



MY DAILY APPOINTMENT
WITH GOD

the book of

EPHESIANS

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The Book of Ephesians

For the next 3 weeks we will be discovering the book of Ephesians together. Actually, we should call it the “Letter to the Christians in the area of Ephesus.”

This book of the New Testament is actually a letter that the Apostle Paul wrote to be circulated among a number of churches in Asia Minor.

Paul originally was named Saul. He was once a Jewish leader (called a Pharisee) who persecuted people who believed Jesus was the Messiah – the Christ – or the “Anointed One” from God. He did not believe Jesus was God come in the flesh to die on the cross for our sins. He did not believe that Jesus rose from the dead. He saw Christianity as a heresy – a false religion. But in Acts 9 we read about how Jesus appeared to him and he realized he was wrong. In time, Saul changed from an adversary of Christ. He became a missionary for Christ! He also changed his name to Paul.

In fact, Paul was thrown into a Roman prison for being a Christian and preaching about Christ. He writes this letter from prison to encourage people to continue to live for Christ.

The first half of the letter (chapters 1-3) are filled with “theology.” They explain how Christ’s life, death and resurrection has changed us spiritually! The last half of the letter (chapters 4-6) is very practical, telling us how our behavior should change since Jesus Christ is our Savior, Lord and King!

The questions will be easier to answer if you read from a New International Version of the Bible, but any version you have will be okay.

My Appointment With God On Day 1

Ephesians 1:1-10

1. What title does Paul claim, and how does he say he acquired the title? (verse 1)
2. What 2 titles does Paul give the people he is writing to? (verse 1) Could someone say these kinds of things about you?
3. Paul calls his readers to give praise to God for all the things he has done for us. Read the verses below and fill in the blanks appropriately – listing the things God has done for us.
 - verse 3: **B** _____ **us** with every spiritual b_____ in C_____
 - verse 4: **C** _____ **us** in C_____ before the creation of the world
 - verse 5: **P** _____ **us** to be adopted as his sons through
J_____ C_____
4. Write out what you believe each phrase above means.
 - Verse 3: **B** _____ **us** - _____

 - Verse 4: **C** _____ **us** - _____

 - Verse 5: **P** _____ **us** - _____

5. List the other things these verses tell us God has done for us.
 - What has God given us? (verse 6)
 - What has God lavished on us? (verse 8-answer in verse 7)
 - What has God made known to us? (verse 9-answer in verse 10)
6. Which of these things that God has done for us means the most to you? Thank and praise him in prayer for that as Paul encourages us to do in verse 1.

My Appointment With God On Day 2

Ephesians 1:11-14

1. What 2 things that God has done for us does Paul restate in verse 11?
We were also c_____
Having been p_____
2. How does God work everything out according to verse 11?
 - What do you think this means?
 - Read Romans 8:28-30. How do these verses help us understand Ephesians 1:11 better?
3. What are people who hope in Christ supposed to be according to verse 12?
 - What does this phrase mean?
 - Do you think this is true of your life in Christ?
4. In verse 13 Paul speaks of being “included in Christ.” He states 3 things that happened to the Christians who read this letter. What are those 3 things that cause us to be included in Christ?
 - you _____ the word of truth, the gospel of your salvation
 - Having _____
 - you were _____ in him with a seal, the promised
H_____ S_____
 - When did you first hear the word of truth, and when did you first believe it and give your life to Christ?
 - Thank God for giving you the Holy Spirit when you became a Christian.
5. What does the Holy Spirit guarantee for us? Thank God for that.

My Appointment With God On Day 3

Ephesians 1:15-23

1. What two things did Paul hear about the people he was writing to according to verse 15?
 - Why are these two things so important?
 - Are these things true about the people in our church? Are they true about your individual life? If so, how is that evident?
2. What two things did Paul do as a result of hearing about these people's faith and love? (verse 16)
 - What do Ephesians 5:20 and I Thessalonians 5:16-18 have to say about being like Paul in this area?
 - Who do you pray for regularly? Do you thank God for them?
 - Who should you be praying and thanking God for regularly?
3. Why does Paul want God to give these people "the Spirit of wisdom and revelation" according to verse 16? What does he want them to know?
 - Do you pray things like this for friends?
 - How well do you know God? Pray he helps you know him better!
4. What 3 other things does Paul pray that these Christians will know? (verses 18-19) What does each mean to you?
 -
 -
 -
5. God's power raised Jesus from the dead. Jesus is now above all things. List at least 5 specific things Jesus reigns over according to verses 20-23. Put your name on the list too and tell Jesus you submit to him!

