart to who he is and what he has done for you through Jesus his son. He will.

2. *In Christ* appears for the first time in verse 1, and we will see it, or some variation of it, many more times in the first chapter. What does it mean to be *in Christ*?

3. Verse 2 is a greeting from Paul, but it also points to major themes in this letter. What does Paul want us to receive from God through the Lord Jesus in this inspired letter according to verse 2?

-Put a check next to the concepts that are involved in God's grace:

- |  |  |
|--|--|
| <input type="checkbox"/> Elegance            | <input type="checkbox"/> Mercy                 |
| <input type="checkbox"/> Lovingkindness      | <input type="checkbox"/> Reward                |
| <input type="checkbox"/> Undeserved favor    | <input type="checkbox"/> Ongoing provision     |
| <input type="checkbox"/> Prayer before meals | <input type="checkbox"/> Covenant faithfulness |



Grace and peace are sorely needed and desperately desired in our world and in our individual lives. It's part of the unattainable utopia people who are not in Christ seek on this earth. Ephesians will show us that God is the true source of glorious grace and perfect peace, which he accomplishes through the Lord Jesus.

- ❖ Where do you need peace in your life? With God? With others?
  
- ❖ How does God's grace to you affect your daily life?

### Day 3- Eph.1:3-4

Write out verses 3-4.

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*Father, give me a fresh sense of your glorious grace as I study Ephesians. Help me to count the spiritual blessings you give to be more precious than anything else.*

4. What has God done through Jesus according to verse 3?

-What spiritual blessings are we lacking?

### Picture and Ponder:

"These benefits are spiritual in nature because they are communicated to us through the Holy Spirit, whose function it is to make over to the believer all that God has achieved in Christ."<sup>5</sup>

5. In verses 4-18 Paul elaborates on the spiritual blessings that belong to those who are in Christ Jesus. List all the blessings you find in these verses.

6. What are the implications of the reality that God:

*chose you-*

*before the foundation of the world-*

*to be holy and blameless before him-*

### For Discussion:

The reality that is revealed in these verses– that God chose you and predestined you for adoption into his family– is a blessing worthy of praise! Yet there are so many aspects to this truth that are mysterious and hard to understand. What sweetness do you see in this truth?



Paul begins this section on the blessings we have in Jesus, by first and foremost blessing God—*Blessed be the God and Father of our Lord Jesus Christ*. To bless God is to speak well of him. All these spiritual blessings that God has blessed us with flow out of the fullness of who God is and so Paul begins by praising God. Spend time now blessing God— admiring him and praising him for his abundant blessings to you through Jesus.

**Day 4- Eph.1:5-6**

Write out verses 5-6.

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Scholar’s Note: Predestined- to decide beforehand.

- 7. In verse 5a, Paul explains that God chose us for adoption. What does this kind of relationship imply?

-How does this kind of Father-child relationship with God make a difference in your life (as opposed to another type of relationship God might have chosen)?

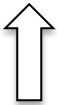


*Thank you God for adopting me into your family, for making me your beloved child and for being my perfect Father! Thank you for choosing me and loving me when I deserve nothing but judgment from you. Thank you Jesus, my Savior for making this possible.*

## Picture and Ponder:

To be adopted as a son, means something specific in the Bible. Even if you are female, the word *son* in verse 5 applies to you as a believer. In ancient times, sons were the ones who received the inheritance from the father. Sons were the ones with exceptional privileges. Sons were the ones who had special responsibilities. Sons were the ones who bore the name of the father. When you are adopted into God's family, whether male or female, you receive all God has to offer you in Jesus.

8. What can we know about the nature of predestination or God *deciding beforehand* to choose people for adoption according to the last two words of verse 4?
  
  
  
  
  
  
  
  
  
  
9. Verse 5 says God adopted us *according to the purpose of his will*, which the NLT renders as, *this is what he wanted to do and it gave him great pleasure*. What does this tell you about God?



God you are so good! It gives you pleasure to make your enemy into your child! I praise your glorious grace!

10. Verse 6 tells us what the aim of God's choosing sinful people to be adopted as his beloved children and transformed into holy and blameless people is. Explain in your own words what God's goal is.

