

EPHESIANS

Created, Included, and Blessed in Christ

... thus Members United as One Body

EPHESIANS

SECTION I: GOD'S WORKS – SHARED UNITY WITH CHRIST; THE FOUNDATION OF OUR FAITH

- A. OUR HEAVENLY FATHER INCLUDES US IN CHRIST 1:1 - 14
- B. GIFTS NEEDED TO LIVE OUT THIS SHARED UNITY IN CHRIST 1:15 - 19
- C. HEAVENLY FATHER'S POWER IN CHRIST GIVES LIFE TO THE DEAD 1:20 – 2:10
 - 1. JUST AS THE FATHER RAISED CHRIST FROM THE DEAD...
 - 2. ...THE FATHER ALSO RAISES US FROM THE DEAD
- D. ALL NATIONS ARE INVITED TO BE INCLUDED IN CHRIST 2:11 - 22
- E. PLAN OF THE HEAVENLY FATHER 3:1 - 21
 - 1. MYSTERY of GOD - All Nations and Peoples Celebrate Oneness in Christ
 - 2. WILL of GOD - To Reveal Himself Through the Unity of the Church Body
 - 3. PRAYER - For Believers to Experience God's Plan for Unity
 - a. For POWER to Bring Life by SPIRIT OF CHRIST DWELLING IN OUR HEART
 - b. For POWER to Bring Life by LOVE OF CHIST, THE FULLNESS OF GOD
 - c. For POWER of GOD

SECTION II: MAN'S ACTS OF FAITH IN GOD'S WORKS: UNITY WITH OTHERS

- A. LIVE AS ONE IN CHRIST - IN UNITY AND PEACE 4:1 - 16
 - 1. One Body – (Our Sameness)
 - 2. Differences Among Members of Body – (Our Separateness)
- B. HOW TO LIVE IN UNITY AS ONE CHURCH BODY
 - 1. HAVE A CHANGE OF HEART; WILLING TO CHANGE DIRECTION 4:17 – 5:18
 - a. GENERAL RULE – ABOUT REPENTANCE
 - 1.) IN ADAM - WAY OF DEATH (SPIRIAL DOWNWARD)
 - a.) Mindset
 - b.) Turns Away From - God
 - c.) Turns Toward - Self
 - 2.) INCLUDED IN CHRIST - WAY OF LIFE (SPIRIAL UPWARD)
 - a.) Turns Away From - Self
 - b.) Mindset
 - c.) Turns Toward - God
 - b. SPECIFIC EXAMPLES - BEFORE V. AFTER BEING INCLUDED IN CHRIST
 - 2. SUBMIT, ONE TO ANOTHER 5:19 – 6:9
 - a. GENERAL RULE – ABOUT RELATIONSHIPS
 - b. SPECIFIC EXAMPLES
 - 1.) Marriage Relationships
 - 2.) Family Relationships
 - 3.) Working Relations
 - 3. PUT ON ARMOR OF GOD to Stand Against Division in the Church 6:10 - 24

EPHESIANS

SECTION I: GOD'S WORK – CREATING AND INCLUDING US IN CHRIST (THE FOUNDATION OF OUR FAITH)

GREETING

Paul, an apostle of Christ Jesus by the will of God, 1:1
 To the saints in Ephesus, the faithful in Christ Jesus:
 Grace and peace to you from God our Father and the Lord Jesus Christ. 1:2

A. GOD'S BLESSING TO INCLUDE US IN CHRIST

GOD THE FATHER – HIS PLAN

Praise be to the God and **Father** of our Lord Jesus Christ, who has blessed us 1:3
 in the heavenly realms
 with every spiritual blessing in Christ.
 For he *chose us in him* before the creation of the world to be holy and blameless in his sight. 1:4
 In love he *predestined us to be* adopted as his sons through Jesus Christ, in accordance with his 1:5
 pleasure and will
 ➤ -- to the **praise of his glorious grace**, which he has freely given us in the One he loves. 1:6

GOD THE SON – ... A HEALING THAT CLEANSSES US BEFORE A HOLY GOD...

