

Ephesians

Therefore, remember that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (which is done in the flesh) — the body by human hands — remember that at that time you were without Christ, excluded from citizenship in Israel and foreigners to the covenants of the law, without

in 2. As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ruler of this world, and of the ruler of the kingdom of the air, the spirit who is now at work in all of us also lived among them. All of us also lived among them at one time, gratifying the cravings of our flesh following its desires and impulses. We were by nature deserving of wrath. But because of his great love for us, who are ungodly, he made us alive with Christ (God,

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³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸which he lavished upon us, in all wisdom and insight ⁹making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth in him.

¹¹In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹²so that we who were the first to hope in Christ might be to the praise of his glory. ¹³In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

EPHESIANS 1 : 3 - 14 ESV

The Apostle Paul reminds us of the incredible blessings we have received from God. He explains how God, in His infinite wisdom and love, chose us in Christ and predestined us for adoption as His children. This assurance of our identity as His beloved ones is a source of great comfort and strength in our faith journey.

This passage also highlights the redemption we have through Jesus Christ. It reminds us that, through His sacrifice on the cross, we have been forgiven of our sins and reconciled to God. This redemption is a gift of grace that we could never earn. Finally, it teaches that believers are sealed with the Holy Spirit, marking us as God's own and guaranteeing our inheritance in Him. Let us reflect on these verses and remember the depth of God's love for us and His faithfulness to fulfill His promises.

Notes

What blessings do we receive through Christ?

1. Chosen and Adopted by God.

"... even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will..."

EPHESIANS 1 : 4 - 5 ESV

God predestined us for adoption to Himself as sons through Jesus Christ, according to the purpose of His will. It signifies that we are not just saved but are also part of God's family, given full rights and privileges as heirs of His kingdom.

What does it mean for you personally that you are chosen to be part of God's kingdom?

2. Redeemed and Forgiven Through Christ.

“In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.”

EPHESIANS 1 : 7 ESV

Believers are assured of redemption and forgiveness through Christ’s blood. This means complete deliverance from the bondage of sin, and forgiveness that flows from God’s grace. Our redemption is not something we can earn; it is received by faith in Christ and comes with the assurance of eternal life through the Holy Spirit.

How does knowing you are forgiven through what Jesus did on the cross affect the way you see yourself now—and the way you view your past?

3. Sealed and Secured with the Holy Spirit.

"...when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised the Holy Spirit... the guarantee of our inheritance."

EPHESIANS 1 : 13 - 14 ESV

The Holy Spirit takes up residence within the believer, marking them as God's own. The Holy Spirit also serves as the guarantee of the believer's inheritance, assuring us of final redemption and full possession of that inheritance when Christ returns.

*How does
God's
promise
through the
Holy Spirit
give you
confidence?*

LET'S APPLY

- *Take time this week to name specific blessings God has given you and thank Him for each one.*
- *Serve or encourage one person this week as a reflection of God's grace in your life.*

LET'S PRAY

- *Ask God to help you live confidently in your identity as chosen, redeemed, and secured in Christ.*
- *Ask the Holy Spirit to help you bless someone else this week through encouragement, generosity, or service.*

¹⁵For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, ¹⁶I do not cease to give thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might ²⁰that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. ²²And he put all things under his feet and gave him as head over all things to the church, ²³which is his body, the fullness of him who fills all in all.

EPHESIANS 1 : 15 - 23 ESV

After praising God for spiritual blessings in verses 3 to 14, Paul now prays for the church — that they would truly know God and understand what they have in Christ.

Notes

How does God’s blessing us with all spiritual blessings affect how we live?

1. It fosters a sense of community among believers.

“For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints...”

EPHESIANS 1 : 15 ESV

The believers’ faith produced love — especially toward fellow believers. Faith in Christ and love for others go together. A growing relationship with God shows up in how we treat people.

Check your faith: Is your trust in Jesus visible in your daily life and in how you treat others?

2. It helps believers to grow in their faith and relationship with God.

“I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him...”

EPHESIANS 1 : 16 - 17 ESV

This is the heart of Paul’s prayer: not merely knowledge about God, but a deeper relationship with Him. Christianity is not just information; it is a personal connection. Spiritual growth doesn’t stop at believing — it continues through prayer, deeper understanding, and a growing relationship with God.