My Appointment With God On Day 4

Ephesians 2:I-10

1. In verses 1-3 Paul talks about what we used to be like before we became Christians. Fill in the blanks below as we look at who we used to be:
 - verse 1: you were _____ in your transgressions and _____
 - verse 2: you used to _____ in your sins
 - verse 2: you _____ the ways of this _____
 - verse 2: you followed the ways of the _____ of the kingdom of the air (the devil)**
 - verse 2: you followed the spirit who is now at work in those who are _____
 - verse 3: we all gratified the _____ of our sinful nature
 - verse 3: we followed our sinful nature's _____ and _____
 - verse 3: we were by nature objects of _____

*(** The Bible tells us that when man chose to sin he gave control of this world to the devil. He is called by many different names in the Bible. If interested in further study of other names for the devil, see John 12:31, 14:30, 16:11, II Corinthians 4:4 and I John 5:19)*
2. What two qualities about God cause him to save us from this horrible condition that we were all in at one time? (verse 4)
3. What 3 things did God do for us out of his grace?
 - God _____ us _____ with Christ (verse 5)
 - God _____ us _____ with Christ (verse 6)
 - God _____ us with Christ in the _____ realms (6)
4. We are seated with Christ in the heavenly realms. Go back and review question #5 from yesterday's appointment with God and see what it means to be seated with Christ.
5. What does and does not save us, according to verses 8-9?
6. Though good works don't save us, what are we created to do once we are saved according to verse 10?
7. Thank God for his grace, and list good works He has for you to do!

My Appointment With God On Day 5

Ephesians 2:11-22

Anyone who is not a Jew is considered a "Gentile." The Jewish people pride themselves on being "God's chosen people." God made a covenant hundreds of years ago with a man named Abraham. Abraham's descendants from his son, Isaac, become the people known as the nation of Israel. God chose them to show the world what it would be like for a nation of people to have a relationship with God. He gave them the Ten Commandments and other laws on how to live life his way. Paul, the author of this letter, was Jewish by birth and used to look down on Gentiles. At this point in his life he realized Jesus came and died for the sins of everyone and anyone could have a relationship with God whether Jew or Gentile. Keep this in mind as you answer the questions.

1. Fill in the blanks below that describe our position with God before Christ came and died for us and we gave our lives to him. (You'll find the answers in verse 12)
 - you were _____ from Christ
 - you were _____ from citizenship in Israel
 - you were _____ to the covenants and promises
 - you were without _____
 - you were without _____ in the world
2. Which of the facts above hits you the hardest and why?
3. List all the things verses 13-18 tell us Christ did.
 - He brought us _____ though we were far away
 - He is our _____
 - He made the _____ one (made both Jew and Gentile united)
 - He _____ the barrier
 - He _____ the law with its commandments
 - In his body he _____ both Jew and Gentile to God
 - He put to death the _____ between Jew and Gentile
 - He preached _____ to those near and far
 - He has given both Jew and Gentile _____ to the Father by the Spirit
4. What are we no longer, and what have we become? (verse 19)
5. What is the key that holds all of these truths together? (20-22)
6. Thank God that all the promises in the Bible apply to you now!

My Appointment With God On Day 6

Ephesians 3:1-6

1. Paul gives us a hint of where he is when he wrote this letter in verse 1. It has to do with the title he gives himself. Fill in the blank and you will know where he was.

"I, Paul, the _____ of Christ Jesus"

2. In Paul's day the Roman government (and Jewish leaders) often persecuted or imprisoned people for being Christians. How does the fact that Paul was in prison cause you to look at what Paul writes from a different perspective?
3. Three times in these verses Paul speaks of a "mystery." Verse 6 explains the "mystery." Fill in the blanks below to discover the key elements of the "mystery" he is talking about.
 - through the _____
 - the Gentiles are _____ together with Israel
 - Gentiles and Jews are _____ together of one body
 - Gentiles and Jews are _____ together in the promise in Christ Jesus
4. The Jews understood that they would be saved by God since they were God's chosen people, but they didn't think the rest of the world could be saved. Now God revealed that he intended to save anyone who would make Christ King of their lives. God does this "through the gospel." Write out your definition or understanding of what the gospel is. If you don't know, ask someone who could help you understand.
5. What made this "mystery" finally understandable? (verse 5)
6. In verses 2-4 Paul talks about his special insight into the mystery. If you'd like to know more about that read Acts 9:1-19 and Galatians 1:11-17.
7. Thank God for including you in his kingdom!

