

Ephesians

A Four-Week Bible Study

WEEK 4

- 1) Begin with prayer. Ask the Holy Spirit to give you clarity as you read.
- 2) Then with pen in hand, begin to mark it up and write thoughts and questions in the margin.
- 3) After spending time reading, underlining, circling, and making notes, answer the questions at the end of each passage.

Day 1/Week 4

Ephesians 6 New International Version (NIV)

The Armor of God

¹⁰ Finally...

Before we study this last section in the book of Ephesians, look back over your Ephesian study sheets from the last 3 weeks. Write below all the lessons and insights that you have learned thus far:

Day 2/Week 4

Ephesians 6 New International Version (NIV)

The Armor of God

¹⁰Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.

Paul exhorts us to “stand” 4 times in this short passage. Look at each of these uses (vv.10,13,14). What are we to *stand* for and against in this passage? Meditate upon the use of “stand” in this passage.

Now look at your own life. What is your mentality—is your life lived more as a struggling against “flesh and blood” or are you aware of the spiritual element to life's battles?

Are you prepared for the inevitable “day of evil” (v.13)? (The next several days we'll be looking at what the rest of this passage offers in regard to being fully prepared.)

Day 3/Week 4

Ephesians 6 New International Version (NIV)

The Armor of God

¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God.

The key elements of the armor are 1) Truth, 2) Righteousness, 3) Peace, 4) Faith, 5) Salvation, and 6) The Word. Look back over the book of Ephesians as you search for a greater level of how Paul has used these elements throughout the book. Write down any insights along the way.

Truth:

Ephesians 1:13-

Ephesians 4:15-

Ephesians 4:21-

Ephesians 5:9-

Righteousness:

Ephesians 4:24-

Ephesians 5:9-

Peace:

Ephesians 2:14-17-

Faith:

Ephesians 1:15-

Ephesians 2:8-

Ephesians 3:12-

Ephesians 3:17-

Ephesians 4:5-

Ephesians 4:13-

Salvation:

Ephesians 1:13-

The Word

Ephesians 1:13-

Ephesians 5:26-

Write down any applications that the Spirit of God might be impressing upon you in regard to putting on the full armor of God:

Day 4/Week 4

Ephesians 6 New International Version (NIV)

¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Final Greetings

²¹Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. ²²I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

²³Peace to the brothers and sisters,^[c] and love with faith from God the Father and the Lord Jesus Christ. ²⁴Grace to all who love our Lord Jesus Christ with an undying love.^[d]

Meditate upon Paul's personal prayer request in this passage. Use this passage as a springboard for spending a little longer time in prayer today. Use this prayer and Paul's other prayers in Ephesians (1:17-23, 3:14-21) to guide your prayers for yourself, your family, your small group, our church leaders, your neighbors, etc.

Day 5/Week 4

Revelation 2 New International Version (NIV)

To the Church in Ephesus

2 “To the angel^[a] of the church in Ephesus write:

These are the words of him who holds the seven stars in his right hand and walks among the seven golden lampstands. ²I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false. ³You have persevered and have endured hardships for my name, and have not grown weary.

⁴Yet I hold this against you: You have forsaken the love you had at first. ⁵Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place. ⁶But you have this in your favor: You hate the practices of the Nicolaitans, which I also hate.

⁷Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.

What were the Ephesians doing well?

How had the Ephesians slipped into a sterile righteousness rather than a living relationship with Jesus? Can you relate?

