

Walking Worthy

A Study From The Book of Ephesians



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Quarter 4 - 2019

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Material by Ben Hall and Michael Parker

Lesson 1: Introduction—Background and Overview of Ephesus

The Church at Ephesus (Acts 18b-20, Revelation 2)

1. What were the circumstances of Paul's first time in Ephesus? Who was with him? How was the Gospel (and Paul) received at Ephesus? (Acts 18:18-23)

2. What significant character was teaching in Ephesus after Paul left? What do we learn about his character and ministry? How would you describe the fruitfulness of the Gospel in Ephesus during this period? (Acts 18:24-28)

3. When Paul returned to Ephesus, what issue immediately arose? How was this issue handled by the disciples in Ephesus? What does that show you about their character? How many disciples were there learning from and working with Paul? (Acts 19:1-7)

7. Years later, what do we learn about how the Ephesian church grew? (Revelation 2:1-7) What should the trajectory of the Ephesian church teach us?

The Letter to the Ephesians

1. Read Ephesians all the way through in one sitting. (It should take around 15 minutes.) What do you see? What do you think are some of the major themes of the letter? What impressed you about the letter as a whole? (Don't get bogged down in details! Just let things stand out to you through a natural reading.)

Notes

Lesson 2: “Blessed Be God” (Ephesians 1:1-14)

1. In 1-2 sentences, what would you say this section is all about?

2. What words, phrases, ideas, concepts, etc. are repeated in the text?

3. How does Paul introduce himself at the beginning of this letter?
How does he address his audience?

4. What one word in 1:3 stands out to you? What is said about this
word in 1:3? How does this verse help you understand the section
as a whole?

5. Using only this passage, answer the following questions.
 - a. **What** blessings does God give his people according to this text?

 - b. **How** does God grant these blessings according to this text? (Tip:
Look for phrases that begin with: *in, according to*, etc.)

- c. **Why** (i.e., for what purpose) are we blessed in these ways according to this text?
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6. Define the following concepts from the text. What do they mean? (Feel free to use other passages from Scripture to support your answer(s))
 - a. “He predestined us” (1:5)
 - b. “we have redemption” (1:7)
 - c. “we were made a heritage (1:11)
 - d. “sealed...Holy Spirit...pledge of our inheritance” (1:13)
 7. How should this passage impact the way we view our lives? What should change about the way we act or think because of this passage?
 8. What words, phrases, ideas, concepts, etc. do you not understand from this section? (Write these down so that you will remember to bring them up in our class discussion!)

Notes

7. How does the Gospel (as explained in 1:19b-23) reveal and help us understand these three concepts?
 - a. Hope
 - b. Inheritance
 - c. Power
8. What position does Christ now have? What position do we, his church, now have?
9. How should this passage inform the way we view our lives? What should change about the way we act or think because of this passage?
10. What words, phrases, ideas, concepts, etc. do you not understand from this section? (Write these down so that you will remember to bring them up in our class discussion!)

Notes

Lesson 4: “And You Were...But God” (Ephesians 2:1-10)

1. In 1-2 sentences, what would you say this section is all about?
2. What words, phrases, ideas, concepts, etc. are repeated in the text?
3. Immediately after finishing a description of the great power God worked in the Death, Resurrection and Ascension of Jesus (1:19-23), how are we described in the beginning of this passage? Which of these pictures is the most striking to you? Why?
4. Why is it important for us to realize and remember where we were apart from Christ?
5. What does 2:1-3 teach you about the nature of the world in which we live?
6. How does the text go on to describe our change? What does the text say has happened? How has it happened?

7. What parallels do you see in Jesus (1:19-23) and us (2:1-7)? What significance may there be in this textual parallelism?

8. Why has God saved us? (NOTE: There are multiple reasons given in the text. Look for *because, that, so that, for*, etc. phrases.)

9. How should this passage inform the way we view our lives? What should change about the way we act or think because of this passage?

10. What words, phrases, ideas, concepts, etc. do you not understand from this section? (Write these down so that you will remember to bring them up in our class discussion!)

