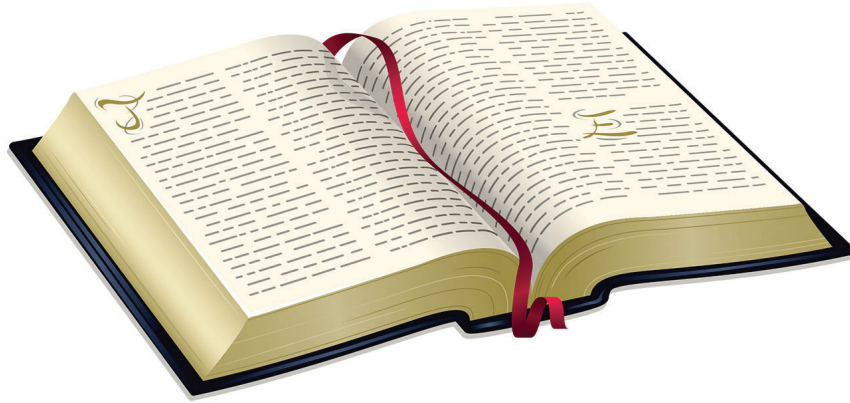


# Bible Correspondence Fellowship



## Ephesians - Lesson 2 of 2

*Make every effort to keep yourselves united in the Spirit,  
binding yourselves together with peace.*

***Ephesians 4:3 (NLT)***

In the first three chapters of this letter, God has given us through Paul some of the most important doctrinal teachings for the church of this age; in the last three chapters the emphasis changes to the practical life and walk of the believer. Here in chapter four especially, Paul's stress is on the unity we share as believers in the Spirit of God and how that unity should affect our behavior and attitude.

## Chapter 4

**Please take time to read through chapter 4 before answering the questions.**

1. In verse 4:1 Paul encourages us to walk (live our lives) in a manner worthy of God's calling, which each of us believers received in Christ.

According to verse 4:2 this walk includes four things. What are they?

1. be humble
2. gentle
3. be patient
4. allowance for other's faults

2. (v. 3) What are we trying to keep or preserve? united in the Spirit

3. Just as the Father and the Son are one (John 10:30), we are one in Christian unity. There are seven important truths that unify believers today. What are they? (vv. 4:4-6)

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1. <u>one body</u>                    | 2. <u>one Spirit</u>  |
| 3. <u>one glorious hope</u>           | 4. <u>one Lord</u>    |
| 5. <u>one faith</u>                   | 6. <u>one baptism</u> |
| 7. <u>one God &amp; Father of all</u> |                       |

Verses 4:7-11 refer to the gifts that Christ has given each of us to help others grow in their spiritual lives. Each of us is an important member of Christ's body, with at least one spiritual gift. Part of maturing spiritually as a believer is to discover which gifts God has given you and then learning to exercise them for the benefit of the whole body of believers.

4. What five gifts were given to the church? (v. 4:11)

- |                      |                                       |
|----------------------|---------------------------------------|
| 1. <u>apostle</u>    | (those who are sent)                  |
| 2. <u>prophet</u>    | (those who tell of things to come)    |
| 3. <u>evangelist</u> | (share the Good News of Jesus Christ) |
| 4. <u>pastor</u>     | (shepherd or overseer of church)      |
| 5. <u>teacher</u>    | (one who instructs)                   |

5. Based on verse 4:12, write in your own words why Christ gave these gifts to his church.

(answers vary) to equip God's people to do His work and build up the church

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6. (v. 4:13) These gifts are to help each member of the Body of Christ reach four goals.

What are the goals?

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1. <u>unity in our faith</u>     | 3. <u>mature in the Lord</u>          |
| 2. <u>knowledge of God's Son</u> | 4. <u>complete standard of Christ</u> |

7. (v. 4:14) How might immature believers be tossed about like waves in the wind.

(answers will vary)

What steps might you take to avoid being tossed about? (answers will vary)

(If you are not sure, read 2 Timothy 2:15 and 3:16.)

8. (v. 4:15) How should you speak the truth? in love Who is the head? Christ

A normal body is coordinated and will work in harmony, every part in unity with every other part. The hands work in harmony with the eyes, and with the arms, etc. There is no conflict. What a beautiful picture of how the body of Christ should be. We are to be in unity with one another; and in our unity, we will glorify God and magnify Christ.

9. (v. 4:16) If we are unified, what will happen to the church/body?

the whole body is healthy and growing and full of love

10. (vv. 4:18-19) We are not to walk as unbelieving Gentiles do.

List four things that describe their condition.

