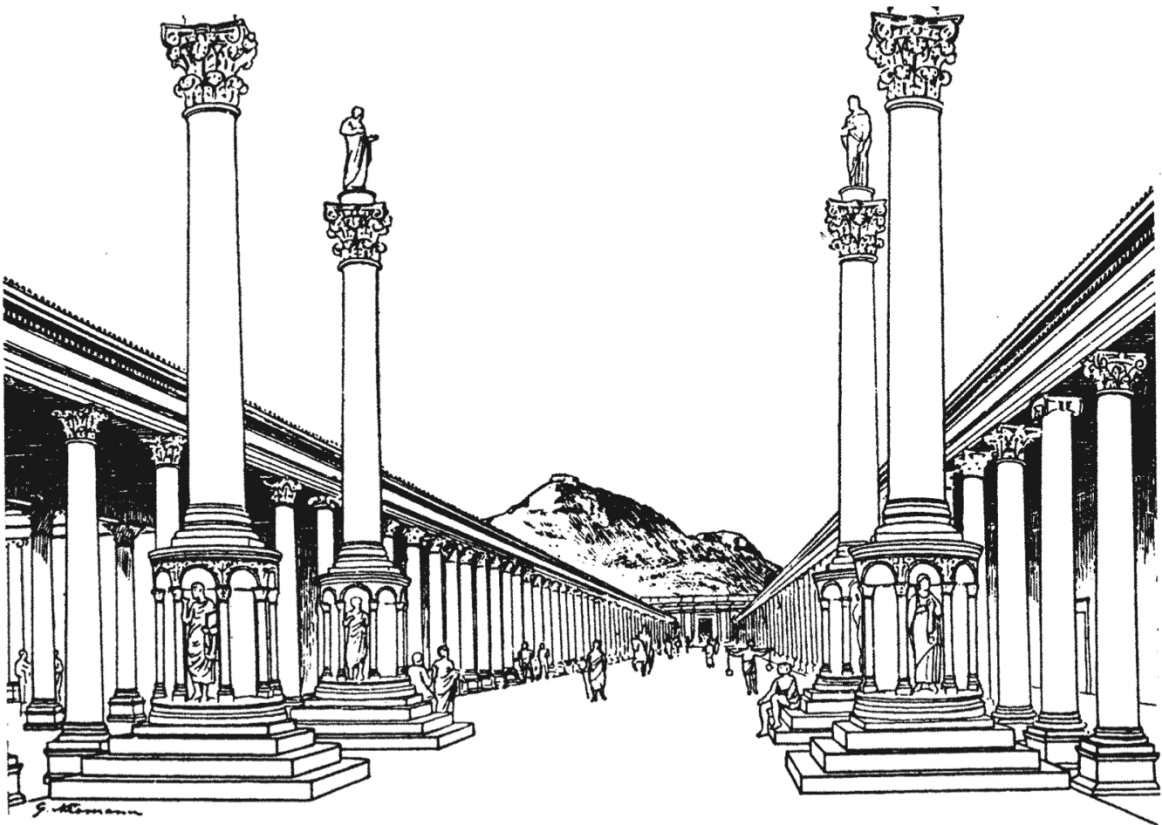


# Studies in the Book of Ephesians



**St. John's West Brunswick  
2025**

## Session One—Ephesians 1:1–14

### 1:1–2

1 What characteristics of apostleship does Paul stress in these verses? Why are these significant for us?

2 Look at how Paul's readers are described. What does it mean to be '*saints/holy people*', '*faithful*' and '*in Christ Jesus*'?

### 1:3–14

3 Pick out from this great hymn of praise all the things which God the Father does. How is the Lord Jesus Christ involved in these?

4 What does it mean to say the blessings that we have in Christ are 'spiritual'? Why is this important?

5 What aspects of the privileges and responsibility enjoyed by God's children does Paul highlight? How do these apply to you?

6 If we become members of God's new community as a result of God's own sovereign will, where then do a) evangelism and b) faith fit in?

7 What do these verses teach about the activity of the Holy Spirit? What indications of these aspects of the Spirit's ministry are in your life?

8 What does it mean to live '*to the praise of his glory*' (1:14)? Why do you think this can be so difficult?

## Session Two—Ephesians 1:15–2:10

### 1:15–23

1 Why is it important to keep Christian praise and Christian prayer together? Which do you think you tend to over emphasize?

2 What sort of things are summed up by ‘*the hope to which he has called you*’ (1:18)? Why is it not presumptuous that we should think about our heavenly inheritance or even anticipate it with joy and gratitude?

3 Paul illustrates the greatness of God’s power by showing how he has overcome death and evil in Christ. In what ways does God’s power in these areas affect us now?

4 What do you think Paul means by describing Jesus as ‘*the fullness of him who fills all in all/fills everything in every way*’ (1:23)?

5 What are the main differences between how Paul prays here, and the way we usually pray? How might Paul’s prayer shape our prayers?

