

# EPHESIANS

## Lesson 1 – Introduction and Chapter 1:1-6

Paul was a prisoner in Rome when he wrote the Epistle to the Ephesians, a church he knew and loved. This letter was written, not to correct error in the church, but to teach truths to Christians who did not know the riches they have in Christ. It has been an inspiration to new believers as well as those who have walked with the Lord for many years.

As you begin the study of this letter, open your heart to the Spirit, asking Him to give you a new understanding of the riches available to you in Christ.

**Memory Verse** – This week’s memory verse is Ephesians 1:3.

*“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ...”*

### **Introduction**

It is good for us to have a picture of the city of Ephesus at the time of Paul’s visits. Ephesus was one of the leading cities in the eastern provinces of the Roman Empire, ranking with Rome, Corinth, Antioch and Alexandria as the foremost urban centers of the empire. This city boasted the great temple of Artemis (Diana), one of the seven wonders of the ancient world. Paul, being led by the Spirit, visited this pagan metropolitan city and ministered to this Christian church which had been established by Apollos. We can get a better picture of Paul’s involvement in Ephesus by looking to the Book of Acts.

### **Read Acts 18:18 – 20:30.**

1. What do you find out about Paul’s first visit to Ephesus in Acts 18:18-21?
2. We read about Paul’s second visit to Ephesus in Acts 19 and 20. From Acts 19:1-6, what important teaching did Paul bring to Ephesus?
3. From Acts 19:8-10, we find that Paul was in the city teaching the Ephesian church for two years before he left on other missionary journeys. We can see Paul still had a real heart for this church. As he was sailing to Jerusalem, even though he could not stop to visit in Ephesus, he sent for the elders to come to him. What do you find that Paul had to share with this church in Acts 20:16-38?

Now, let's dig into the Book of Ephesians.

**Key Word(s)**

This week, since we are just starting the Book of Ephesians, take time to read the whole book, it's just 6 chapters. If you can, read it all in one sitting. As you read, make note below of a title, a key word, or a thought from each chapter.

Chapter 1

Chapter 2

Chapter 3

Chapter 4

Chapter 5

Chapter 6

**Read Ephesians 1:1- 2.**

1. In Ephesians 1:1, Paul describes himself as “*an apostle of Jesus Christ by the will of God.*” To better understand how Paul can say with confidence that he was an apostle “*by the will of God*”, go to Acts 22.

a. Describe what happened to Paul in Acts 22:6-11.

b. Write the words Ananias spoke to Paul in Acts 22:14-15 below.

2. In Ephesians 1:1, Paul also describes the Christians in Ephesus. He calls them “*saints*” and “*faithful in Christ Jesus*”.

a. First let's look at the word “*saints*”. Find a definition for saints and write it below.

b. Now define “*faithful*”.

3. In Ephesians 1:2 Paul greets the saints in Ephesus with the words, “*grace and peace to you...*”

a. Write a definition for each of these words below.

Grace –

Peace –

b. Why does grace need to come before peace?

4. Scan the letters Paul wrote in the New Testament and take note of the following:

a. In how many books did you find this greeting?

b. Where does he always say that grace and peace come from?

c. Consider why Paul used this greeting and share your thoughts below.

### **Read Ephesians 1:3-6.**

These four verses are all one sentence proclaiming blessings the Lord has bestowed on every Christian. This sentence is abundant in blessings! For this section, remember that this study uses the NKJV Bible so, if you use a different translation just write out what your version says for these phrases.

1. Take time to read through Ephesians 1:3-6 again slowly, circle the word “*us*” each time you see it. Who does “*us*” refer to?

2. Next, fill in the words before and after the word “*us*” in each verse below. We do not want you to write the whole verse, so just fill in the blanks given.

a. Ephesians 1:3

...who has \_\_\_\_\_ us with \_\_\_\_\_

b. Ephesians 1:4

...just as He \_\_\_\_\_ us \_\_\_\_\_

c. Ephesians 1:5

...having \_\_\_\_\_ us to \_\_\_\_\_

d. Ephesians 1:6

...by which He \_\_\_\_\_ us \_\_\_\_\_

3. **Personal:** Stop now and consider the blessings above. Don't rush through this, instead take time to consider each one. Is there one that stands out to you today? Explain why below. Or choose one and explain why it is a blessing to you and thank the Lord for it.

4. Now we will take note of **how** the blessings above are ours. Notice the words chosen from each verse below, then underline these phrases in your Bible.

a. Ephesians 1:3 ...in \_\_\_\_\_

b. Ephesians 1:4 ...in \_\_\_\_\_

c. Ephesians 1:5 ...by \_\_\_\_\_

d. Ephesians 1:6 ... in \_\_\_\_\_

5. What does the phrase "*in Him*" or "*in Christ*" mean to you?

**Read Ephesians 1:3-6 again.** Now we will look closer at the meaning of each verse.

### **Ephesians 1:3**

1. In Ephesians 1:3 Paul says that we are blessed with every spiritual blessing.

a. Who does this blessing come from?

b. What does it mean to you that they are *spiritual* blessings in the *heavenly* places?

2. How do the following scriptures help in understanding what it means that these spiritual blessings are given to us *in Christ*?

a. Romans 3:24

b. 2 Corinthians 5:17

c. Add any others you find.

### **Ephesians 1:4**

1. “...*He chose us in Him before the foundation of the world...*” What does this mean to you personally?

2. “...*that we should be holy and without blame before Him...*”

a. How is this possible?

b. What does 2 Corinthians 5:21 have to say about this?

### **Ephesians 1:5**

1. When you consider, from verse 4, when we were *chosen* and, from verse 5, that our adoption was *predestined*, what could we do to earn or deserve this blessing?

2. Consider the meaning as you write the last phrase of this verse, and share your thoughts on this below.

“...*according to* \_\_\_\_\_”

## **Ephesians 1:6**

1. By what were we made *accepted in the Beloved*?
2. What does it mean to you to be *accepted in the Beloved*?

### **In closing...**

1. Make a list of some of the specific blessings God has placed in your life.
2. Write a prayer of thanks and praise to the Lord for all the blessings God has given.

### ***Memory Verse***

*“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us  
with every spiritual blessing in the heavenly places in Christ...”  
Ephesians 1:3*