



SINKING ROOTS
AND BEARING FRUIT

FINDING ENCOURAGEMENT FROM EPHESIANS

*Sinking Roots
and
Bearing Fruit*

*Finding Encouragement
from Ephesians*

*Unless otherwise noted, all Scripture quotations are from
the ESV® Bible (The Holy Bible, English Standard Version®),
copyright ©2001 by Crossway, a publishing ministry of
Good News Publishers. Used by permission. All rights reserved.*

Sinking Roots and Bearing Fruit: Finding Encouragement from Ephesians

Sinking roots and bearing fruit...these words sum up the goal of this study!

Rather than simply skimming along the surface, we want to learn to sink our roots down deeply into the soil of God's Word and draw nourishment from this Book He has graciously written for us. We want to learn to ask good questions and give careful attention to a text. And we want to learn to linger in a given passage and incline our ear to hear to what God has to say to us about who He is, about who we are, and about how He would have us live as followers of His Son, the Lord Jesus Christ.

In this study, we will be delving into the book of Ephesians, a New Testament letter penned by the apostle Paul that has been a source of encouragement to many Christ-followers throughout the years. Each week, we will work through a set of 15 questions designed to help us contemplate and draw insight from this rich portion of Scripture. Our goal in this process is not merely to gain academic information, but to obtain life-giving food that will help bring about the transformation God is committed to accomplishing within us.

Written while in prison for proclaiming the gospel, Paul's letter to the church at Ephesus is filled with timeless truth designed to bless and to build up the body of Christ. From his opening greeting to his closing remarks, Paul calls us to remember and rely on the abundant grace of God – grace that rescued us when we were living in rebellion against our Creator; grace that provides us with a new identity and promises us a guaranteed destiny; grace that seals us with the Spirit, sustains us on the journey, and strengthens us to live in a manner worthy of our Savior; and grace that encourages and equips us to share the good news of the gospel to a dark and dying world that desperately needs to hear it. All that to say, Paul's words give us a sure and steady supply of grace-filled encouragement!

As we study this New Testament letter, we will feast on praiseworthy truths about who God is and find practical instructions on how we should live as those saved by His marvelous grace. A wellspring of nourishment for our souls awaits...so if you're ready...let's begin sinking roots, bearing fruit, and finding encouragement from the book of Ephesians!

Sinking Roots and Bearing Fruit
Finding Encouragement from Ephesians

<i>Week of Feb 22nd</i>	<i>Ephesians 1:1-14 (p.1)</i>
<i>Week of March 1st</i>	<i>Ephesians 1:15-23 (p.6)</i>
<i>Week of March 8th</i>	<i>Ephesians 2:1-10 (p.11)</i>
<i>Week of March 15th</i>	<i>Ephesians 2:11-22 (p.16)</i>
<i>Week of March 22nd</i>	<i>Ephesians 3:1-21 (p.21)</i>
<i>Week of March 29th</i>	<i>Ephesians 4:1-16 (p.26)</i>
<i>Week of April 5th</i>	<i>Spring Break</i>
<i>Week of April 12th</i>	<i>Ephesians 4:17-32 (p. 31)</i>
<i>Week of April 19th</i>	<i>Ephesians 5:1-14 (p.36)</i>
<i>Week of April 26th</i>	<i>Ephesians 5:15-33 (p.41)</i>
<i>Week of May 3rd</i>	<i>Ephesians 6:1-24 (p.46)</i>

SCRIPTURE STUDY SKILLS

INFORMATION -

Before diving in and studying a passage of Scripture, it is first good to step back and gather a bit of background information. This helps to keep the passage you are considering in its correct context. A good place to begin (where possible) is to note the **AUTHOR** (Who was the human writer of this passage?), the **AUDIENCE** (Who was this intended for?) and the **AIM** (What was the author's main reason for writing?).

SUMMARIZATION – (Q. 1)

In just a sentence or two, use your own words to sum up what the author is saying in the portion of Scripture that you are studying. Summarizing helps you to focus on the text and better understand what the author is communicating.

OBSERVATION – (Q's 2-6)

Observation involves digging deeper into the passage at hand, taking time to reflect and ponder and notice details that might not stand out at first glance. During the observation process, more insight is gained into the meaning of the text and the implications it has for everyday life. Observation helps us to slow down and see beneath the surface, and is a means of gaining nourishment for the soul.

INVESTIGATION – (Q's 7-9)

Investigation takes the time to go beyond the given passage. If observation is going deeper, then investigation is going wider - using cross-references or a concordance to consider other places in the Bible that address similar topics, using dictionaries (English, Greek, or Hebrew) to look up word meanings, and using study Bibles or commentaries or other translations to gain greater understanding into anything that seems unclear or confusing. (See p. for a list of some helpful study resources)

APPLICATION – (Q's 10-13)

Application is where observing transitions to obeying. The goal of application is not to create a list of rules to govern our behavior or to generate a "to-do" or a "to-don't" list, but rather, to consider what it looks like to apply the truths of this passage in everyday life. This part of the study process considers how the passage applies to our thoughts, our desires and our actions as followers of Christ. Application asks the question, "God, by your grace, how would you have me walk in this truth?"

EXALTATION – (Q. 14)

This is arguably the highest goal of studying Scripture - to discover praiseworthy truths about God in His Word and then use those truths as fuel for worship. To glorify God by proclaiming His greatness through the truths revealed in the passage at hand.

MEDITATION – (Q. 15)

Meditation is where a particular verse or thought from the passage is pulled out to ponder and pray over beyond the Bible study time. As you dwell on this truth throughout your day(s), you gain food for your own soul, and also nourishment to share with those God places in your path.

