

Rooted in Grace

THE LETTER TO THE EPHESIANS



A CONGREGATIONAL STUDY FOR GRACE PRESBYTERIAN CHURCH

WELCOME TO EPHESIANS

We are excited to begin this six-week journey through the Letter to the Ephesians—a book filled with hope, encouragement, and a vision of what it means to be rooted in grace and united in Christ.

WHY EPHESIANS?

Paul planted the church in Ephesus, a diverse community learning how to live faithfully in a complex world. Like us, they wrestled with cultural and theological differences, pressures from the surrounding society, and the challenge of living into their identity and unity in Christ. Ephesians offers wisdom and encouragement for a church seeking to grow closer to God and to one another.

WHAT TO EXPECT:

Each week includes five brief scripture readings, reflection questions, and a short prayer. These readings are designed to help you slow down, listen, and notice how God is at work in your life.

HOW TO ENGAGE:

You can move through the study on your own, but it becomes even richer in conversation with others. Small groups allow us to hear the Spirit through shared insight and discernment. Throughout the study, you will also find QR codes linking to accessible and engaging video teachings by Dr. Tim Mackie of The Bible Project, and NT Wright, offering a deeper background and context, and a variety of music videos inspired by Paul's letter.

MY PRAYER:

May this study draw us closer as a congregation, strengthen our unity even amid our differences, and deepen our witness to Christ's presence in the world.

Peace, Grace, and Love,

Kevin

Rev. Kevin Ireland

WEEK 1 – GRACE OVERFLOWING (EPHESIANS 1)

THEME: GOD’S ABUNDANT GRACE, IDENTITY IN CHRIST, AND THE POWER OF BEING CHOSEN AND SEALED BY THE SPIRIT.

DAY 1

READ – EPHESIANS 1:1–6

1 Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus and are faithful in Christ Jesus:

2 Grace to you and peace from God our Father and the Lord Jesus Christ.

3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ[c] before the foundation of the world to be holy and blameless before him in love. 5 He destined us[d] for adoption as his children through Jesus Christ, according to the good pleasure of his will, 6 to the praise of his glorious grace that he freely bestowed on us in the Beloved.

REFLECT

- What does it mean to be “chosen” in love?

- How might God be inviting you to see yourself differently?

PRAY

Holy One, help me receive the wonder of being chosen and cherished by you.

Quiet the voices that tell me I am unworthy or insignificant.

Steady my heart in the truth of your grace, so that I may live as one beloved by you.

Let your love define who I am today. Amen

LEARN MORE

Scan to QR code for an introduction to the Apostle Paul or go to <https://bibleproject.com/classroom/ephesians/modules/1>



DAY 2

READ – EPHESIANS 1:7–10

⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace ⁸that he lavished on us. With all wisdom and insight ⁹he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, ¹⁰as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.

REFLECT

- How does Paul describe redemption?

- Where do you long for God to “gather up” the scattered pieces of your life?

PRAY

Redeeming God, gather up the scattered pieces of my life and hold them in your mercy.

Where I feel fragmented or overwhelmed, bring your healing and coherence.

Teach me to trust that your grace is big enough for every broken place. Draw all things—including my own heart—into the harmony of Christ. Amen

LEARN MORE

Scan to QR code to learn about the literary design and symmetry
<https://bibleproject.com/classroom/ephesians/modules/2>



DAY 3

READ – EPHESIANS 1:11–14

¹¹ In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, ¹² so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³ In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; ¹⁴ this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

REFLECT

- What assurance do you draw from being “marked with the seal of the Holy Spirit” as “God’s own people”?

- How does this shape the way you live?

PRAY

Spirit of promise, seal me again with your presence and guide me into faithfulness.

When I feel uncertain or lost, remind me that I belong to you.

Let your voice be louder than my fears and more constant than my doubts.

Keep me rooted in the hope of my inheritance in Christ. Amen

LEARN MORE

Scan to QR code to learn about concepts of election and predestination
<https://bibleproject.com/classroom/ephesians/modules/3>



DAY 4

READ – EPHESIANS 1:15–19

¹⁵ I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason ¹⁶ I do not cease to give thanks for you as I remember you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, ¹⁸ so that, with the eyes of your heart enlightened, you may perceive what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, ¹⁹ and what is the immeasurable greatness of his power for us who believe, according to the working of his great power.

REFLECT

- Who has strengthened your faith, and how can you thank them?

- What part of Paul’s prayer do you most need today?

PRAY

God of wisdom and revelation, open the eyes of my heart to your truth.

