



# Week 1

## June 8: Strengthened by His Love Ephesians 3:14-21

1. What reason does Paul give for bowing his knees to God the heavenly Father? Hint: Look at the previous verses.
2. Other than bowing the knee, how can you show respect and honor to the Lord, and does it always have to be a physical demonstration?
3. In verse 15, Paul says that every family is named. Does this include your family name? Also, what is so important about a name, and why is Paul bringing this up that every family is named?
4. How do you know that Jesus lives in your heart? Hint: Is it a feeling, is it a declaration of Scripture or is it something else?
5. Look at verse 17. How does the Holy Spirit strengthen believers in their relationship with Him?
6. How have you seen the Holy Spirit at work in your life, and do you think it is easier to see His work in your life or in the life of another believer?
7. How has God strengthened you in your life? Do you have any examples you would like to share?
8. Why does Paul identify love as the attribute believers need to be rooted and grounded in? Is there not a better attribute to be grounded in such as truth, honesty or loyalty?
9. How is God's love different from a believer's love and the world's love?
10. Explain why it is important that believers know God's love.
11. Since God is able to do abundantly more than we ask or think, why do so many people refuse to ask Him for anything?
12. Is part of the Church's work to give glory to God? What does verse 21 have to say about this?
13. Looking at verse 19, how can we be filled with the fullness of God, and do you think this is a one-time experience or continuing action?
14. After spending time in this Text, how does this passage point us to Jesus?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

How does this passage demonstrate God's mercy and grace?



# Week 2

## June 15: Living Out Our Calling in Unity Ephesians 4:1-6

1. One of the first words in verse 1 is the word “therefore.” What is the “therefore” there for?
2. Paul has already reminded the church in Ephesus and us that he is a prisoner in Christ (Ephesians 3:1). Why bring it up again? What is the big idea?
3. Paul alludes to the Christian life as a walk or a journey in verse 1. Why does he use this type of language to talk about our lives as believers?
4. What is the calling that the apostle is referring to in verse 1 that you and I have been called? Is this a reference to salvation, the call to serve God, a pastoral call or something else? What do you think?
5. How would you define humility, gentleness and patience, and how does each one fit into the Christian life?
6. In verse 2, is the bearing with each other talking about bearing with believers or unbelievers? Does it make a difference or is there no difference between the two?
7. If Christians have been forgiven and are continually sanctified (aka the process of being made holy), why does Paul call us to bear with each other in love? Shouldn't that come naturally to us? Why or why not?
8. What is the unity of the Spirit? Does that mean we have to agree on everything or just on some theological beliefs?
9. How can the bond of peace bring unity to believers?
10. Look at verse 4. Is the one body a reference to the Christian Church or is it referring to individuals within the body of Christ? Why?
11. How would you explain the hope that you have in Jesus Christ? Hint: Is this hope talking about our eternal home in heaven, the forgiveness of sins or both?
12. At times, it can be easy to see how Christians can be divided concerning theological issues and challenges, but what is Paul's point in verses 5-6?
13. What are the implications of God being “over all and through all and in all?”
14. What does this passage teach you about what is important to Jesus?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

At times, it can be harder to love believers as compared to unbelievers. How do you strive to love believers when they are unlovable?



# Week 3

June 22: Equipped for Ministry

Ephesians 4:7-16

1. What is grace? How would you define it? Hint: Luther puts it this way, "This is grace: the forgiveness of sins for the sake of the Lord Christ, the covering up of all sins" (WLS Vol II Pg 603).
2. What is the gift of Jesus Christ? Hint: Look at Romans 6:23.
3. As Paul talks about Jesus ascending and descending, what is he talking about? Hint: Consider John 3:13.
4. In verse 10, Paul says that Jesus filled all things, What does this mean? Could it refer to the fact that He is Living Water and those who receive Him no longer thirst, or is this speaking of something completely different?
5. In verse 11, the apostle Paul identifies 5 different callings that some believers have received. Is there anything that surprises you about any of the callings?
6. What is the purpose of these 5 callings according to verse 12?
7. What type of work are the saints, which include you and me, called to do, and how do we accomplish that work?
8. Do you think the work of the believer changes as he/she ages or changes vocations? Why or why not?
9. How do you know when you have reached spiritual maturity, and can it be achieved while you are on earth?
10. According to Paul, what are some of the benefits of being mature in Christ?
11. For immature believers, what word picture does the apostle give, and what type of forces can move those individuals?
12. Look at verse 15. How do you speak the truth in love, and do you have any examples about what to do or what not to do?
13. How can believers achieve unity and growth?
14. At the end of the passage, Paul talks about the Church growing in Christ (verse 15). Why do you think the apostle refers to being built up in love, according to the end of verse 16?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

The apostle keeps talking about love in this Book. In fact, he has referred to it twice in this passage and mentions it 15 times throughout the Book. Why? What does God want us to know?