How has your prayer life impacted your relationship with God? Do you also pray for others’ spiritual growth?

3. It assures them of their identity and purpose in Christ.

"... having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints..."

EPHESIANS 1 : 18 ESV

This serves as a powerful reminder of the spiritual blessings available to believers. Paul's prayer highlights the need for enlightenment and understanding, encouraging believers to grasp the hope and inheritance they have in Christ. This understanding is essential for living a victorious and purposeful Christian life.

Knowing the hope of your calling, what strengthens you during difficult times?

LET'S APPLY

- *Take one step this week to deepen your relationship with God (prayer, Scripture, and obedience).*
- *Pray intentionally for one person's spiritual growth, and follow up with encouragement.*

LET'S PRAY

- *Ask God to help the people in your life grow deeper in their relationship with Him.*
- *Ask God to use you to encourage someone's faith this week through a conversation, message, or act of care.*

¹And you were dead in the trespasses and sins ²in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience — ³among whom we all once lived in the passions of our flesh, carrying out the desires of the flesh and the mind, and were by nature children of wrath, like the rest of mankind. ⁴But God, being rich in mercy, because of the great love with which he loved us, ⁵even when we were dead in our trespasses, made us alive together with Christ — by grace you have been saved — ⁶and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

EPHESIANS 2 : 1 - 10 ESV

Before Christ, people were spiritually dead in sin, living under its influence and separated from God. But because of His great love and mercy, God made believers alive with Christ, saving them by grace through faith — not because of their works, but as a gift. This salvation removes all boasting and shows that everything is God's work. Those who are saved are now God's creation in Christ, called to live purposefully by doing the good works He has prepared for them.

Notes

What is the miracle of salvation?

1. We were spiritually dead.

“And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience — among whom we all once lived in the passions of our flesh, carrying out the desires of the flesh and the mind, and were by nature children of wrath, like the rest of mankind.”

EPHESIANS 2 : 1 - 3 ESV

Paul explains that before knowing Christ, people are spiritually dead because of their sins, living in separation from God, and following the ways of the world. They are influenced by the powers of evil and driven by their own sinful desires, choosing what opposes God. In this condition, everyone stands guilty and under God’s judgment, unable to change their state on their own.

What does it mean to you that we were “spiritually dead”?

2. We were made alive in Christ.

*“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** — by grace you have been saved — and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.”*

EPHESIANS 2 : 4 - 7 ESV

Even though we were spiritually dead, God, because of His great love and mercy, made us alive with Christ. By His grace, He raised us up and gave us a new position with Christ, showing that salvation is entirely His work. This transformation reveals God’s incredible kindness and grace, which He will continue to display for all eternity.

How is your life different now compared to before you knew Christ?

3. We have been saved by Grace through faith.

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

EPHESIANS 2 : 8 - 9 ESV

This teaches that salvation is a gift from God received through faith, not something we can earn or achieve through our own works. It is entirely by God’s grace, so no one can boast or take credit for being saved.

How does understanding grace change the way you see God?

LET'S APPLY

- *Thank God for what He has saved you from, and reflect on His grace one step at a time.*

- *Share a brief testimony of how God has changed your life, and encourage someone who needs hope.*

LET'S PRAY

- *Ask God to help you live intentionally in the purpose He has given you in Christ.*
- *Ask God to open a door for you to point someone to Christ, and give you courage to speak with grace.*

¹¹Therefore remember that at one time you Gentiles in the flesh, called "the uncircumcision" by what is called the circumcision, which is made in the flesh by hands — ¹²remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

¹⁴For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶and might reconcile us both to God in one body through the cross, thereby killing the hostility. ¹⁷And he came and preached peace to you who were far off and peace to those who were near. ¹⁸For through him we both have access in one Spirit to the Father.

¹⁹So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, ²⁰built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, ²¹in whom the whole structure, being joined together, grows into a holy temple in the Lord. ²²In him you also are being built together into a dwelling place for God by the Spirit.