Help me see your hope, your power, and your faithfulness at work around me.

Strengthen my faith as I remember those who have encouraged me.

Fill me with the light of your presence so I may reflect your love.

Amen

LEARN MORE

Scan to QR code to learn about living in the “now and not yet”

<https://bibleproject.com/classroom/ephesians/modules/4>



DAY 5

READ – EPHESIANS 1:20–23

²⁰ God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹ far 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 age to come.

²² And he has put all things under his feet and has made him the head over all things for the church, ²³ which is his body, the fullness of him who fills all in all.

REFLECT

- What do these verses reveal about the authority of Christ?

- How do you see Christ at work “for the church” in our congregation?

PRAY

*Risen Christ, you reign over all things with mercy and power.
Strengthen your church so we may be your living body in the
world.*

*Where we are divided, bring healing; where we are weary, bring
renewal.*

Use us to proclaim your love in word and deed.

LISTEN

Scan the QR code to listen to Ephesians reimagined as the blues.

<https://www.youtube.com/watch?v=R2B3yFVngrU>



WEEK 2 – “ALIVE TOGETHER” (EPHESIANS 2)

THEME: SALVATION BY GRACE, UNITY, RECONCILIATION, AND BECOMING THE DWELLING PLACE OF GOD.

DAY 6

READ – EPHESIANS 2:1–5A

2 You were dead through the trespasses and sins ² in which you once walked, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. ³ All of us once lived among them in the passions of our flesh, doing the will of flesh and senses, and we were by nature children of wrath, like everyone else, ⁴ but God, who is rich in mercy, out of the great love with which he loved us ⁵ even when we were dead through our trespasses, made us alive together with Christ

REFLECT

- Where have you experienced God’s mercy reviving something that felt dead?

- How does being “alive with Christ” reshape your daily life?

PRAY

God of mercy, breathe new life into every tired or discouraged part of me.

Where I feel stuck, revive me with hope;

where I feel unworthy, remind me of your love.

Help me to trust that your grace is stronger than my mistakes.

Make me alive with Christ today.

DAY 7

READ – EPHESIANS 2:5B-10

... by grace you have been saved—⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus,⁷ so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.⁸ For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—⁹ not the result of works, so that no one may boast.¹⁰ For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand so that we may walk in them.

REFLECT

- What part of this “grace through faith” passage speaks loudest to you?

- What “good work” might God be preparing you to do?

PRAY

Creator God, shape me into the good work you envisioned from the beginning.

Give me clarity to discern the path you are calling me toward.

Replace my self-doubt with confidence rooted in your love.

Use my life for purposes that bless others and honor you.

LEARN MORE

Scan to QR code to learn more about Paul's view of Grace

<https://bibleproject.com/classroom/ephesians/modules/5>



DAY 8

READ – EPHESIANS 2:11–13

¹¹ So then, remember that at one time you gentiles by birth, called “the uncircumcision” by those who are called “the circumcision”—a circumcision made in the flesh by human hands—¹² remember that you were at that time without Christ, being aliens from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

REFLECT

- How do these verses remind you of your need for God's nearness?

- Where do you feel "far off" today?

PRAY

God who draws near, pull me close when I feel far away.

Let your presence be a steadying grace when I feel lost or disconnected.

Remind me that your love reaches across every distance I can create.

Hold me in the promise that I belong to you.

LEARN MORE

Scan to QR code to take a video tour of ancient Ephesus

<https://www.youtube.com/watch?v=N1T2vQfoHK0>



DAY 9

READ – EPHESIANS 2:14–18

¹⁴For he is our peace; in his flesh he has made both into one and has broken down the dividing wall, that is, the hostility between us, ¹⁵abolishing the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, ¹⁶and might reconcile both to God in one body through the cross, thus putting to death that hostility through it. ¹⁷So he came and proclaimed peace to you who were far off and peace to those who were near, ¹⁸for through him both of us have access in one Spirit to the Father.

REFLECT

- What walls in your life or in the world need Christ's peace?

- How is Jesus breaking down divisions?

PRAY

Prince of Peace, break down the walls that divide my heart, my relationships, and my community.

Where there is conflict, sow understanding; where there is fear, plant courage.

Make your peace take root in me so I may become a peacemaker.

Teach me to trust your reconciling love.

DAY 10

READ – EPHESIANS 2:19–22

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

REFLECT

- What does it mean to belong with the saints to God’s household?

- How might our congregation become more of a “dwelling place for God”?

PRAY

Holy Spirit, build us together into a living, breathing home for your presence.