My Appointment With God On Day 7

Ephesians 3:7-13

1. What 2 things made Paul "a servant of this gospel"? (verse 7)
 - the _____ of God's _____
 - the _____ of God's power
2. Paul calls himself "a servant of this gospel" in verse 7. What does he say about himself in verse 8?
 - Read I Timothy 1:12-16 and see how Paul describes himself there. List at least 4 descriptions he uses.
 - Why did God choose to use Paul according to I Timothy 1:16?
 - How does this insight into Paul's life help you understand how God can use you?
3. What grace (undeserved gift) was given to Paul according to verses 8-9?
4. How does God intend to make his wisdom known to rulers and throughout the world now? (verse 10)
5. How can we approach God now that Christ has paid the penalty for our sin? (verse 12)
 - with _____
 - with _____
6. Paul was afraid his readers were discouraged because he was a prisoner. He said that didn't matter. What discourages you that could keep you from being excited about telling others about Christ? Write it down, then tell God you want to be his servant to tell others about Christ.

My Appointment With God On Day 8

Ephesians 3:14-21

Paul began chapter 3 with the phrase, "For this reason ..." He then got sidetracked. Now he comes back to that phrase. He is saying, "Since God is building both Jews and Gentiles into one united household under himself, I pray this prayer."

1. Who derives their name from God our Father according to verses 14-15?
2. What does Paul ask God to do for the "inner being" of his readers? And why does Paul ask God to do this for them? (verses 16-17)
3. What does Paul want his readers to be rooted and established in? What do you think it means to be rooted and established in this? (verse 17)
4. What does Paul want his readers to know according to verse 18, and why is this such an outrageous request according to verse 19?
5. Think of someone you know that needs to be strengthened in their inner being and needs to sense how much God loves them. Write their name(s) down here, then read verses 16-19 out loud as a prayer for them, putting their names in wherever you read "you" or "your." Pray it for yourself if you need to.
6. How much can God do according to verse 20?
7. Read verses 20-21 out loud and then give glory to God in a praise song or by praying statements of praise out loud to him.

My Appointment With God On Day 9

Ephesians 4:1-10

Paul now moves from teaching deep theology to giving practical tips on how to live life. It is as if he is saying "Since everything I said in the first 3 chapters is true, now let me tell you how it ought to change the way we live life."

1. What is Paul's overall challenge to his readers? (verse 1)
 - live a life _____
 - Put in your own words what you think this means. Try to be very practical.

2. List the 7 attitudes Paul says we should have in verses 2-3 and then write what each one means.
 - be completely _____
 - and _____
 - be _____
 - _____ with one another
 - in _____
 - Make _____ effort to keep the _____ of the Spirit
 - through the bond of _____

3. What 7 things should unify us according to verses 4-6?
 - One _____
 - One _____
 - One _____
 - One _____
 - One _____
 - One _____
 - One _____

(How do each unify us?)

4. What has Christ given to each of us according to verse 7?

5. Where did Christ go before he ascended and now that he has ascended, what does he fill?

6. Ask God to help you with one of the attitudes listed above – also pray that God helps our church be a place of unity in him!

My Appointment With God On Day 10

Ephesians 4:11-16

1. Verse 11 tells us that Christ gave 5 kinds of people to the church to help lead the church. List the 5 kinds of people and try to define each one.
2. Why did Christ give these people to the church? (verse 12)
 - "to prepare God's people for _____"
 - Do you feel prepared for this?
 - What "works of service" are you involved in? Where could you get involved if you aren't serving now?
3. These people are to prepare God's people for works of service ... (verses 12-13)
 - so that the body of Christ (church) may be _____
 - so that we all reach _____ in the faith and knowledge of Christ
 - so that we become _____
4. From your own common sense, list at least 5 ways the church can be built up.
5. What is the result of a church being full of spiritually mature individuals? (verses 14-15)
 - No longer _____
 - Speak the _____ in _____
6. What needs to happen for the body of Christ (the church) to grow and build itself up? (verse 16)

"each _____ does its _____"
7. Who is helping you grow spiritually? Who are you helping?

