

EPHESIANS

JESUS

Changes

Everything

A RESOURCE OF
CITIZENS CHURCH



EPHESIANS

Jesus Changes Everything

A PERSONAL STUDY GUIDE



A LIFE-CHANGING LETTER

Ephesians is a beautiful letter built around one big truth...Jesus changes everything. He gives his people a new identity, a new purpose, and a whole new way to live.

And when people changed by Jesus begin living differently, families are restored, communities are reached, and the world gets a glimpse of God's plan to make all things new.

HOW TO GET THE MOST OUT OF EPHESIANS

1 READ AND CONSIDER

Read the week's passage slowly before Sunday, preferably more than once. Use the weekly reflection page to notice what is in the text and consider how it should shape you.

2 LEARN ON SUNDAY

Listen carefully as the passage is taught. Write down the main ideas, questions, and anything God brings to your attention in your Bible or notebook.

3 GROW IN COMMUNITY

Faith was never meant to be practiced alone. Join a Community Group and work through the same passages with other people.

4 GET THE BIG PICTURE



Read Acts 18 and 19.
Watch the BibleProject overview of Ephesians.
Read The Story Behind the Letter.

THE STORY BEHIND THE LETTER

Ephesus was one of the most influential cities in the Roman world. It was prosperous, diverse, deeply spiritual, and famous for the worship of Artemis, also known as Diana.

The story of the church in Ephesus begins in Acts 18.

Paul first visited the city with his friends Priscilla and Aquila. His visit was brief, but when Paul moved on, they stayed behind to share the gospel. Before long, others like Apollos joined the work.

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So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God.

EPHESIANS 2:19 (ESV)

When Paul returned to Ephesus, he discovered that a small group of believers had begun gathering. It was not much at first...just about 12 families. But from that small beginning, a church began to grow.

Paul stayed in Ephesus for more than two years, teaching Scripture, making disciples, developing leaders, and sharing the gospel. The message of Jesus spread throughout the region. Lives were transformed, people left behind their old ways, and eventually the whole city began to feel the impact.

Years later, Paul found himself in prison, writing to a church he knew and deeply loved. That letter became what we now call Ephesians...a letter written to encourage them, strengthen them, and show them how to live faithfully as the people of Jesus.

WHY THIS LETTER STILL MATTERS

Ephesians speaks to the questions we still carry: Who am I? Where do I belong? How should we live together? What was the church created to be?

14-WEEK READING PLAN

Read one passage each week and use the personal study page that follows.

1

More Than Blessed... Chosen

Ephesians 1:3-14

2

Open Your Eyes

Ephesians 1:15-23

3

But God

Ephesians 2:1-10

4

You Belong Here

Ephesians 2:11-22

5

Church = Plan A

Ephesians 3:1-13

6

More Than You Thought

Ephesians 3:14-21

7

Walk Worthy

Ephesians 4:1-10

8

Everybody Has a Part

Ephesians 4:11-16

9

Change Happens

Ephesians 4:17-32

10

Walk Like This

Ephesians 5:1-21

11

Marriage

Ephesians 5:22-33

12

Parents and Children

Ephesians 6:1-4

13

Who Do You Work For?

Ephesians 6:5-9

14

Stand Your Ground

Ephesians 6:10-24

MORE THAN BLESSED... CHOSEN

Ephesians 1:3-14

Read slowly... preferably more than once. Then work through the questions below.

1

What do you notice in the passage...what words, ideas, or details stand out?

2

What do you think Paul is helping us understand about God, ourselves, or the church?

3

How does this teach us to think or act differently?

Paul wrote Ephesians while he was in prison for his faith.

OPEN YOUR EYES

Ephesians 1:15-23

Read slowly... preferably more than once. Then work through the questions below.

1

What do you notice in the passage...what words, ideas, or details stand out?

2

What do you think Paul is helping us understand about God, ourselves, or the church?

3

How does this teach us to think or act differently?

"The letter to the Ephesians is a marvellously concise, yet comprehensive, summary of the Christian good news and its implications."

- John Stott

BUT GOD

Ephesians 2:1-10

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Ephesians has two halves...chapters 1-3 explain the gospel, and chapters 4-6 show how it reshapes life.

YOU BELONG HERE

Ephesians 2:11-22

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Artemis worship shaped both the spiritual life and economy of Ephesus.

CHURCH = PLAN A

Ephesians 3:1-13

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Ephesus minted its own coins, often marked with a bee and a stag.

MORE THAN YOU THOUGHT

Ephesians 3:14-21

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Paul's prayer in Ephesians 3:14-21 parallels Colossians 1:9-12...both ask God to strengthen and mature his people.

WALK WORTHY

Ephesians 4:1-10

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Some homes in Ephesus had mosaics, painted walls, and marble decoration.

EVERYBODY HAS A PART

Ephesians 4:11-16

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Ephesus was known for trade, religion, philosophy, and medicine.

CHANGE HAPPENS

Ephesians 4:17-32

Read slowly... preferably more than once. Then work through the questions below.

1

What do you notice in the passage...what words, ideas, or details stand out?

2

What do you think Paul is helping us understand about God, ourselves, or the church?

3

How does this teach us to think or act differently?

Paul ministered in Ephesus for more than two years.

WALK LIKE THIS

Ephesians 5:1-21

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

From Ephesus, the message of Jesus spread throughout the surrounding region.

MARRIAGE

Ephesians 5:22-33

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

The Temple of Artemis was one of the seven wonders of the ancient world.

PARENTS AND CHILDREN

Ephesians 6:1-4

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

A big theme in Ephesians is that Jesus creates one new people from many backgrounds.

WHO DO YOU WORK FOR?

Ephesians 6:5-9

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

Ephesians 6:7 echoes Colossians 3:23...work wholeheartedly as serving the Lord, not merely people.

STAND YOUR GROUND

Ephesians 6:10-24

Read slowly... preferably more than once. Then work through the questions below.

1 What do you notice in the passage...what words, ideas, or details stand out?

2 What do you think Paul is helping us understand about God, ourselves, or the church?

3 How does this teach us to think or act differently?

"The sublimest and the most majestic expression of the gospel."
- D. Martyn Lloyd-Jones

Ephesians reveals the incredible truth of who we are in Christ, what God has done for us, and how we are called to live as his people in the world.

YOU WERE CHOSEN.

YOU BELONG.

YOU ARE SENT.

JESUS CHANGES EVERYTHING.



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