Strengthen our unity, deepen our compassion, and widen our welcome.

Let our congregation be a place where hope grows and healing begins.

Make us a dwelling where your love is seen and shared.

WEEK 3 – “ROOTED IN LOVE” (EPHESIANS 3)

THEME: GOD’S MYSTERY REVEALED, THE INCLUSIVE GOSPEL,
AND A PRAYER FOR DEEP SPIRITUAL GROUNDING.

DAY 11

READ – EPHESIANS 3:1–6

This is the reason that I, Paul, am a prisoner for Christ Jesus for the sake of you gentiles, ² for surely you have already heard of the commission of God’s grace that was given me for you ³ and how the mystery was made known to me by revelation, as I wrote above in a few words, ⁴ a reading of which will enable you to perceive my understanding of the mystery of Christ. ⁵ In former generations this mystery was not made known to humankind, as it has now been revealed to his holy apostles and prophets by the Spirit: ⁶ that is, the gentiles have become fellow heirs, members of the same body, and sharers in the promise in Christ Jesus through the gospel.

REFLECT

- How is Christ revealed to you?

- How is the Spirit widening your understanding of inclusion?

PRAY

God of revelation, open my mind and heart to the mystery of your wide embrace.

Remove whatever keeps me from seeing the fullness of your grace.

Stretch my compassion, my imagination, and my hospitality.

Let your inclusive love shape the way I see others.

DAY 12

READ – EPHESIANS 3:7–12

7 Of this gospel I have become a servant according to the gift of God's grace that was given me by the working of his power. 8 Although I am the very least of all the saints, this grace was given to me to bring to the gentiles the news of the boundless riches of Christ 9 and to make everyone see what is the plan of the mystery hidden for ages in God, who created all things, 10 so that through the church the wisdom of God in its rich variety might now be made known to the rulers and authorities in the heavenly places. 11 This was in accordance with the eternal purpose that he has carried out in Christ Jesus our Lord, 12 in whom we have access in boldness and confidence through faith in him.

REFLECT

- Where have you witnessed God's grace at work in unexpected ways?

- What gives you confidence to approach God freely?

PRAY

Gracious God, give me confidence in your mercy and boldness in your grace.

Where I feel afraid, remind me that I can approach you freely.

Let the wonder of your love take root in me and overflow to others.

Use my life to reflect your goodness in this world.

LEARN MORE

Scan to QR code to learn about the biblical worldview of Paul

<https://bibleproject.com/classroom/ephesians/modules/6>



DAY 13

READ – EPHESIANS 3:13

¹³ I pray, therefore, that you may not lose heart over my sufferings for you; they are your glory.

REFLECT

- What does it mean not to “lose heart”?

- How might this verse speak to your current challenges?

PRAY

*Strengthening God, hold me steady when I feel discouraged.
Lift my spirit when I am weary and remind me that you walk beside me.
Help me not to lose heart, even when challenges seem overwhelming.
Renew me with hope that comes from you alone.*

DAY 14

READ – EPHESIANS 3:14–19

¹⁴For this reason I bow my knees before the Father, ¹⁵from whom every family in heaven and on earth takes its name. ¹⁶I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit ¹⁷and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. ¹⁸I pray that you may have the power 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, so that you may be filled with all the fullness of God.

REFLECT

- Which part of Paul's prayer for love and strength resonates with you?

- How is Christ dwelling in your heart through faith right now?

PRAY

God of immeasurable love, root me and ground me in the depth of your care.

Expand my understanding of your love so it stretches beyond my fears.

Fill my inner life with your strength and gentleness.

Let Christ dwell richly within me this day.

LEARN MORE

Scan to QR code to learn about Paul's theology of the Torah, the cross, and the garden <https://bibleproject.com/classroom/ephesians/modules/7>



DAY 15

READ – EPHESIANS 3:20–21

²⁰ Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine,

²¹ to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

REFLECT

- Where do you need God to do “more than we can ask or imagine”?

- How does this doxology inspire your hope?

PRAY

God of glory, open my imagination to the possibilities of your transforming power.

Where I see limits, show me your abundance; where I see obstacles, reveal your grace.

Fill my heart with bold hope that you are doing more than I can ask.

Let my life be a testament to your faithfulness.

LEARN MORE

Scan to QR code to learn for a summary of the themes of Ephesians 1-3

<https://bibleproject.com/classroom/ephesians/modules/8>



WEEK 4 – “WALK WORTHY” (EPHESIANS 4:1–16)

THEME: UNITY, SPIRITUAL MATURITY, GIFTS OF THE SPIRIT, AND BUILDING UP THE BODY OF CHRIST.