Notes

Lesson 5: One in Christ (Ephesians 2:11-22)

1. In 1-2 sentences, what would you say this section is all about?
2. What words, phrases, ideas, concepts, etc. are repeated in the text?
3. Paul begins this section with “Therefore.” What was discussed previously that the following teaching will be based upon?
4. Who is being addressed in this section? What was their condition apart from Christ?
5. What parallels do you see in 2:1-10 and 2:11-18?
6. What has Christ done that corrects the problem of racial / social division and animosity that has existed in our world for centuries because of sin? How does the text say that he has accomplished these things?
7. What metaphors are used in this text to describe the depth of Christian unity? How do these metaphors help you understand unity and our pursuit of it?

8. How does the Temple metaphor in 2:20-22 help us understand: 1) the basis of our unity? 2) the purpose of our unity?

9. What is the central focus of the unity in this text? How is this different from the world's approach to promoting, developing and maintaining unity among people groups?

10. Why do you think Christians struggle with unity? How can each of us personally grow in our understanding and practice of Christian unity?

11. How should this passage inform the way we view our lives? What should change about the way we act or think because of this passage?

12. What words, phrases, ideas, concepts, etc. do you not understand from this section? (Write these down so that you will remember to bring them up in our class discussion!)

Notes

Lesson 6: To Him Be the Glory (Ephesians 3:1-21)

1. In 1-2 sentences, what would you say this section is all about?
2. What words, phrases, ideas, concepts, etc. are repeated in the text?
3. What do you learn in 3:1-13 about the following words and concepts?
 - a. Mystery
 - b. Revelation
 - c. Gospel
 - d. Grace
4. What purpose does God have in the revelation of the mystery of the Gospel?
5. How is 3:1-13 relevant and meaningful in your life?

6. After reading Paul's prayer in 3:14-21 answer the following.
 - a. How should we think of and view God as we pray?
 - b. What should we pray for God to give to and do in us?
 - c. Where in our lives will we see the most significant impact of prayer?
 - d. What is the end goal of our prayers? (And our lives as Christians?)
7. How should this passage inform the way we view our lives? What should change about the way we act or think because of this passage?
8. What words, phrases, ideas, concepts, etc. do you not understand from this section? (Write these down so that you will remember to bring them up in our class discussion!)

Notes

Lesson 7: The Worthy Walk (Ephesians 4:1-6)

1. In 1-2 sentences, what would you say this section is all about?

2. What words, phrases, ideas, concepts, etc. are repeated in the text?

3. What metaphor is used to describe the nature of Christian character in 4:1? How does this metaphor help us to understand our life with God?

4. What is our walk based upon? What were the most central elements of “the calling” that we have already studied in Ephesians 1-3? Write out the elements of “the calling” highlighted in the following Scriptures:
 - a. 1:6, 12, 14

 - b. 2:7

 - c. 3:10

5. What is the first way which we are told to walk worthy of the calling?

9. List the seven fundamental principles that unite Christians listed in this text. Consider and note alternatives to these.

a.

b.

c.

d.

e.

f.

g.

10. What implications do these seven “ones” have for our fellowship with other people?

Notes

Lesson 8: Growing as One Body (Ephesians 4:7-16)

1. In 1-2 sentences, what would you say this section is all about?
2. What words, phrases, ideas, concepts, etc. are repeated in the text?
3. Though all Christians are “one” in attitude and principle is there still variety in the body? Why is that important to recognize?
4. When did Jesus establish his ability to gift his body? How is his gifting described?
5. What specific gifts from Christ are highlighted in this passage? (See Romans 12:1-8, 1 Corinthians 12:1-11 for further discussion on “gifts.”) Do we have these gifts today? Support your answer.
6. What is the common denominator among the gifts listed in this passage?

7. Fill in the following blanks from the text and consider the progression of purpose in the gifts that Christ has given to / for the Body.
- a. "for the _____ of the saints"
 - b. "to the _____ of the body"
 - c. "until _____ attain to the _____ of the _____"
 - d. "to the _____ of Christ"
8. When we grow to be like Christ, how affected will we be by the ideas and character of the fallen world?
9. Instead of joining in the deceit and destruction of the world, what are we supposed to be doing (or speaking)? What will happen as we do / speak in Christ?
10. How important is each individual member in the body of Christ? Explain.