My Appointment With God On Day II

Ephesians 4:17-24

1. What does Paul insist on, and what do you think he means? (verse 17)
2. How does Paul describe "Gentiles," or people without Christ in their lives? (verses 17-19)
 - Their thinking is _____
 - Their understanding is _____
 - They are _____ from the life of _____
 - They have _____ within them
 - Their hearts are _____
 - They have lost all _____
 - They have given themselves over to _____
 - They indulge in every kind of _____
 - They continually _____ for more
3. Put a check mark next to each description that you feel applies to the general population of the United States today.
4. How are we to be different if we have been taught the truth in Christ?
 - Put off the _____ which is being _____ by its _____ desires
 - Put on the _____ created to be _____ in true _____ and _____
5. What is a better description of you?
 - A new person who is becoming more like God in righteousness and holiness
 - A hardened person who is giving into sensual desires that deceive you
6. 6. What is it about your life that causes you to mark the answer you did in #5?

My Appointment With God On Day 12

Ephesians 4:25-28

1. How are we to deal with each of the following aspects of our lives?

	<u>DO NOT</u>	<u>DO</u>
Speech (25)		
Anger (26)		
Work (27)		

2. Why are we to change the way we deal with each of these aspects of our lives?

- Why speak truth instead of lies? (verse 25)
- Why should we not sin in our anger? (verse 27)
- Why should we work with our hands? (verse 28)

3. Which aspect of life listed above do you struggle with the most? Why?

4. What is one thing you will seek to do to overcome this weakness?

My Appointment With God On Day 13

Ephesians 4:29-5:2

1. What should not come out of our mouths? (4:29)
 - What kinds of conversation does this include?
 - How much of a struggle is this for you?

2. What should come out of our mouths? (4:29)
 - What kinds of conversation does this include?
 - What is one way you can do something like this today?

3. What are we not to do according to verse 30? What do you think could cause this to happen?

4. List the 6 things we are to get rid of according to verse 31. Then write where these things spring up in your life.
 -
 -
 -
 -
 -
 -

5. List the 3 ways we are supposed to respond to each other (4:30). Then write out how God has done each for us.
 -
 -
 -

6. Who are we to imitate and what 2 specific activities are we to imitate him in according to 5:1-2?

7. Which of the challenges given in these verses do you need to take most seriously? How will you do something about it today?

My Appointment With God On Day 14

Ephesians 5:3-7

1. What 3 actions or attitudes are we to stay as far away from as possible? (verse 3)
 -
 -
 -
2. Why should we avoid these actions and attitudes? (verse 3)
3. What other reason for avoiding these actions and activities is given in verse 5?
4. What 3 kinds of conversation should we not participate in? (verse 4) List the description and then write out your definition.
 -
 -
 -
5. What kind of conversation should we be involved in? (verse 4) (see also Ephesians 4:29)
6. What comes because of wrong actions, attitudes and words? (verse 6)
7. Why do you think we are told to not let anyone deceive us about things like this? (See also I Corinthians 6:9-10, Galatians 5:19-21 and 6:7-8)
8. What warning are we given in verse 7?
9. Which area given in these verses do you need to work on the most? Ask God to help you and have a friend hold you accountable!

My Appointment With God On Day 15

Ephesians 5:8-21

1. In verse 8 we are told that as Christians we are “children of the light.” What 3 qualities are a part of the “fruit of light”? (verse 9)
 -
 -
 -
2. Write a definition of each of the items in #1. How much are these qualities a part of your life (on a scale of 1-10)?
3. What are we to find out according to verse 10?
4. What are we to try to understand according to verse 17?
5. List at least 3 facts we know about the deeds of darkness from verses 12-13.
6. What 2 commands are we given in verses 15-16 and what does each mean to you?
7. What two states of mind are contrasted with each other in verse 18? What is similar about each state of mind and what is different?
8. What 3 commands are we given in verses 19-20? How well do you obey each of these commands?
9. What is the command given in verse 21, what does it mean, and why are we to do it according to verse 21?

My Appointment With God On Day 16

Ephesians 5:22-24, 33

1. Who are verses 22-24 speaking to directly?
2. What command is given in verse 22? What does the verb in this command mean?
3. What example of how this command is to be lived out is given in verse 24? Why do you think this example is given?
4. In what areas are wives to obey this command according to verse 24?
5. What are wives told they must do according to verse 33? How would this help a wife obey the command given in verse 22?
6. If you are a wife, list as many things as you can think of that you respect your husband for.
7. Now determine how you will let your husband know that you respect him for these things. Write him a note or tell him 2 things a day that you respect about him. Write out your plan here.
8. For further insight into how God wants wives to respond to husbands (even husbands who aren't very spiritual) read I Peter 3:1-6.