In him we have *redemption* through his blood, the forgiveness of sins, in accordance with the 1:7
 riches of God's grace that he lavished on us with all wisdom and understanding. And he made 1:8,9
 known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to 1:10
 be put into effect when the times will have reached their fulfillment-- to bring all things in heaven
 and on earth together under *one head, even Christ*.

In him we were also *chosen*, having been *predestined* according to the plan of him who works out 1:11
 everything in conformity with the purpose of his will, in order that *we*, who were the first to hope in 1:12
 Christ,
 ➤ might be for the **praise of his glory**.

GOD THE HOLY SPIRIT – TO DRAW NEAR AND RESTORE HIS PRESENCE IN OUR HEART

And **you also** were *included in Christ* when you heard the word of truth, the gospel of your 1:13
 salvation. Having believed, you were marked **in him** with a seal, the promised Holy **Spirit**, who is 1:14
 a deposit guaranteeing our inheritance until the redemption of those who are God's possession
 ➤ --to the **praise of his glory**.

B. PRAYER FOR GOD TO REVEAL THE REALITY OF WHO WE ARE TOGETHER IN CHRIST

For this reason, ever since I heard about 1:15
 your faith in the Lord Jesus and your love for all the saints,

I have not stopped giving thanks for you, remembering you in my prayers. 1:16

I keep asking that the God of our Lord Jesus Christ, the **glorious** Father, may 1:17
 give you the **Spirit** of wisdom and revelation, so that you may know him better.

I pray also that the eyes of your **heart** may be enlightened in order that you may know 1:18
 -- the hope to which **he** has **called** you,
 -- the riches of **his glorious inheritance** in the saints,
 -- and **his** incomparably great **power** for us who believe. 1:19

C. GOD THE FATHER'S POWER HOLDS THE PROMISE OF NEW LIFE WHEN HE INCLUDES US IN CHRIST

1. CHRIST RAISED TO A NEW LIFE

That **power** is like the working of his mighty strength, which he exerted in Christ when he

(1a> raised him from the dead and

(2a> seated him at his right hand in the heavenly realms, **far** above all rule and authority, **power** and dominion, and every title that can be given, not only in the present age but also in the one to come.

And God placed **all** things under his feet and appointed him to be **head over everything** for the church, which is his body, the fullness of him who fills everything in every way. (NIV)

1:20
1:21
1:22
1:23

2. MAN LIKEWISE RAISED TO A NEW LIFE

a. BEFORE – DEAD TO GOD

As for you, 2:1

you were **dead** in your transgressions and sins, in which you used to live when you followed the ways 2:2

THREE SOURCES OF SIN AND DEATH

- of this **world** and
- of the **ruler of the kingdom of the air**, the spirit who is now at work in those who are disobedient.
- All of us also lived among them at one time, gratifying the cravings of our **sinful nature** and following its desires and thoughts. Like the rest, we were by nature objects of wrath. 2:3

b. AFTER – ALIVE IN CHRIST – BEING RAISED WITH HIM TO A NEW BEGINNING

But because of his great love for us, God, who is rich in mercy, 2:4

made us alive with Christ even when we were dead in transgressions -- it is **by grace you have been saved**. 2:5

And God

(>1b) raised us up **with Christ** and

(>2b) seated us **with him** in the heavenly realms in Christ Jesus, 2:6

in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. 2:7

c. INCLUDED AND CREATED IN CHRIST... FOR A REASON !