# Week 4

## June 29: The New Life in Christ Ephesians 4:17-32

1. Why does Paul begin this passage in verse 17, "Now this I say and testify in the Lord." Does this indicate he has something really important to say, or is he using it as a way to make sure you and I are paying attention?
2. As Paul talks about the mind of the gentiles in verse 2, he says their understanding has been darkened. How can your understanding be darkened? What does that look like?
3. According to the apostle, what is the reason why gentiles have been alienated from the Lord?
4. Have you ever had hardness of heart? If so, what does that look like? How do you deal with it?
5. Why is callousness so dangerous in the life of a believer and an unbeliever? Hint: What does callousness do to the ability to hear the Holy Spirit?
6. What is your old self in verse 22, and how can you put it off? Hint: Look at Romans 6:6-7.
7. Paul refers to the mind being renewed in verse 23. What does that look like?
8. How do you put on the new self? Is this a daily practice or a one time thing that happened when you were baptized?
9. Look at verse 25. What is the "therefore" there for, and how does it affect the rest of the verse?
10. Look at verse 26 that says, "Be angry and do not sin." That sounds impossible, doesn't it? How can you be angry and not sin?
11. How can the devil get an opportunity when it comes to your anger, and what do you do to resolve your anger?
12. If you know Christ, what expectations does He have on you for what comes out of your mouth in verse 29?
13. How can we grieve the Holy Spirit? Hint: Think about resisting His calling.
14. On a personal note, how do you put away bitterness, wrath, anger, clamor and slander in your life?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

How can you be kind to someone when they are mean and unpleasant? Hint: How does Paul conclude verse 32?



# Week 5

## July 6: Walk in Love & Light

### Ephesians 5:1-14

1. How can you and I be imitators of God? After all, we're imperfect sinners and really do not do a good job of following Jesus.
2. When it comes to imitation, is Paul asking us to literally imitate what Jesus did on earth, imitate His love and heart for others or something else?
3. What does it look like to walk in love in your own life?
4. Is love something that you and I create as Christians or does it come from the Lord? Why is this question important?
5. In particular, why is Paul singling out sexual immorality, impurity and covetousness?
6. What are some practical ways Christians can be thankful without looking ridiculous? What works for you?
7. In verse 5, what is inheritance of the kingdom of Christ and God?
8. In verses 5 and 6, is Paul talking about consequences coming for people who struggle with sinful tendencies or people who are in habitual sin and could care less? Why?
9. Paul assumes that you and I already know how to "Walk as children of light." How do we do this? Hint: What is the context of verse 8?
10. What does Jesus have to say about light? Look up John 8:12.
11. On a personal note, how do you know what is pleasing to the Lord? And, if you know what is pleasing to the Lord, how do you accomplish it?
12. As Christians who live in a dark world, how can we expose "unfruitful works of darkness" in verse 11? What does that look like today?
13. According to Paul, how can light affect deeds of darkness?
14. Is the middle of verse 14 talking about physical sleep or spiritual sleep? Hint: Take a look at Mark 5:39 and John 11:13.
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

Has turning on a light ever helped you? Thinking from a spiritual perspective, how does Jesus help you see?