DAY 16

READ – EPHESIANS 4:1–6

4 I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to maintain the unity of the Spirit in the bond of peace: ⁴ there is one body and one Spirit, just as you were called to the one hope of your calling, ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is above all and through all and in all.

REFLECT

- What does a “worthy walk” look like for you?

- How can you practice humility, gentleness, and patience this week?

PRAY

*God of unity, teach me to walk in humility, gentleness, and patience.
Bind us together with your peace, even when we differ.
Help me respond to others with compassion rather than judgment.
Guide my steps toward love in all I do.*

LEARN MORE

Scan to QR code to explore what it looks like to live as if chapters 1-3 are actually true. <https://bibleproject.com/classroom/ephesians/modules/9>



DAY 17

READ – EPHESIANS 4:7–10

⁷ But each of us was given grace according to the measure of Christ's gift. ⁸ Therefore it is said,

*"When he ascended on high, he made captivity itself a captive;
he gave gifts to his people."*

⁹ (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? ¹⁰ He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

REFLECT

- What gifts has Christ given you?

- How do you see Christ descending into our brokenness and lifting us up?

PRAY

Gifted God, awaken in me the gifts you have entrusted for your service.

Help me to recognize them, develop them, and use them with joy.

Lift me from discouragement into a sense of purpose and calling.

May my life reflect the generosity of Christ.

DAY 18

READ – EPHESIANS 4:11–13

¹¹ He himself granted that some are apostles, prophets, evangelists, pastors and teachers ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

REFLECT

- Which callings or ministries do you feel drawn to?

- How does our church grow toward “the full stature of Christ”?

PRAY

*Christ our teacher, grow us into maturity as your body.
Equip each of us for the ministries you've prepared.
Help our congregation seek not perfection but faithfulness.
Unite us as we strive toward the fullness of your love.*

DAY 19

READ – EPHESIANS 4:14–16

¹⁴ We must no longer be children, tossed to and fro and blown about by every wind of doctrine by people's trickery, by their craftiness in deceitful scheming; ¹⁵ but speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

REFLECT

- What helps you stay grounded in truth and love?

- How can you help the church “build itself up in love”?

PRAY

God of truth, anchor me in your wisdom so I am not swayed by fear or confusion.

Teach me to speak the truth in love, with courage and kindness.

Use my words and actions to build others up.

Draw us together as one body, growing in love.

DAY 20 REVIEW & REFLECTION DAY

READ – EPHESIANS 4:1–16 AS A WHOLE

REFLECT

- **What major theme stands out after reading it in one piece?**

- **How is God calling you to live differently?**

PRAY

Spirit of wisdom, gather these teachings into my heart and shape my living.

Help me see where growth is needed and where grace has already taken root.

Strengthen our congregation to live out unity, humility, and love.

Guide us in becoming the community you long for us to be.

LEARN MORE

Scan to QR code to imagine what it looks like to live as a new humanity unified under the Messiah.

<https://bibleproject.com/classroom/ephesians/modules/10>



WEEK 5 – “PUT OFF / PUT ON” (EPHESIANS 4:17–5:21)

THEME: NEW LIFE IN CHRIST, TRANSFORMED HABITS, IMITATING GOD, AND LIVING IN THE LIGHT.

DAY 21

READ – EPHESIANS 4:17–24

¹⁷ Now this I affirm and insist on in the Lord: you must no longer walk as the gentiles walk, in the futility of their minds; ¹⁸ they are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. ¹⁹ They have lost all sensitivity and have abandoned themselves to licentiousness, greedy to

practice every kind of impurity. ²⁰ That is not the way you learned Christ! ²¹ For surely you have heard about him and were taught in him, as truth is in Jesus, ²² to put away your former way of life, your old self, corrupt and deluded by its lusts, ²³ and to be renewed in the spirit of your minds, ²⁴ and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

REFLECT

- What part of your life needs renewal?

- What new “self” is Christ inviting you to put on?

PRAY

Renewing God, shed from me the habits, attitudes, and patterns that no longer reflect your love.

Clothe me instead with compassion, integrity, and hope.

Transform my thinking so it aligns with your truth.

Help me walk in newness of life today.

DAY 22

READ – EPHESIANS 4:25–32

25 So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. 26 Be angry but do not sin; do not let the sun go down on your anger, 27 and do not make room for the devil. 28 Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy. 29 Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. 31 Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

REFLECT

- Which of these practical instructions challenges you most?