Scholar's Note: Grace- the underserved favor of God shown to those who deserve his wrath.

## Day 5- Eph.1:7-10

Write out verses 7-10.

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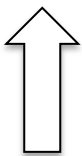
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Scholar's Note: Redemption- deliverance effected by the payment of a ransom.

11. What are all the ways the riches of God's grace touches you according to verses 7-9?

12. What does it tell us about God that he *lavishes* his grace on us?

-What are the implications for believers, of the truth that he *lavishes* us with grace?



Thank you Father that you are rich and generous and give me everything I need for abundant life! Help me to live according to the riches of your grace and not as if I am just scraping by.

## Digging Deeper:

Paul tells us in verse 10 that the mystery of God's will is that at the perfect time God will *bring everything together under the authority of Christ (NLT)*. How do the verses below help us understand (a little) what it will look like for all things in heaven and all things on earth to be united in Jesus?

- If at the end of time all things will be seen to add up to Jesus, what does that mean for my life today?

*1 Cor. 15:24-28*

<sup>24</sup> *After that the end will come, when he will turn the Kingdom over to God the Father, having destroyed every ruler and authority and power. <sup>25</sup> For Christ must reign until he humbles all his enemies beneath his feet. <sup>26</sup> And the last enemy to be destroyed is death. <sup>27</sup> For the Scriptures say, "God has put all things under his authority." (Of course, when it says "all things are under his authority," that does not include God himself, who gave Christ his authority.) <sup>28</sup> Then, when all things are under his authority, the Son will put himself under God's authority, so that God, who gave his Son authority over all things, will be utterly supreme over everything everywhere.*

*Romans 8:19-21*

<sup>19</sup> *For all creation is waiting eagerly for that future day when God will reveal who his children really are. <sup>20</sup> Against its will, all creation was subjected to God's curse. But with eager hope, <sup>21</sup> the creation looks forward to the day when it will join God's children in glorious freedom from death and decay.*

## For Discussion:

How does verse 10 dispel the notion of a random universe without meaning?

Scholar's Note: In verse 10 the verb *anakephalaioo* ("to bring together") means to sum up together again. It is derived... from *kephalaion* ("a summary, or sum total"). When a column of figures was added up, the total was placed at the top. At the end of the age everything will be seen to add up to Christ. This recognition of his preeminence will ensure that the original harmony of the universe is restored. The mission of Christ extends beyond the human race and assumes cosmic dimensions<sup>6</sup>





Seven times in this passage we read about being *in Christ*. To be *in Christ*, is to be united to him, to be one with him—*It is no longer I who live but Christ who lives in me.* (Gal. 2:20) This is a profound truth and the core of what it means to be a Christian. It is our only true source of meaning and identity. Because we are in Christ, we are chosen. We are set apart. We are loved. We are adopted. We are redeemed. We are forgiven. We are graced. This is the reality we must keep striving to live in.

- ❖ As believers our primary identity is that we are *in Christ*. 2 Corinthians 5:17 says,

*Therefore, if anyone is in Christ, he is a new creation.  
The old has passed away; behold, the new has come."*

What other places are you tempted to find your identity in? What is wrong with finding our identity in these other places?

### *Taking Root:*

- What in this portion of Scripture swells your heart with love for God, or makes your heart treasure Jesus?
- What from this portion of Scripture spurs you on to love others?
- How are you challenged to reach God's world after living with this portion of Scripture this week?

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<sup>1</sup> Piper, John. Why I love the Apostle Paul. P.11 Copyright 2019. Crossway, Wheaton Ill.

<sup>2</sup> Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 21). InterVarsity

<sup>2</sup> Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 21). InterVarsity Press. Kindle Edition.

<sup>3</sup> Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 22). InterVarsity Press. Kindle Edition.

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<sup>4</sup> Zondervan, . Ephesians (Zondervan Exegetical Commentary on The New Testament series Book 10) (p. 86). Zondervan Academic. Kindle Edition.

<sup>5</sup> Expositor's Commentary Copyright © 1998-2018 Olive Tree Bible Software

<sup>6</sup> *ibid.*

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