# Week 6

July 13: Walk in Wisdom

Ephesians 5:15-21

1. In the verse first of today's study, Paul says that we should look at how we walk. How does walking and Christianity go together?
2. Why is Paul stating that obvious when he calls on us to make the best use of the time God has given us? Also, how can evil days affect our work in serving the Lord?
3. In the first two verses of this passage, Paul talks about wisdom and foolishness. How have these helped or hindered your spiritual journey?
4. What is God's will? Hint: Consider John 6:29.
5. Is Paul saying that we can't drink wine at all? Since the answer is no, what is he saying?
6. How can we be filled with the Spirit, since we have already received Him in baptism? Hint: Look at Ephesians 4:30 to see how our sinfulness can affect our relationship with the Holy Spirit.
7. Read verse 19. What does this verse teach you about what is important to Jesus?
8. When we sing at LW or elsewhere, why can it be so hard to remember that we are there to praise the Lord as compared to singing to others or to ourselves?
9. After looking at verse 20, how do you give thanks to the Lord for things that are truly terrible, such as cancer, job loss, a broken relationship, etc?
10. In particular, Paul highlights the Name of Jesus Christ in verse 20. What is so important about His Name? Hint: Consider Philippians 2:10-11.
11. How would you define submission?
12. How do you submit to each other, and does that mean you have to do exactly what someone else says even when it is wrong?
13. What does reverence for Christ have to do with submission?
14. What do you think: Is it harder to submit to God or to another human being?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

How can I gain wisdom? Hint: Look at James 1:5.





# Week 7

## July 20: Christ-Centered Marriages Ephesians 5:22-33

1. Why does the apostle liken submission to the husband as to submission to the Lord?
2. How do you understand the husband being the head of his wife? Does verse 23 help?
3. What does it look like for the Church to submit to Jesus?
4. In the middle of verse 24, is Paul saying that women need to do exactly what the husband wants, or that he should have final say in topics of disagreement?
5. In these verses, Paul repeatedly reminds us that Christ loved the Church. How can He do this when the Church is so imperfect and full of flaws?
6. Why do you think submission is such a hot button topic?
7. Paul, inspired by the Holy Spirit, singles out husbands to love their wives in verse 25. That being said, he does not say how to do that. Are you surprised by this? Why?
8. How can Christ's love for the church be an example to husbands in how to love their wives?
9. Baptism is referred to in verse 26. What does it do?
10. How do you understand the call for the husband to love his wife as he loves his own body?
11. Why does the apostle inspired by the Holy Spirit call on the husband to leave his parents and hold fast to his wife? Do you think husbands in general struggle with this more than their wives?
12. What is the impact of Paul concluding this chapter with the call for the wife to respect her husband in verse 33?
13. Do you see respect and submission going together? Why or why not?
14. How do you love your wife and respect your husband when they are jerks and don't deserve it?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study  
What mystery is Paul referring to in verse 32?



# Week 8

## July 27: Godly Parenting & Work Ephesians 6:1-9

1. In verse 1, does children refer to children who are under 18 or to everyone, since everyone has parents? Why is this distinction important?
2. What does the inclusion of "in the Lord" affect how children obey their parents?
3. When does honoring your parents stop, if it does? Is it when you move out of the house, when you turn 18 or something else?
4. How do you honor your parents today?
5. Why can it be so hard to honor your parents regardless of whether you are a child or an adult?
6. What is the promise that goes with this commandment?
7. In particular, Paul talks about a weakness fathers have with their kids. What is that weakness, and what can fathers do to avoid it?
8. How would you define the problem Christian slaves have with their masters?
9. While Paul is concerned about the outward actions of slaves, he talks about having a sincere heart in verse 5. Why?
10. Are there lessons that Christians workers and managers can take from these verses? What are they?
11. When you work, how do you remember that you are working for God and not for men?
12. What is it that Christian masters have a problem with concerning their slaves?
13. In your own words, what practical advice does Paul give to masters in treating their slaves?
14. What does Paul mean when he says that God shows no partiality?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

Why is Paul taking the time to address personal and professional relationships in this passage?