### 2:1–3

6 What does Paul mean by saying that his readers used to be ‘*dead*’ (2:1)?

7 Paul also talks about sin in terms of slavery. What are the forces that hold humanity captive?

### 2:4–10

8 For what reasons did God save us? How does Paul hold together God’s grace and our works?

9 In what ways does Paul stress that salvation is a gift from God which cannot be earned?

## Session Three—Ephesians 2:11–3:13

### 2:11–12

1 Why does Paul encourage his readers to ‘remember’ (2:11) their previous state?

### 2:13–18

2 What does it mean to be *brought near by the blood of Christ* (2:13). What is the significance of this?

3 The abolition of the law (2:15) had two consequences. What were they? How do they relate to ‘peace’?

### 2:19–22

4 Paul now summarizes the difference that being in Christ has made to his Gentile readers. What pictures does he use and what is their significance?

5 Paul focuses particularly on the picture of the church as a new temple (2:20–22). How is what he writes relevant for us today?

6 Looking back over 2:11–22, how far does the church live up to what Paul writes about? What are some practical ways in which we can do this better?

### 3:1–6

7 Paul turns now to his own special role in God’s purpose for the Gentiles. What does Paul understand to be the ‘*mystery of Christ*’ (3:4)?

### 3:7–13

8 What does Paul mean by ‘*the rulers and authorities in the heavenly realms*’ (3:10)? How and why is ‘*the manifold wisdom of God*’ to be made known to them?

9 What does it mean, and not mean, to *approach God with freedom and confidence* (3:12)?

## Session Four—Ephesians 3:14–4:16

### 3:14–21

1 ‘*For this reason I kneel before the Father ...*’ (3:14). What is the reason? What are the implications of Paul’s example for our own prayer life?

2 What strikes or encourages you most about Paul’s prayer?

### 4:1–6

3 What does it mean *to live a life worthy of the calling you have received* (4:1)? Is this addressed to individuals or the community?

4 What is the connection between the ideas in this passage and Christian unity?

5 Think of an actual situation of disunity in a church known to you. What might be some ways forward in the light of these verses?

### 4:7–16

6 Paul gives a list of some of the spiritual gifts given by Christ to his church. To what extent do they operate in today’s church?

7 What are the respective roles of the spiritual leaders and the people in 4:11-13? In what sense is every church member involved in ‘ministry’?

8 What do verses 14-16 teach about the characteristics of 1) maturity and 2) immaturity? How can we become more mature?

9 In the light of this passage, how might we pray for the local and wider church?

## Session Five—Ephesians 4:17–5:21

### 4:17–24

- 1 What can we learn about ‘the downward path of evil’ depicted in 4:17–19?
  
- 2 What do vv.22-24 teach about the old self and the new self? In what areas of life do you find it hardest to ‘*put off your old self*’ (4:22) and ‘*put on the new self*’ (4:24).

### 4:25–5:4

- 3 Paul now gives six instances of how Christian holiness works out in practice. What are they, and do they have any features in common? How are Paul’s instructions here linked to what he has taught earlier in the book?

- 4 Which of these areas are most crucial for the contemporary church?

### 5:5–21

- 5 How would you answer someone who claimed that ‘God is too kind to condemn anyone’? What do you think Paul meant in verse 5?
  
- 6 What does Paul’s use of the imagery of light and darkness (5:8-14) teach us about living as Christians?
  
- 7 What characterizes those who are ‘wise’ (5:15-17)?
  
- 8 What does the command ‘*be filled with the Spirit*’ (5:18) mean? What flows from being filled with the Spirit?

## Session Six—Ephesians 5:21–6:9

### 5:21

1 What does the Bible teach about how authority is to be exercised over others? How does verse 21 relate to the three areas of relationships (marriage, family, slavery) which follow?

### 5:22–33

2 How does this passage develop the idea of mutual submission (5:21) in the context of marriage? Does this still apply today, and why/why not?

3 How does what he says about the relationship between Christ and the church (5:25-27) apply to husbands and wives? How does this affect the meaning of the passage?

4 Paul goes on to assert that husbands are to love their wives ‘*as their own bodies*’ (5:28). What is the effect of adding this?

### 6:1–4

5 Why are children to obey their parents? What is the significance of children being told to obey their parents ‘*in the Lord*’ (6:1)?

6 Why is it important to avoid provoking your children to anger or exasperating (6:4)? What are parents to do instead? What does this mean in practice?

### 6:5–9

7 What attitude should slaves have to their masters? Why? What modern equivalents can you think of, or is Paul’s teaching simply outdated?

8 How are masters to treat their slaves (6:9)? Why? What modern equivalents can you think of?

## Session Seven—Ephesians 6:10–24

### 6:10–12

1 Who are our real enemies? What does Paul tell us about them?

### 6:13–20

2 What is the purpose of the ‘*armour of God*’ (6:11, 13)? What weapons of the devil do they protect us against?

3 What part of the armour do you find hardest/easiest to ‘*put on*’?

4 What is the role of prayer in our spiritual warfare (6:18-20).

5 What does Paul ask for himself (6:20)? How does this relate to the rest of the passage?

6 How might we pray for Christian ministers known to us in the light of this passage? What else can we do to help them?

### 6:21–24

7 For Paul, praying, writing and visiting were three ways by which he built up the body of Christ? How might this apply to us today?

8 How does Paul’s final prayer and greeting summarize the message of the whole letter?

9 What are the most significant lessons you have learned from the book as a whole? How will you put these into practice?