EPHESIANS 2 : 11 - 22 ESV

From the very beginning, God’s mission has been to restore His creation and reconcile the world to Himself. He calls us to participate in this ongoing mission. But we are often distracted by daily demands, and we can overlook the purpose for which we were saved. God sent His Son, Jesus, and has given us the Holy Spirit to help us contribute to His work. He gives us the privilege and opportunity to serve in His kingdom.

Notes

What happens when we are made one body in Christ?

1. From separation to reconciliation

*"... remember that you were at that time **separated from Christ**, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near **by the blood of Christ**. For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the cross, thereby killing the hostility."*

EPHESIANS 2 : 12 - 16 ESV

This is the spiritual condition of people apart from Christ. They do not belong to God's people and with no share in God's promises of salvation and blessing. They were without hope and without God in the world, lacking the assurance and purpose, and relationship that come from knowing Him. But because of the blood of Christ, they were reconciled.

In what ways do you recognize areas in your life where you feel distant from God?

2. From being far off to being near to God

“But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.”

EPHESIANS 2 : 13 ESV

After describing the deep separation from God in verse 12, Paul introduces hope with the words “but now.” Everything has changed because of Jesus. Those who were “far off” were spiritually distant from God. But in Christ Jesus, they have been brought near. This nearness is not about physical distance, but about restored relationship, access to God, and belonging in His family.

What does it mean to you personally that you have been “brought near” by Christ?

3. From hostility to peace

“For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the cross, thereby killing the hostility.”

EPHESIANS 2 : 14 - 16 ESV

Jesus is the solution to division. He removes barriers, creates unity, and restores relationships. Peace is not achieved by human effort, but through Christ’s finished work.

Are there
“walls” in your
life that Christ
is calling you
to tear down?

LET'S APPLY

- *Live this week as someone who has hope and access to God in Christ.*

- *Take one step to promote unity and peace where God has placed you.*

LET'S PRAY

- *Ask God to tear down any “walls” of division in your heart, your relationships, and your church.*
- *Ask God to make your church/community a place of welcome and peace, and use you to strengthen unity.*

¹For this reason, I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles — ²assuming that you have heard of the stewardship of God's grace that was given to me for you, ³how the mystery was made known to me by revelation, as I have written briefly. ⁴When you read this, you can perceive my insight into the mystery of Christ, ⁵which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. ⁶This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

⁷Of this gospel I was made a minister according to the gift of God's grace, which was given me by the working of his power. ⁸To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, ⁹and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, ¹⁰so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. ¹¹This was according to the eternal purpose that he has realized in Christ Jesus our Lord, ¹²in whom we have boldness and access with confidence through our faith in him. ¹³So I ask you not to lose heart over what I am suffering for you, which is your glory.

EPHESIANS 3 : 1 - 13 ESV

The apostle Paul reflects on his unique calling and God's unfolding plan for humanity. Writing from prison, he explains that his suffering is not a setback but part of God's greater purpose, especially for the inclusion of the Gentiles.

Notes

What is the Gospel to us?

1. God's revelation of Christ's mystery

"When you read this, you can perceive my insight into the mystery of Christ, which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel."

EPHESIANS 3 : 4 - 6 ESV

The idea of the "mystery" is not something mysterious in the modern sense, but a truth that was once hidden and is now revealed by God. This mystery is that through Jesus Christ, Gentiles are now fully included in God's promises, becoming equal members of His family alongside the Jews.

What does it mean to you that you are included in God's promises?

2. God's plan of proclamation

"Of this gospel I was made a minister according to the gift of God's grace, which was given me by the working of his power. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places."

EPHESIANS 3 : 7 - 10 ESV

This highlights Paul's humility. Though he plays a key role in sharing this message, he acknowledges that it is all by God's grace. His mission is to proclaim the unsearchable riches of Christ and make God's plan known to all people.

How do we
make known
God's plan in
the places
where God has
put us?

3. God's purpose in suffering

"... in whom we have boldness and access with confidence through our faith in him. So I ask you not to lose heart over what I am suffering for you, which is your glory."

EPHESIANS 3 : 12 - 13 ESV

Despite Paul's imprisonment, believers are urged not to lose heart, because his suffering serves a greater good. Through Christ, they have bold and confident access to God, a privilege that strengthens their faith.