WORKS OF GOD – THE HOPE WE PLACE OUR FAITH IN

For it is **by grace you have been saved, through faith**-- and this not from yourselves, it is the gift of God-- not by works, so that no one can boast. 2:8
2:9

WORKS OF MEN – TO FULFILL THE PURPOSE HE CREATED US FOR

For we are God's workmanship, *created in Christ Jesus* **to do good works**, which God prepared in advance for us to do. 2:10

D. ALL PEOPLE GROUPS ARE INVITED TO BE INCLUDED IN CHRIST – TO BE UNITED IN ONE BODY

Therefore, 2:11

1. BEFORE BEING INCLUDED IN CHRIST – WITHOUT GOD OR HOPE

remember that **formerly**
you who are

- Gentiles by birth and
- called "uncircumcised" by those who call themselves "the circumcision" (that done in the body by the hands of men)--

remember that at that time you were 2:12

- **separate** from Christ,
- **excluded** from citizenship in Israel and
- **foreigners** to the covenants of the promise,
- **without hope** and
- **without God**
- **in the world.**

2. AFTER BEING INCLUDED IN CHRIST – BROUGHT NEAR TO GOD AND EACH OTHER

But now in Christ Jesus you 2:13

who once were far away have been brought near
through the blood of Christ.

For he himself is our peace, who 2:14

has made the two one and
has destroyed the barrier, the dividing wall of hostility,

by abolishing in his flesh the law with its commandments and regulations. 2:15

His purpose was
to create in **himself** *one* new man out of the two, thus making peace,
and in **this one** body to reconcile both of them to God through the cross, by which he put
to death their hostility. 2:16

He came and preached peace to you who were far away and
peace to those who were near. 2:17

For through him we both have *access to the Father by one Spirit.* 2:18

3. SUMMARY – LIVE WITH ONE ANOTHER TOGETHER AS ONE

Consequently, you are 2:19

BEFORE BEING INCLUDED IN CHRIST

no longer foreigners and aliens,

AFTER BEING INCLUDED IN CHRIST

but fellow citizens with God's people and

members of God's household,

built on the foundation of the apostles and prophets, with Christ Jesus himself as 2:20
the chief cornerstone. In him the whole building is joined together and rises to 2:21
become a holy temple in the Lord. And in him you too are being built together to 2:22
become a dwelling in which God lives by his Spirit. (NIV)

E. THE ULIMATE GOAL BEING ACHIEVED THROUGH GOD'S PLAN OF COMMUNITY

1. MYSTERY OF GOD – ALL NATIONS AND PEOPLES CELEBRATE ONENESS TOGETHER

For this reason I, Paul, the prisoner of Christ Jesus 3:1

for the sake of you Gentiles--

Surely you have heard about the administration of God's grace that was given to me for 3:2
you, that is, the mystery made known to me by revelation, as I have already written 3:3
briefly. In reading this, then, you will be able to understand my insight into the mystery of 3:4
Christ, which was not made known to men in other generations as it has now been 3:5
revealed by the Spirit to God's holy apostles and prophets.

This mystery is 3:6
that through the gospel the Gentiles are heirs together with Israel, members
together of **one body**, and sharers together in the promise in Christ Jesus.

I became a servant of this gospel by the gift of God's grace given me through the working 3:7
of his **power**. Although I am less than the least of all God's people, this grace was given 3:8
me: to preach to the Gentiles the unsearchable riches of Christ, and to make plain to 3:9
everyone the administration of this mystery, which for ages past was kept hidden in God,
who created all things.

2. WILL OF GOD – TO REVEAL HIMSELF THROUGH THE UNITY OF HIS CHURCH BODY

**His intent was that now, through the church, the manifold wisdom of God should be made 3:10
known to the rulers and authorities in the heavenly realms,** according to his eternal purpose 3:11
which he accomplished in Christ Jesus our Lord. In him and through faith in him we may 3:12
approach God with freedom and confidence. I ask you, therefore, not to be discouraged because 3:13
of my sufferings for you, which are your **glory**.