1. their minds are full of darkness

2. wander far from the life God gives

3. hardened their hearts against Him

4. they live for lustful pleasure

11.(v. 4:21) In this world, where people have trouble discerning between right and wrong, where can truth be found? in Jesus (Read John 14:6)

12.(v. 4:22) We are to put off the old man/self (our sinful nature). How is this old nature described? corrupted by lust and deception

13.(v. 4:24) What should the believer put on? your new nature

How is it created? to be like God and truly righteous and holy

14. (v. 4:25) Instead of lying, what should you do? tell our neighbors the truth
15. In your own words explain verse 4:27.  
(answers vary) give foothold to the devil
16. (v. 4:28) Instead of stealing, what should you do? use hands for hard work  
Why? to be able to give generously to others in need
17. (v. 4:29) Why is it important that only good words come out of your mouth?  
so your words will be an encouragement to those who hear them
18. How do you think you might cause the Holy Spirit to grieve or feel sadness? (v. 4:30)  
(answers vary) might send article: "To grieve the Holy Spirit" and ask them to read it  
and give their feedback
- What has the Holy Spirit done for you?  
guarantee that you will be saved on day of redemption
19. (v. 4:31) What are you to get rid of?  
bitterness, rage, anger, harsh words, evil behavior
20. (v. 4:32) How are you to treat other members of the body?  
be kind to each other, tenderhearted, forgiving one another
- How are you to forgive them?  
just as God through Christ has forgiven you

# Chapter 5

*“Therefore be careful how you walk, not as unwise men, but as wise, making the most of your time, because the days are evil” Ephesians. 5:15-16 (NASB)*

In this chapter of our study we learn more about how to live the Christian life. The verses exhort us to separate ourselves from immoral and sinful behavior and to walk in the will of God. When we allow God to enter into our minds through His written Word, we are permitting a powerful force to come in. If we refuse His Word, however, we are giving invitation to another powerful force, an ungodly force, to influence our minds and our bodies. This force is described as “the god of this world.”

Satan is seeking to conquer the world. His battlefield is the minds and hearts of men. Behind the great movements which are today threatening the peace and freedom of mankind, Satan operates, moving as the Great Deceiver and Devouring Lion. Studying the Bible helps prepare us to resist Satan’s attacks and his influence in the world, in our churches, and in our lives.

1. (v. 5:1) What are you told to be or do? imitate God

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2. (v. 5:2) How are you to walk?

live life filled with love

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What did Christ do for you?

loved us and offered Himself for us

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3. (vv. 5:3-4) List six things that you should avoid.

1. sexual immortality

4. obscene stories

2. impurity

5. foolish talk

3. greed

6. coarse jokes

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4. Verse 5:5 describes unbelievers. What will they be denied?

no immoral, impure, or greedy person will inherit the Kingdom of God

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5. (v. 5:6) What is going to come upon these sinners?

God's anger will fall on those who disobey

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6. (vv. 5:7-8) Why should you no longer join in the behavior of these unbelievers?

once you were full of darkness but now you have light from the Lord

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How should you walk? live as people of light!

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7. (v. 5:9) Name three things the light (Spirit) produces in believers?

1. good      2. right      3. true

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8. (v. 5:11) Instead of participating in the works of darkness, or even just observing them, what should you do? expose them

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9. What does verse 5:12 say about sins done in secret?

it is shameful to talk about things ungodly do in secret

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10. Read verse 5:13 and compare it with John 3:19-20. The main idea is that light exposes, or reproves, sin. In John 3:20, why doesn't an evil person come to the light?

(John 3:19) people love darkness more than light

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John 3:20 and fear their sins will be exposed;

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Just as the light exposes what is hidden in the darkness, so the light of God will expose sin which people try to keep secretly hidden. Take time now to pray, talking to God silently or out loud. Ask God to reveal sin in your life that you would not want others to see. Confess your sin to Him and accept the forgiveness we have for our sins through the death of Jesus Christ our Lord.

11. (v. 5:14) What will happen to the person who wakes up from spiritual sleep or arises from spiritual deadness? rise up from the dead and Christ will give you light

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12. (vv. 5:15-16) To be wise, what two things should you do?

1. don't live like fools but like those who are wise
  2. make the most of every opportunity in these evil days
-

13. (v. 5:17) If you do these things, paying attention to all that is written in chapters 4 and 5, what will you better understand? what the will of the Lord is

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14. (v. 5:18) What should you not do? don't be drunk  
What should you do? be filled with the Holy Spirit

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15. (v. 5:19) Paul mentions what three kinds of music?  
1. psalms                      2. hymns                      3. spiritual songs  
How are you to worship? making music to the Lord in your heart

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16. (v. 5:20) For what should you give thanks? everything - to God the Father

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The remaining verses of this chapter teach believers concerning the marriage relationship of a husband and wife. Paul uses the comparison of Christ as the head of the body/church as an example of how the marriage relationship should be. The idea of subjecting, or submitting, yourself to another person means that you should be willing to set aside certain rights and desires for the sake of unity. It means placing yourself under the authority and leadership of another. When we choose to follow Christ as our head, we choose to place ourselves under His authority. So it is in marriage.

17. (vv. 22-24) What should wives do? submit to your husband as to the Lord

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18. (v. 5:25) How should husbands treat their wives?  
love your wives, just as Christ loved the church

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**Note:** Christ was a servant/leader while on earth. He was not a dictator. He suffered humiliation and death on the cross for his church. This is the kind of attitude God desires from husbands. Think about it! What woman wouldn't submit to a husband who considered himself her servant, putting her needs and desires before his own even to the point of death.