How can you trust God even when life is difficult?

LET'S APPLY

- *Identify one area where you need greater faithfulness to Christ, and take one step of obedience this week.*
- *Look for one opportunity this week to share the gospel, even in a challenging situation.*

LET'S PRAY

- *Ask God to strengthen your faith and keep you steady when life is difficult.*
- *Ask God to use you to make Christ known where He has placed you, even through challenges.*

¹⁴For this reason I bow my knees before the Father, ¹⁵from whom every family in heaven and on earth is named, ¹⁶that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith — that you, being rooted and grounded in love, ¹⁸may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

EPHESIANS 3 : 14 - 21 ESV

Paul the Apostle prays with humility, reverence, and deep sincerity for believers to experience spiritual growth and the fullness of God’s love and power at work within us.

Notes

As one in Christ, what should our prayers be?

1. To strengthen us spiritually

"... that according to the riches of his glory, he may grant you to be strengthened with power through his Spirit in your inner being... "

EPHESIANS 3 : 16 ESV

It teaches that God, in His infinite glory, gives believers inner spiritual strength through the Holy Spirit, the ability to stand firm in faith, resist temptation, endure hardship, and live a Christ-centered life.

In what areas of your life do you need God's inner strength today?

2. To experience and be deeply rooted in Christ's great love

"... so that Christ may dwell in your hearts through faith — 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, that you may be filled with all the fullness of God."

EPHESIANS 3 : 17 - 19 ESV

When Christ truly lives in our hearts, we become rooted in love, begin to experience the limitless love of Christ, and grow into spiritual fullness that reflects God's character.

*When and how
have you
experienced
the depth of
Christ's love in
a personal
way?*

3. To trust in God's unlimited power

"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever."

EPHESIANS 3 : 20 - 21 ESV

It reminds us that God is able to do far beyond what we can ask or imagine, His power is already at work in us, and He deserves eternal glory through our lives and the church.

*What is one
prayer or
situation
where you
need to trust
God's power
more?*

LET'S APPLY

- *Strengthen your prayer life by coming to God consistently and honestly.*
- *Encourage one person this week with God's love — through prayer, a message, or a practical act of care.*

LET'S PRAY

- *Ask God to help you trust Him with one situation that feels impossible.*
- *Ask God to help you love one person intentionally this week with Christ-like love.*

¹I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³eager to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit — just as you were called to the one hope that belongs to your call — ⁵one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all and through all and in all. ⁷But grace was given to each one of us according to the measure of Christ's gift. ⁸Therefore it says,

“When he ascended on high he led a host of captives, and he gave gifts to men.”

⁹(In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth ¹⁰He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹And he gave the apostles, the prophets, the evangelists, the shepherd and teacher ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood to the measure of the stature of the fullness of Christ, ¹⁴so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

EPHESIANS 4 : 1 - 16 ESV

In this letter, Paul urges believers to live in a way that reflects their calling in Christ. After explaining the truths of salvation in earlier chapters, he now emphasizes unity, humility, and love within the church. Paul highlights that while believers are one in faith, each has been given unique gifts to serve and build up the body of Christ — and that, together, we grow in maturity into Christlikeness.

Notes

How should believers live in response to our calling as Christ's body?

1. Preserve the unity with one another.

"... eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit — just as you were called to the one hope that belongs to your call..."

EPHESIANS 4 : 3 - 4 ESV

Paul urges believers to actively preserve the unity that the Holy Spirit has already created by living in peace with one another. Paul emphasizes that all believers are one body, share the same Spirit, and are called to the same hope in Christ. Because of this identity, Christians are called to live in ways that foster peace and reflect their deep spiritual connection.

Are you making genuine effort to maintain unity with other believers? Who might God be calling you to reconcile with or encourage?

2. Use your spiritual gifts to build others up.

“But grace was given to each one of us according to the measure of Christ's gift.”

EPHESIANS 4 : 7 ESV

Each person is given a unique measure of grace according to Christ's gift. Every Christian has been individually equipped with specific spiritual gifts or abilities. God designs diversity within the body so that each member can contribute in a meaningful way, helping the whole church grow and function as it should.