3. PRAYER – FOR GOD TO GROUND US IN HIS PRESENCE AND LOVE (WHICH EQUIPS US FOR COMMUNITY)

For this reason I kneel before the Father, from whom his whole family in heaven and on earth 3:14,15
derives its name.

a. FOR POWER TO KNOW HIS PRESENCE

I pray that out of his **glorious** riches he may strengthen you with **power** through his **Spirit** 3:16
in your inner being, so that Christ may dwell in your **hearts** through faith. 3:17

b. FOR POWER TO KNOW THE LOVE OF THE ONE PRESENT

And I pray that you, being rooted and established in love, may have **power**, together with 3:18
all the saints, to grasp how wide and long and high and deep is the love of Christ, and to 3:19
know this love that surpasses knowledge-- that you may be filled to the measure of all the
fullness of God.

c. FOR POWER OF GOD

Now to him who is able to do immeasurably more than all we ask or imagine, according to 3:20
his **power** that is at work within us, to him be **glory** in the church and in Christ Jesus 3:21
throughout all generations, for ever and ever! Amen. (NIV)

(This page intentionally left blank –

Man's response to God's initiative continues on the next page.)

SECTION II: MAN'S WORK – ACTING ON FAITH IN RESPONSE TO GOD'S INITIATIVE: SHARED UNITY IN CHRIST

A. BASIC TEAM DYNAMICS: LIVE TOGETHER AS ONE IN CHRIST – IN UNITY AND PEACE

As a prisoner for the Lord, then, I urge you to

4:1

live a life worthy of the calling you have received.

1. ONE BODY (OUR SAMENESS)

Be completely humble and gentle; be patient, bearing with one another in love.

4:2

Make every effort to keep the unity of the Spirit through the bond of peace.

4:3

There is one body and one Spirit-- just as you were called to one hope when you were called-- one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

4:4

4:5, 6

2. DIFFERENCES AMONG MEMBERS OF THE BODY FOR THE BODY (OUR SEPERATENESS)

But to each one of us grace has been given as Christ apportioned it. This is why it says: "When he ascended on high, he led captives in his train and gave gifts to men." (What does "he ascended" mean except that he also descended to the lower, earthly regions? He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

4:7, 8

4:9

4:10

It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers,

4:11

to prepare God's people for works of service, **so that** the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

4:12

4:13

3. SUMMARY

a. WAY OF DEATH – IN ADAM

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.

4:14

b. WAY OF LIFE – IN CHRIST WE CAN LOVE ONE ANOTHER

Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

4:15

4:16

B. HOW TO LIVE IN UNITY AS ONE CHURCH BODY – WHAT IS REQUIRED OF A TEAM-PLAYER

1. HAVE A CHANGE OF HEART; WILLING TO CHANGE DIRECTION TO TRY SOMETHING NEW

a. GENERAL RULE – ABOUT REPENTANCE

So I tell you this, and insist on it in the Lord, that you must

4:17

1.) BEFORE WHEN IN ADAM – WAY OF DEATH (SPIRIAL DOWNWARD)

no longer live as the Gentiles do,

① MINDSET

in the futility of their **thinking**. They are darkened in their understanding 4:18
and

② TURNS AWAY FROM GOD

separated from the life of God because of the ignorance that is in them
due to the hardening of their **hearts**.

③ TURNS TOWARD SELF

Having lost all sensitivity, they have given themselves over to 4:19
sensuality so as to indulge in every kind of impurity, with a continual
lust for more.

2.) AFTER AS INCLUDED IN CHRIST – WAY OF LIFE (SPIRIAL UPWARD)

You, however, did not come to know Christ that way. Surely you heard of him 4:20,21
and were taught in him in accordance with the truth that is in Jesus. You were 4:22
taught,

① TURNS AWAY FROM SELF – WHO WE ARE IN ADAM

with regard to your former way of life, to **put off** your old self,
which is being corrupted by its deceitful desires;

② MINDSET

to be made new in the attitude of your minds; 4:23

③ TURNS TOWARD GOD – WHO WE ARE IN CHRIST

and to **put on** the new self, 4:24
created to be like God in true righteousness and holiness.

b. SPECIFIC EXAMPLES – OLD MAN v. NEW MAN IN CHRIST; TEAMWORK LOOKS LIKE...