19. (v. 5:26) How does Christ sanctify (make holy) and cleanse the church?

washed by the cleansing of God's Word

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**Note:** This “washing of water by the word” does not refer to water baptism but to the impact of the Word of God upon the church and in the life of the believer. The Holy Spirit uses the Word of God to change people’s lives. (See Titus 3:5.)

20. (v. 5:27) How does Christ want to present the church to Himself?

without a spot or wrinkle... holy and without fault

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21. (v. 5:28) Because God says a husband and wife are one in Genesis 2:24, Mark 10:7-8, how should a husband love his wife?

love his wife as he loves his own body

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22. (v. 5:29) How does a man take care of his own body?

feeds it and cares for it, just as Christ cares for the church

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In the same way, Christ cares for the church, which is His spiritual body of which we are individual members.

23. (v. 5:32) The spiritual union of a husband and wife is compared to the great mystery of what?

illustration of the way the church and Christ are one

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24. (v. 5:33) A husband is to love his wife as if she were his own self.

What is the wife to do?

the wife must respect her husband

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# Chapter 6

*And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. **Ephesians. 6:19 (NLT)***

In the first nine verses of this chapter are some practical exhortations and guidelines for children, parents, servants and masters. In all these things we should do the will of God from the heart. In the following verses are some very important teachings concerning spiritual warfare and its impact on every believer. Be sure you understand what is the "Armor of God" and put it on.

1. What does God desire children to do?

(v. 6:1) obey your parents because you belong to the Lord

(v. 6:2) honor your father and mother

2. (v. 6:3) This was one of the Ten Commandments (Exodus 20:12). What was the promise? things will go well for you and you will have long life on the earth

3. (v. 6:4) In raising their children what should a father avoid?

do not provoke your children to anger

What should fathers do?

bring them up with the discipline and instruction that comes from the Lord

4. (vv. 5-7) What should your attitude be towards those who are in authority over you?

obey your earthy masters with deep respect and fear as you would Christ

(Today, verses 5-7 could apply to employers and employees, teachers and students, correction officers and inmates, etc.)

5. (v. 6:7) How are we told to serve? as though you were working for the Lord

(v. 6:8) Who will repay anyone that does good? the Lord

6. (v. 6:9) Why should the master (employer) treat his servants (employees) well?

remember, you have the same Master in heaven, and He has no favorites

7. (v. 6:10) Where can you find spiritual strength?

in the Lord and in His mighty power

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8. (v. 6:11) We are told in verse 10 to be strong in the Lord; then in verses 11-18, we are told how to be strong. Why must we put on the whole armor of God?

so that you will be able to stand firm against all strategies of the devil

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9. (v. 6:12) The Bible tells us that man is not our enemy.

What unseen foes do we wrestle against?

1. against evil rulers and authorities (all answers may vary)

2. against mighty powers

3. this dark world

4. against evil spirits in heavenly places

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10. (v. 6:14) What two things do you need to put on in order to stand?

1. belt of truth

2. armor of righteousness

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11. (v. 6:15) We place on our feet the peace that comes from Good News

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**NOTE:** The “gospel of peace” is the foundation on which your spiritual life was started (Romans 5:1). You should be willing and ready to share it with others.

12. (v. 6:16) Why do we need the shield of faith?

to stop the fiery arrows of the devil

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13. (v. 6:17) The last two pieces of armor are...

1. salvation as helmet

2. sword of Spirit

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**NOTE:** A sword is both a defensive and offensive tool. For the daily battles of life you will need a sword which is God's Word. Take it with you, think on it, speak of it, feast on it, live by it.

14. In your war against satanic forces, what should you be doing? (v. 6:18)

praying in the Spirit at all times and on every occasion

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stay alert and be persistent in your prayers for all believers everywhere

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**STOP!** In verse 6:18, as followers of Christ, we are instructed to pray not only for our own benefit but for our brothers and sisters in the Lord. Take a few minutes to make a prayer list on a separate piece of paper. Write down a few names and some specific needs of people you know. Set aside a specific time each day this week to pray for them. If possible, encourage them by letting them know you are lifting them up to God in prayer. Write down any answers to these prayers, then thank God for them.

15. (vv. 6:19-20) What did Paul ask the church to pray for?

ask God to give me the right words so I can boldly explain God's mysterious

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plan that the Good News is for Jews and Gentiles alike

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In Paul's request of the believers, does he ever ask them to pray for his release from prison? No! His desire was that he might fulfill the mission given to him by Christ Jesus. Look again at Eph. 3:8-9 and read Christ's task for Paul and for us. Yes, this is the work that was given to Paul, and also to us who desire to do God's will and work in this present evil age.

***(Read also Colossians 1:25-26.)***

What Bible version/ translation did you use for this lesson?

ESV ☐ KJV ☐ NIV ☐ NKJV ☐ NLT ☐ Other: \_\_\_\_\_

This helps us know what version/ translation to use when reviewing your lesson.

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