How are you using the unique gifts and grace that Christ has given you to serve and build others up?

3. Grow into spiritual maturity.

“... so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ...”

EPHESIANS 4 : 14 - 15 ESV

Paul emphasizes that growth comes through “speaking the truth in love,” meaning that believers must hold firmly to God’s truth while expressing it with kindness, grace, and compassion. This balance leads to spiritual growth, as the church becomes more like Christ, the head, who guides and shapes every believer toward maturity.

What areas of your life show maturity, and where do you still need to grow?

LET'S APPLY

- *Take one practical step this week to build unity in your church or community.*
- *Use your words this week to build someone up — encourage, reconcile, or speak truth in love.*

LET'S PRAY

- *Ask God to help you remember you are part of one body and to use your gifts to build others up.*
- *Ask God to grow your church/community in maturity, truth, and love, and show you how to contribute.*

¹⁷Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰But that is not the way you learned Christ! — ²¹assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²²to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness.

²⁵Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶Be angry and do not sin; do not let the sun go down on your anger, ²⁷and give no opportunity to the devil. ²⁸Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

EPHESIANS 4 : 17 - 32 ESV

Paul describes how a genuine relationship with Christ should result in a completely changed way of living. After teaching about unity and spiritual growth earlier in chapter 4, he now turns to the practical transformation that should be seen in every believer's life: from the old life to a new life in Christ.

Notes

Contrast ways of living:

1. The old life without Christ

“Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.”

EPHESIANS 4 : 17 - 19 ESV

This reminds believers that their old way of life before knowing Christ was spiritually empty and destructive. Paul is encouraging Christians to live differently, with a renewed mind and a transformed life.

In what areas of your life might you be thinking in ways that are empty or not aligned with God's truth?

2. The new life in Christ

“But that is not the way you learned Christ! — assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”

EPHESIANS 4 : 20 - 24 ESV

It reminds us that the Christian life is not about minor adjustments. It is about a complete inner change that leads to a new way of living. It involves both a decisive break from the past and a daily commitment to grow in Christlikeness.

Are there attitudes, habits, or behaviors in your life that you need to “put off”?

3. The new way of living

“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

EPHESIANS 4: 25 - 32 ESV

This teaches that real spiritual growth is seen in how we treat others. A renewed heart leads to changed behavior, healthy relationships, and Christlike character. It reminds us that following Christ affects not just what we believe, but how we live every day.

What daily practices
(prayer, Scripture,
community) help
you stay committed
to this
transformation?

LET'S APPLY

- *Choose one specific step to align your thoughts, words, or actions with God's will this week.*
- *Encourage or help one person take a step toward Christ this week (prayer, invitation, support, or a conversation).*

LET'S PRAY

- *Ask God to renew your mind as you continue to be transformed into Christlikeness.*
- *Ask God to help specific people you know experience a new life in Christ.*

¹Therefore, be imitators of God, as beloved children. ²And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

³But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ⁴Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. ⁵For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. ⁶Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. ⁷Therefore do not become partners with them; ⁸for at one time you were darkness, but now you are light in the Lord. Walk as children of light ⁹(for the fruit of light is found in all that is good and right and true), ¹⁰and try to discern what is pleasing to the Lord. ¹¹Take no part in the unfruitful works of darkness, but instead expose them. ¹²For it is shameful even to speak of the things that they do in secret. ¹³But when anything is exposed by the light, it becomes visible, ¹⁴for anything that becomes visible is light. Therefore it says,

*“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.”*

¹⁵Look carefully then how you walk, not as unwise but as wise, ¹⁶making the best use of the time, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹submitting to one another out of reverence for Christ.

²² *Wives, submit to your own husbands, as to the Lord.* ²³*For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior.* ²⁴*Now as the church submits to Christ, so also wives should submit in everything to their husbands.*

²⁵*Husbands, love your wives, as Christ loved the church and gave himself up for her,* ²⁶*that he might sanctify her, having cleansed her by the washing of water with the word,* ²⁷*so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.* ²⁸*In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself.* ²⁹*For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church,* ³⁰*because we are members of his body.* ³¹*“Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.”* ³²*This mystery is profound, and I am saying that it refers to Christ and the church.* ³³*However, let each one of you love his wife as himself, and let the wife see that she respects her husband.*

⁹ *Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.*

EPHESIANS 5 : 1 - 33; 6 : 9 ESV

Believers are called to imitate God as dearly loved children and to live a life marked by love, following the example of Christ who gave Himself for us. Paul contrasts this with behaviors that belong to a life apart from God, such as impurity, greed, and destructive speech, urging believers instead to pursue holiness and gratitude.