Notes

Lesson 9: Walking in Newness (Ephesians 4:17-32)

1. In 1-2 sentences, what would you say this section is all about?

2. What words, phrases, ideas, concepts, etc. are repeated in the text?

3. If we are growing together in Christ, how should our relationship to the world be affected?

4. What is the nature of the way that the world “walks”? (Note parallels to 2:1-3!) Does the impact of sinfulness increase or decrease the longer we walk in sin? How do you see these principles of sinfulness in the fallen world manifested today?

5. What have we learned that should teach us to not participate in the walk of the world?

6. List the three-step process this passage describes for us to be changed from sinful living to Christ-like living?
 - a.
 - b.
 - c.

7. What is the goal of Christian morality?

8. Why should Christians feel compelled to speak the truth?

9. What happens if we hold on to anger instead of dealing with it “before the sun goes down”?

10. How can we determine what is / is not “corrupt communication”?
(HINT: There is an implied answer in this very text!)

11. Why should we put away evil attitudes and be kind, tenderhearted, forgiving, etc.?

Notes

Lesson 10: Walking in Love, Light and Care (Ephesians 5:1-21)

1. In 1-2 sentences, what would you say this section is all about?
2. What words, phrases, ideas, concepts, etc. are repeated in the text?
3. What standard are we aiming for in our character as we learn of Christ? (See also 4:24)
4. What should characterize our walk? How far should our love take us?
5. List all the sins that are in this text that are opposed to love. Which of these are most pervasive in your life? Which do you see around you most frequently in your world?
6. How serious are these sins against love? What should we be guarding against as we strive to walk in love?

7. Now that we are “light in the Lord,” how should we walk? What will be the fruit of our lives if we walk this way? What is the goal/standard for walking this way?

8. How should saints relate to the darkness of the sinful world? Why? How?

9. What is the third way this text tells us that we should walk? List the three “not...but” statements in this portion of the text.

10. How should we respond to the “evil days” we face? How might we typically (and wrongly) respond?

11. How do the following activities relate to being “filled with the Spirit”?
 - a. Collective Worship

 - b. Thanksgiving

 - c. Mutual Submission

Notes

Lesson 11: Submitting to One Another (Ephesians 5:22-6:9)

1. In 1-2 sentences, what would you say this section is all about?
2. What words, phrases, ideas, concepts, etc. are repeated in the text?
3. What command(s) does this passage give to wives? To husbands?
4. Why do you think God gives these instructions? How are they difficult to obey?
5. What does this text teach us about our value to Christ? What does this text teach us was accomplished in the Cross? How does marriage relate to Christ and the church?
6. What command(s) does this passage give to children? To parents?
7. Why do you think God gives these instructions? How are they difficult to obey?

8. What motivation(s) should parents use to encourage their children to be obedient and respectful? What is required of parents for this to practically be carried out?

9. Who is primarily responsible for child-training in this text? Why do you think that is?

10. What temptations do fathers face in child-training? How can these be overcome?

11. What command(s) does this passage give to slaves? To masters?
(NOTE: The slave-master relationship of the Roman empire was quite different from the slave-master relationship of what we are familiar with in more modern terms. Typically, people became slaves either to work off a debt or as a result of a lost war.)

12. Why do you think God gives these instructions? How are they difficult to obey?

13. What motivation(s) are given to servants for their submission?
What motivation(s) are given to masters for their right rule?

Notes

Lesson 12: Be Strong in the Lord (Ephesians 6:10-24)

1. In 1-2 sentences, what would you say this section is all about?

2. What words, phrases, ideas, concepts, etc. are repeated in the text?

3. What does this passage teach about strength? What does it teach about our stand?

4. What does this passage teach about the struggle we face? How might we often misunderstand our struggle? Why does it matter that we have an accurate understanding of our struggle?

5. What do we need to "take up" in our struggle? For what purpose?

6. List each part of the armor of God and what it provides
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

