

WOMEN'S FALL BIBLE STUDY EPHESIANS

The letter to the church in Ephesus is powerful and essential. It is written in two parts. Chapters 1-3, detail all the benefits of being in Christ, what it means to be in Christ, how the deep, vast grace of God demonstrated in the death and resurrection of Jesus is the pulsating heart of the gospel. We, dead in our sin, receive it all by faith as a transforming gift of life, leading us to walk in good works as an act of gratitude living a new way to be human.

Chapters 4-6 lead us into the “how to live this life and why” section. While we are one in Christ Jesus, we are gifted in many different ways. These gifts are to be used under the direction of the Spirit of God in us.. Because we are a body connected to our head, Jesus, filled with the Holy Spirit, we work together in love and cooperation to care for each other to make Him known. We walk in truth and love, putting the old dead ways off, and putting on the beauty of God’s character, aware of our adversary, the Devil, clothed in God’s armor and strength, standing in truth.

This is the Christian life.

The Bible Project summarizes the whole book beautifully in under 10 minutes:

[Book of Ephesians Summary: A Complete Animated Overview](#)

Make sure you have a notebook or paper on hand as you read the scriptures, and pray as you begin, Lord, please show me your heart and my need as I spend time with You in Your word. Open my heart, my eyes, my ears to hear You. And help me trust You more, with more obedience and loyalty to You.

In chapters 1-3 PLEASE NOTE every reference to something we receive:

-in Christ

-in Him

-in Christ Jesus (or Christ Jesus our Lord)

Keep a running list and as you do, thank God for what is ours, unearned, undeserved, given to us as daughters and saints, believers in Jesus.

How to Study the Bible and Actually Understand It | Inductive Bible Study Method Explained

As you read, note repeated ideas, phrases or words. What is Paul trying to tell us? (example: heavenlies, heavenly places is a repeated idea in this book. Are there other places you remember reading this idea/phrase? Look those up, too. Then chew on what the concept might mean in its context. Write down what you think.)

Observe the text, asking what does it say? What is the context? Who is the audience? Etc. Notice the verb tenses—past or present or something to come?

Then ask, what does it mean? Write down questions you might have. Think about what the meaning is for the Ephesians, and for us today. Connect ideas as they emerge for you. Pray about what you are understanding, ask God to help you, to open the eyes of your heart, as Paul prayed in this book.

Finally, ask God what He wants you to understand and apply to your life. Is there something to repent of? Gratitude to express? An act of service or love? Something to receive as kindness to your own heart?

Write a prayer as you move through the application part, talk to God and let Him speak to your heart.

For more direction around bible study, here's a short, helpful video:

[How to Study the Bible and Actually Understand It | Inductive Bible Study Method Explained](#)

Background on Ephesus: [wk01-Ephesians.pdf](#)

Every other week we will use a bible study guide for discussion. [Ephesians: Every Spiritual Blessing — Study Guide — Kingdom Bible Study](#)

SCHEDULE:

Week 1--September 16 / Introduction and Ephesians 1:1-14 (plan to look for “in Christ”)

Week 2--September 23. / OFF

Week 3—September 30 / Ephesians 1:15-23 Discuss the study guide session 1, Every Spiritual Blessing and YOUR EXPERIENCE OF THIS EXERCISE OF NOTING THE IN CHRIST BLESSINGS

Week 4—October 7 / Eph. 2:1-10 Discuss study guide #2 Power that Raised Him

Week 5—October 14 / Eph. 2:11-22

Week 6—October 21 / Eph. 3:1-21 Discuss study guide #3 One New Humanity

Week 7—October 28 / Eph. 4:1-16 (Spiritual gifts test)

Week 8—November 4 / Eph. 4:17-5:2 Discuss study guide #4 Walk Worthy

Week 9—November 11 / Eph.5:3-17

Week 10—November 18 / Eph. 5:18-6:9 Discuss study guide #5 Walk in the Light

Week 11—December 2 / Eph. 6:10-24

Week 12—December 9 / Discuss study guide #6 The Armor of God

Any questions? Contact Kim Case kim@cceastside.com