My Appointment With God On Day 17

Ephesians 5:25-33

1. Who are these verses speaking specifically to? (verse 25)
2. What command is given in verse 25?
3. What example is given to husbands as to how they are to fulfill this command? (verse 25)
4. List 3-5 specific things Christ wanted to do for the church found in verses 26-27.
5. Review Christ's goals for the church from your answer in #4 and now write out how a husband can do similar kinds of things for his wife.
6. How are husbands to love their wives according to verses 28-29?
7. What 3 things are to happen when a man decides to marry a woman? (verse 31)
8. What are husbands told they must do for their wives in verse 33? How is this different than what a wife is told she must do for her husband?
9. If you are a husband, list 5-10 tangible ways you can show your wife that you love her (send a card, open the door, buy a gift, pray with her, etc).
10. Now write out a plan of 2 things a week you will do for your wife for the next 3 weeks to show her your love.
11. For further study read I Peter 3:7.

My Appointment With God On Day 18

Ephesians 6:1-4

1. Who is verse 1 speaking to specifically?
2. What command is given in verse 1, and what reason is given for obeying it?
3. What command is given in verse 2? How does it differ from the command given in verse 1?
4. What reason, or promise, is given in verse 3 to motivate children to obey the command listed in verse 2?
5. Verses 2-3 are simply a quote of the 5th Commandment of the Ten Commandments. Look it up in Exodus 20:12. You might want to read all of Exodus 20 to remind yourself of the 10 Commandments.
6. Who is verse 4 speaking to specifically?
7. What 2 commands are given in verse 4? (Note, one is stated negatively and one positively.)
8. List 5-10 ways a father or mother can "exasperate" his/her children.
(see also Colossians 3:21)
9. List 5-10 things a parent can do to "bring up his/her child in the training and instruction of the Lord."
10. If you are a parent, identify 3 of the activities you listed in #8 and #9 that you are going to work on in the next week or so to be a better parent.

My Appointment With God On Day 19

Ephesians 6:5-9

1. Who is verse 5 directed specifically to?
2. Since this group of people do not exist in our culture today, in what setting would this verse apply to you?
3. What specific command is given in verse 5?
4. What 3 attitudes are slaves told to have as they obey this command? (verse 5)
5. Who were slaves to keep in mind as they served their masters? (verse 5)
6. When were slaves to obey their masters? (verse 6)
7. How does this last command apply to your work situation?
8. What one word does Paul use to describe how slaves were to serve (verse 7)? What do you think he means by this word, and how could this apply to your workplace?
9. What reason is given for such dedicated service (verses 7-8)? How does this apply to you?
10. List 3 attitudes or actions you need to work on to be a better employee, and one action you will take this week.
11. Why are masters told to be respectful of their slaves? (verse 9)
12. Is there anyone serving under you at work or elsewhere? If so, how are you to treat them?

My Appointment With God On Day 20

Ephesians 6:10-18

1. There are a number of commands given in these verses. Most of the commands also list a reason for obeying the command. Below list the command found in each verse listed, and IF there is a reason given for obeying the commands, list that reason.

	COMMAND	REASON
Verse 10		
Verse 11		
Verse 12		
Verse 13		
Verse 14		
Verse 15		
Verse 16		

2. List the 2 things our struggle is not against and 4 things our struggle is against according to verse 12.

3. How does the armor listed in verses 13-17 help us in this struggle?

4. Which piece of armor do you feel you need most as you go out to face the world each day?

5. Read II Corinthians 10:3-5. How do these verses make more sense after reading Ephesians 6:10-18?

My Appointment With God On Day 21

Ephesians 6:18-24

1. Read verse 18 and answer the following questions.
 - On what occasions are we to pray?
 - What kinds of prayers are we to pray?
 - How much are we to pray?
 - Who are we to pray for?
2. How would you evaluate your prayer life? Write out a sentence to God about your prayer life, filling in the blank below.

Dear God, you know that when it comes to my prayer life _____

3. Paul also asks the readers of this letter to pray for him specifically. What does Paul ask them to pray for him? (verses 19-20)
4. Remember that Paul is in prison as he writes this letter – and he is in prison for preaching about Christ – declaring the gospel. Why do you think Paul didn't ask them to pray that he would be released from prison? Why do you think he asks them to pray for him as he does?
5. Who did Paul have deliver the letter, and what 2 things was he to do for the readers when he arrived with the letter? (verses 21-22)
6. What 4 qualities did Paul wish for or pray for the readers to receive? (verses 23-24) Which do you need the most? Who can you pray these qualities over?