Notes

What does it mean to imitate God as His children?

1. We are to follow Christ's example of self-giving sacrifice

"Therefore, be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God."

EPHESIANS 5 : 1 - 2 ESV

If you belong to Christ, your identity has been changed. And you now live in a way that reflects your relationship with Him. Jesus demonstrated a sacrificial self-giving love on the cross.

What makes sacrificial love challenging in your current season?

2. We are to live from a new identity in Christ.

“But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.”

EPHESIANS 5 : 3 - 6 ESV

Paul calls believers to live in a way that clearly reflects their identity as God’s holy people. He emphasizes that sexual immorality, impurity, and greed should not characterize their lives at all, because these belong to their old way of living, not their new life in Christ. This transformation also extends to speech; obscene or foolish talk and crude joking are to be replaced with thanksgiving, showing a heart shaped by God’s grace.

Do you see these as part of your identity, or as things that no longer belong to you in Christ?

3. We are to live as “light” in a dark world.

“... for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light.”

EPHESIANS 5 : 8 - 14 ESV

This describes the believer’s transformation in Christ; that we were once “darkness,” meaning we lived without God, shaped by sin, ignorance, and spiritual separation. But now, because we are “in Christ”, our identity has completely changed – we are now “light in the Lord”.

Are there areas where you still live as if you are in darkness rather than in the light?

LET'S APPLY

- *Identify one area where God is calling you to “walk in the light,” and take one step of repentance and obedience.*
- *Take one specific action this week to show Christlike love in a key relationship (listen well, speak kindly, forgive quickly).*

LET'S PRAY

- *Ask God to purify your heart and help you imitate Christ through humility, love, and self-control.*
- *Ask God to strengthen families and households to reflect His love and unity.*

Remaining spiritually strong

- Can you share a time when you felt weak or challenged?
- What do you do to become strong and healthy (exercise, diet, etc.)?

¹⁰Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, ¹⁹and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, ²⁰for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

EPHESIANS 6 : 10 - 20 ESV

The apostle Paul shifts from practical Christian living to a powerful reminder that we are engaged in spiritual warfare. He emphasizes that the Christian life is not just about behavior – it is also about battle, and we are called to remain strong.

Notes

How do we remain strong amid spiritual opposition?

1. Stand firm in the strength from the Lord

"Finally, be strong in the Lord and in the strength of his might."

EPHESIANS 6 : 10 ESV

We are instructed to be strong by actively relying on God's strength and not to depend on our own strength. Because God's strength is more than enough for any spiritual battle.

Where in your life are you trying to be strong on your own instead of relying on God's power?

2. Wear the full armor of God

“Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God...”

EPHESIANS 6 : 11 - 17 ESV

We can stand firm against spiritual opposition by putting on the “armor of God.” This is not physical armor, but spiritual qualities and truths that protect and strengthen us. God knows that we will be facing spiritual battles and He provides us with complete protection and strength that we must actively put on.

Which piece of armor do you feel strongest in right now? why? How can God’s Word help you fight current struggles?

3. Pray in the Spirit at all times.

"... praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints..."

EPHESIANS 6 : 18 ESV

Prayer is an essential spiritual discipline that empowers everything else. It's not another piece of armor, it's the ongoing connection to God that sustains us in spiritual battle. And we pray under the guidance and influence of the Holy Spirit.

When do you find it hardest to pray consistently?

LET'S APPLY

■ *Build strength through prayer, Scripture, and obedience.*

■ *Pray for one person this week, and look for an opportunity to encourage them in Christ.*

LET'S PRAY

- *Ask God to teach you to pray in the Spirit at all times.*
- *Ask God to help you stand firm so you can serve and strengthen others in the fight of faith.*



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