Therefore		4:25
old self:	each of you must put off falsehood and	
new self:	speak truthfully to his neighbor, for we are all members of one body.	
old self:	"In your anger do not sin":	4:26,27
new self:	Do not let the sun go down while you are still angry, and do not give the devil a foothold.	
old self:	He who has been stealing must steal no longer,	4:28
new self:	but must work, doing something useful with his own hands, that he may have something to share with those in need.	
old self:	Do not let any unwholesome talk come out of your mouths,	4:29
new self:	but only what is helpful for building others up according to their needs, that it may benefit those who listen.	
old self:	And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.	4:30 4:31
new self:	Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (NIV) Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.	4:32 5:1,2
old self:	But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person-- such a man is an idolater-- has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. Therefore do not be partners with them.	5:3 5:4 5:5 5:6 5:7
	For you were once darkness,	5:8
new self:	but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.	5:9 5:10
old self:	Have nothing to do with the fruitless deeds of darkness,	5:11
new self:	but rather expose them. For it is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible, for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."	5:12 5:13,14
	Be very careful, then, how you live --	5:15
old self:	not as unwise	
new self:	but as wise, making the most of every opportunity, because the days are evil.	5:16
old self:	Therefore do not be foolish,	5:17
new self:	but understand what the Lord's will is.	
CONCLUSION		
old self:	Do not get drunk on wine, which leads to debauchery.	5:18
new self:	Instead, be filled with the Spirit.	

2. **SUBMIT, ONE TO ANOTHER – TEAM WORK IN RELATIONSHIPS**

a. **GENERAL RULE**

WITH OTHERS

Speak to one another with psalms, hymns and spiritual songs. 5:19

WITH GOD

Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. 5:20

(Submit to one another out of reverence for Christ.) 5:21

b. **SPECIFIC EXAMPLES**

1.) **MARRIAGE RELATIONSHIP**

- **Wives**, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. 5:22, 23 5:24
- **Husbands**, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church-- for we are members of his body. "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." This is a profound mystery-- but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. (NIV) 5:25 5:26 5:27 5:28 5:29 5:30,31 5:32 5:33

2.) **FAMILY RELATIONSHIPS**

- **Children**, obey your parents in the Lord, for this is right. "Honor your father and mother"-- which is the first commandment with a promise-- "that it may go well with you and that you may enjoy long life on the earth." 6:1, 2 6:3
- **Fathers**, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. 6:4

3.) **WORKING RELATIONS**

- **Slaves**, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free. 6:5 6:6 6:7, 8
- And **masters**, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him. 6:9

3. THE PROPER EQUIPMENT TO STAND AGAINST DIVISION IN THE CHURCH

Finally, be **strong** in the Lord and in his mighty **power**. 6:10

GENERAL RULE – UNSEEN ENEMY

Put on the full armor of God
so that you can take your stand against the devil's schemes. 6:11

For our struggle is not against flesh and blood, but against the rulers, against the authorities,
against the **powers** of this dark world and against the spiritual forces of evil in the heavenly
realms. 6:12

SPECIFIC UNSEEN ARMOR

Therefore put on the full armor of God,
so that when the day of evil comes, you may be able to stand your ground, and after you have
done everything, to stand. 6:13

Stand firm then, 6:14

- with the belt of **truth** buckled around your waist, 6:15
- with the breastplate of **righteousness** in place, and 6:16
- with your feet fitted with the readiness that comes from the **gospel of peace**. 6:16
- In addition to all this, take up the shield of **faith**, with which you can extinguish all the
flaming arrows of the evil one. 6:17
- Take the helmet of **salvation** and 6:17
- the sword of the Spirit, which is the **word of God**. 6:17

- And **pray** in the Spirit on all occasions with all kinds of prayers and requests. 6:18

With this in mind, be alert and always keep on praying for all the saints.
(SEE EPH 1:16)

Pray also for me, that whenever I open my mouth, words may be given me so
that I will fearlessly make known the mystery of the gospel, for which I am an
ambassador in chains. Pray that I may declare it fearlessly, as I should. 6:19
6:20

Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may
know how I am and what I am doing. I am sending him to you for this very purpose, that you may know
how we are, and that he may encourage you. 6:21
6:22

Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ. 6:23
Grace to all who love our Lord Jesus Christ with an undying love. (NIV) 6:24