- Where might kindness and forgiveness be needed right now?

PRAY

*God of compassion, help my words be truthful, gentle, and healing.
Where there is anger in me, let it be transformed into understanding.
Cultivate kindness and forgiveness in my relationships.
Make me a vessel of your grace to others.*

LISTEN

Scan to QR code to listen to a song inspired by Ephesians 4 or use this link
<https://www.youtube.com/watch?v=LtU8x14s488>



DAY 23

READ – EPHESIANS 5:1–7

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

³ But sexual immorality and impurity of any kind or greed must not even be mentioned among you, as is proper among saints. ⁴ Entirely out of place is obscene, silly, and vulgar talk; but instead, let there be thanksgiving. ⁵ Be sure of this, that no sexually immoral or impure person or one who is greedy (that is, an idolater) has any inheritance in the kingdom of Christ and of God.

⁶ Let no one deceive you with empty words, for because of these things the wrath of God comes on those who are disobedient. ⁷ Therefore do not be associated with them,

REFLECT

- What does it mean to “imitate God”?

- How do we walk in love in tangible ways?

PRAY

*Loving God, teach me what it means to imitate you in everyday life.
Let your love shape my decisions, my tone, and my priorities.
Guard me from paths that distort your goodness.
Lead me in the way of love that reflects Christ.*

DAY 24

READ – EPHESIANS 5:8–14

⁸ for once you were darkness, but now in the Lord you are light. Walk as children of light, ⁹ for the fruit of the light^a is found in all that is good and right and true. ¹⁰ Try to find out what is pleasing to the Lord. ¹¹ Take no part in the unfruitful works of darkness; rather, expose them. ¹² For it is shameful even to mention what such people do secretly, ¹³ but everything exposed by the light becomes visible, ¹⁴ for everything that becomes visible is light. Therefore it says,

*“Sleeper, awake!
Rise from the dead,
and Christ will shine on you.”*

REFLECT

- How are you being called to “live as children of light”?

- Where is God shining light into hidden or shadowed places?

PRAY

*Light of the world, shine into the hidden corners of my heart.
Expose what needs healing and illuminate what brings life.
Help me walk as a child of light, bearing goodness and truth.
Use my life to brighten the path for others.*

LISTEN

Scan the QR code to listen to J.S. Bach – *Wachet auf, ruft uns die Stimme*
(Sleeper Awake) - <https://www.youtube.com/watch?v=S10vwG8bT0>



DAY 25

EPHESIANS 5:15–21

15 Be careful, then, how you live, not as unwise people but as wise, 16 making the most of the time, because the days are evil. 17 So do not be foolish but understand what the will of the Lord is. 18 Do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 as you sing psalms and hymns and spiritual songs to one another, singing and making melody to the Lord in your hearts, 20 giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ, 21 being subject to one another out of reverence for Christ.

REFLECT

- How are you being invited into wise living?

- What practices help you stay filled with the Spirit?

PRAY

*Spirit of joy, guide me into wise and intentional living.
Fill my heart with gratitude even in moments of uncertainty.
Lead me away from distraction into deeper awareness of your presence.
Make my life a song of thanksgiving to you.*

LISTEN

Ever wonder what Ephesians would sound like as a R&B song?

Scan the QR code or click the use the link -

<https://www.youtube.com/watch?v=9IC9h4CqWv0>



WEEK 6 – “STAND FIRM” (EPHESIANS 5:22–6:24)

THEME: MUTUAL SUBMISSION, SPIRIT-SHAPED RELATIONSHIPS, SPIRITUAL BATTLE, AND THE ARMOR OF GOD.

DAY 26

READ – EPHESIANS 5:22–33

²² Wives, be subject to your husbands as to the Lord, ²³ for the husband is the head of the wife just as Christ is the head of the church, his body, and is himself its Savior. ²⁴ Just as the church is subject to Christ, so also wives ought to be, in everything, to their husbands.

²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ in order to make her holy by cleansing her with the washing of water by the word, ²⁷ so as to present the church to himself in splendor, without a spot or wrinkle or anything of the kind, so that she may 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 hates his own flesh, but he nourishes and tenderly cares for it, just as Christ does for the church, ³⁰ because we are members of his body. ³¹ “For this reason a man will leave his father and mother and be joined to his wife, and

the two will become one flesh.”³² This is a great mystery, but I am speaking about Christ and the church.³³ Each of you, however, should love his wife as himself, and a wife should respect her husband.