# Week 9

## August 3: The Armor of God (Part 1) Ephesians 6:10-17

1. Superhero movies have been popular for years and having a superpower sounds intriguing to many, such as the ability to fly or being invisible. According to the first verse of this Text, how can a believer receive special strength from the Lord?
2. In looking at verse 11, Paul assumes that we already know how to put on the full armor of God. On a personal note, how do you put it on?
3. Why do we need to recognize that the wrestling in verse 12 is not against people but the evil spiritual forces?
4. Have you ever experienced a spiritual attack before? If so, what happened, and how did you respond?
5. Do you think the evil day that is being referred to in verse 13 is a particular day or any day in the life of a believer? Why?
6. Explain the significance of standing firm as compared to moving forward or being in a defensive position.
7. Looking at all 6 pieces of armor, do you have a favorite or one that sticks out to you in particular?
8. Is the belt of truth a reference to Biblical truth or just to truth? Hint: Can it be both?
9. What does it mean to be righteous? Hint: What has Jesus done for us, and how do we receive it?
10. How have you received peace from the Gospel of Jesus Christ?
11. At times, Christians can see the enemy, the devil, as harmless. However, what does this passage teach us concerning him? For further study, consider John 8:44 and I Peter 5:8.
12. The last weapon Paul talks about is the sword of the Spirit being the Word of God. Take a look at the following verse to see Jesus using this unique weapon: Revelation 1:16; 2:16 and 19:15.
13. Why do you think many swords are never used or sit on bookshelves throughout many Christian homes?
14. Have you ever used your (Biblical) sword in battle? What happened?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

In general, why don't believers like to talk about spiritual warfare?



# Week 10

## August 10: The Armor of God (Part 2) & Prayer Ephesians 6:18-20

1. Even though the majority of his audience is gentile and not Jewish, Paul expects everyone to know how to pray. What is prayer, and how do you pray?
2. Take a quick look back at verse 17. How do verses 17 and 18 complement each other?
3. As the apostle calls on believers to prayer, why does he include the phrase “in the Spirit”? What does that look like in practice?
4. Can our prayers be self-centered and prideful? If so, why should we pray? Hint: Consider the Lord’s Prayer and Matthew 7:7-9.
5. As Paul is talking about prayer in this Text, is he referring to private or public prayer? What’s the difference?
6. As a Christian, where do you stay alert in your life? Such as what you watch on the tv, people you talk to, etc.
7. Take a moment and read James 5:17-18. Where does perseverance come into play with this passage?
8. Have you ever needed perseverance as you prayed? What did that look like and what happened?
9. Who are the saints according to verse 18? For the answer, take a look at the following passages that refer to saints in Acts 8:1; 9:13; 26:10 and Romans 1:7.
10. Why does Paul need prayer? After all, God is already using him so mightily.
11. Do you think everyone needs prayer? If so, why don’t we pray more often for others?
12. In particular, what prayer requests does Paul bring up that he wanted believers to pray for him? In your own life, do you have any prayer requests you would like the group to pray?
13. In verse 20, Paul refers to himself as an ambassador for Christ. Are you one, and if you are, does that change any part of your life? Hint: Consider II Corinthians 5:20.
14. Is God limited to how He can use Paul His sake? Is the Lord limited as to how He can use you for His sake? Why?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

What is the mystery of the gospel? Hint: Look up Ephesians 3:6.



# Week 11

## August 17: Final Encouragement & Benediction Ephesians 6:21-24

1. Paul has already stated that he is in prison. Why does he still want the believers to know what and how he is doing?
2. How would the apostle's imprisonment affect believers in Ephesus? Do you think his imprisonment affects us as well? If so, how?
3. How is God working in these difficult circumstances?
4. Introductions can be difficult, but this is especially the case when you cannot communicate orally. How does Paul introduce the man who will be coming to Ephesus on his behalf?
5. At times, we can be disappointed when a messenger comes instead of the sender. Do you think the believers understood that Tychius was coming instead of Paul? Why?
6. As he goes into verse 22 talking about his plan and purpose, do you think the apostle Paul is overdoing his communication? Why or why not?
7. Have you ever had your heart encouraged? What happened and how were you encouraged?
8. In verse 23, the focus is placed on peace being for the brothers. Who are the brothers that Paul references?
9. How can love and faith go together?
10. Talk about the significance of believers knowing God the Father and Jesus Christ is giving them peace and love with faith?
11. How does knowing the Lord has given you His peace and love with faith affect you in your walk with Christ?
12. Define grace. Why is this such a hard concept for people to understand?
13. What is incorruptible love, and why do you think Paul would end on this note?
14. Take a look at the first few verses of chapter 1 and the last verses of this chapter. How is Paul's opening and conclusion similar and different?
15. What would change for you today if you were to apply this passage to your life immediately?

Bonus question(s) for group and/or personal study

What passage has had the biggest impact on you in this study?