REFLECT

- What mutual responsibilities do you notice in these verses?

- How do love and service reflect Christ’s relationship with the church?

PRAY

Christ our model, shape my relationships with humility, respect, and tenderness.

Teach me to love as you love—sacrificially, patiently, and with grace.

Where there is strain or misunderstanding, bring healing.

Bind us together in mutual care and compassion.

LEARN MORE

What does it mean to submit to your husband? Scan to QR code to hear

N.T. Wright’s explanation

<https://www.youtube.com/watch?v=7UZKsiMCHbo>



DAY 27

READ – EPHESIANS 6:1–9

6 Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—this is the first commandment with a promise— ³ “so that it may be well with you and you may live long on the earth.”

⁴ And, fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

⁵ Slaves, obey your earthly masters with respect and trembling, in singleness of heart, as you obey Christ, ⁶ not with a slavery performed merely for looks, to please people, but as slaves of Christ, doing the will of God from the soul. ⁷ Render service with enthusiasm, as for the Lord and not for humans, ⁸ knowing that whatever good we do, we will receive the same again from the Lord, whether we are enslaved or free.

⁹ And, masters, do the same to them. Stop threatening them, for you know that both of you have the same Lord in heaven, and with him there is no partiality.

REFLECT

- What does respect look like in your relationships?

- How does Christ reshape power and authority?

PRAY

*God of justice, help me relate to others with fairness and humility.
Teach me to honor the dignity of every person I encounter.
Correct the ways I misuse power or resist accountability.
Let Christ's love guide my interactions today.*

LEARN MORE

Scan to QR code for an introduction to the Apostle Paul or go to
<https://bibleproject.com/classroom/ephesians/modules/11>



DAY 28

READ – EPHESIANS 6:10–13

*¹⁰ Finally, be strong in the Lord and in the strength of his power;
¹¹ put on the whole armor of God, so that you may be able to stand
against the wiles of the devil, ¹² for our struggle is not against
blood and flesh but against the rulers, against the authorities,
against the cosmic powers of this present darkness, against the
spiritual forces of evil in the heavenly places. ¹³ Therefore take up
the whole armor of God, so that you may be able to withstand on
the evil day and, having prevailed against everything, to stand
firm.*

REFLECT

- Where do you feel called to “stand firm”?

- What does it mean to be strengthened “in the Lord”?

PRAY

Mighty God, strengthen me for the battles I face within and around me.

Give me courage to stand firm when I am tempted to give up.

Protect my heart from fear and my mind from despair.

Help me trust that your presence is my shield.

LISTEN

Scan to QR code or use the link below to listen to *Put on God's Armor* -
<https://www.youtube.com/watch?v=WMDG-NIBK8U>



DAY 29

READ – EPHESIANS 6:14–20

14 Stand, therefore, and belt your waist with truth and put on the breastplate of righteousness ¹⁵ and lace up your sandals in preparation for the gospel of peace. 16 With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ Pray in the Spirit at all times in every prayer and supplication. To that end, keep alert and always persevere in supplication for all the saints. ¹⁹ Pray also for me, so that when I speak a message may be given to me to make known with boldness the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

REFLECT

- Which piece of the armor of God do you need most today?

- How might prayer empower your daily walk?

PRAY

God of protection, clothe me with your armor of truth, righteousness, and peace.

Fill me with a bold and humble spirit grounded in prayer.

Guard my thoughts, my actions, and my words.

Make me an ambassador of your gospel wherever I go.

DAY 30

READ – EPHESIANS 6:21–24

²¹ So that you also may know how I am and what I am doing, Tychicus will tell you everything. He is a dear brother and a faithful minister in the Lord. ²² I am sending him to you for this very purpose, to let you know how we are and to encourage your hearts.

²³ Peace be to the brothers and sisters and love with faith, from God the Father and the Lord Jesus Christ. ²⁴ Grace be with all who have an undying love for our Lord Jesus Christ.

REFLECT

- How do Paul's closing words speak blessing over you?

- Where have you experienced peace, love, and grace this past month?

PRAY

*God of peace and grace, let Paul's blessing settle gently over my life.
Fill me with love that is sincere, peace that endures, and hope that
sustains.*

*Help me carry the lessons of these weeks forward with gratitude.
Keep me rooted in your grace as I continue to grow in faith.*

LEARN MORE

What if the Reformers had emphasized Ephesians of Romans and Galatians? Scan to QR code or use the link below to listen to NT Wright.

<https://www.youtube.com/watch?v=BqikWwxutV8>