CONVERSATION –

This is not a separate category, but from start to finish, as you are studying a passage of Scripture, have an ongoing conversation with God. Ask Him to give you understanding. Ask Him to give you a greater hunger and love for His Word. Ask Him what it looks like, in your current life circumstances, to embrace and apply what He is saying. Thank Him for His Spirit, who gives you the strength to obey. And pray the truths of this passage over others in your life, asking God to minister to them and to help them genuinely know Him. love Him, and walk in relationship with Him.

Ephesians 1:1-14

¹Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus, and are faithful in Christ Jesus:

²Grace to you and peace from God our Father and the Lord Jesus Christ.

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸which he lavished upon us, in all wisdom and insight ⁹making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

¹¹In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹²so that we who were the first to hope in Christ might be to the praise of his glory. ¹³In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 1:15-23

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love^l toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹ and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might ²⁰ that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹ far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. ²² And he put all things under his feet and gave him as head over all things to the church, ²³ which is his body, the fullness of him who fills all in all.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 2:1-10

¹And you were dead in the trespasses and sins ²in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience – ³among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴But God, being rich in mercy, because of the great love with which he loved us, ⁵even when we were dead in our trespasses, made us alive together with Christ – by grace you have been saved – ⁶and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 2:11-22

¹¹Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands – ¹²remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶and might reconcile us both to God in one body through the cross, thereby killing the hostility. ¹⁷And he came and preached peace to you who were far off and peace to those who were near. ¹⁸For through him we both have access in one Spirit to the Father. ¹⁹So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, ²⁰built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, ²¹in whom the whole structure, being joined together, grows into a holy temple in the Lord. ²²In him you also are being built together into a dwelling place for God by the Spirit.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 3:1-21

¹For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles – ²assuming that you have heard of the stewardship of God's grace that was given to me for you, ³how the mystery was made known to me by revelation, as I have written briefly. ⁴When you read this, you can perceive my insight into the mystery of Christ, ⁵which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. ⁶This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

⁷Of this gospel I was made a minister according to the gift of God's grace, which was given me by the working of his power. ⁸To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, ⁹and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, ¹⁰so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. ¹¹This was according to the eternal purpose that he has realized in Christ Jesus our Lord, ¹²in whom we have boldness and access with confidence through our faith in him. ¹³So I ask you not to lose heart over what I am suffering for you, which is your glory.

¹⁴For this reason I bow my knees before the Father, ¹⁵from whom every family in heaven and on earth is named, ¹⁶that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith – that you, being rooted and grounded in love, ¹⁸may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 4:1-16

¹I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³eager to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit – just as you were called to the one hope that belongs to your call – ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is over all and through all and in all. ⁷But grace was given to each one of us according to the measure of Christ's gift. ⁸Therefore it says,

“When he ascended on high he led a host of captives,
and he gave gifts to men.”

⁹(In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? ¹⁰He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 4:17-32

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ! – ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 5:1-13

¹Therefore be imitators of God, as beloved children. ²And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

³But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ⁴Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. ⁵For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. ⁶Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. ⁷Therefore do not become partners with them; ⁸for at one time you were darkness, but now you are light in the Lord. Walk as children of light ⁹(for the fruit of light is found in all that is good and right and true), ¹⁰and try to discern what is pleasing to the Lord. ¹¹Take no part in the unfruitful works of darkness, but instead expose them. ¹²For it is shameful even to speak of the things that they do in secret. ¹³But when anything is exposed by the light, it becomes visible, ¹⁴for anything that becomes visible is light. Therefore it says,

“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.”

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 5:15-33

¹⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.

²² Wives, submit to your own husbands, as to the Lord. ²³ For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. ²⁴ Now as the church submits to Christ, so also wives should submit in everything to their husbands.

²⁵ Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. ²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body. ³¹ “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” ³² This mystery is profound, and I am saying that it refers to Christ and the church. ³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.

Ephesians 6:1-24

¹Children, obey your parents in the Lord, for this is right. ²“Honor your father and mother” (this is the first commandment with a promise), ³“that it may go well with you and that you may live long in the land.” ⁴Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

⁵Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, ⁶not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, ⁷rendering service with a good will as to the Lord and not to man, ⁸knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. ⁹Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

¹⁰Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, ¹⁹and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, ²⁰for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

²¹ So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. ²² I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

²³ Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. ²⁴ Grace be with all who love our Lord Jesus Christ with love incorruptible.

(Scripture reference)

(What would you title this passage?)

SUMMARIZATION

1 – In a sentence or two, how would you sum up the main message conveyed in this passage?

OBSERVATION

2 – What words or phrases stand out to you? (Look for those that are repeated, that are descriptive, or that simply catch your attention.)

3 – Does the writer use any imagery, illustrations, or descriptive language to communicate truth, and if so, how?

4 – As you read through this passage, list any commands to obey, warnings to heed, promises to embrace, or wise counsel to follow:

5 – What does this passage tell you about people in general, or about yourself in particular?

6 – What does God reveal about Himself in this passage? How might this truth (or truths!) strengthen your relationship with Him?

INVESTIGATION

7 – Choose one word from the text (or more if you'd like) and look up its meaning to help gain greater insight into what the passage is communicating. (You could use an English dictionary or you could use a Hebrew or Greek dictionary.)

8 – Find at least one other place in the Bible that addresses a truth contained in this passage? (Using cross-references or a concordance is helpful here.)

9 – Is there anything in this passage that seems confusing or unclear? If so, write it below, and then use a study Bible, a commentary, or a different Bible translation to help gain greater understanding.

APPLICATION

10 – When you view your life through the lens of this passage, what is at least one way that you have seen God (or are currently seeing God) change your thoughts, desires, or actions?

11 – As you dwell in this Scripture, is there a burden the Holy Spirit is leading you to release, a struggle He is leading you to surrender, or a sin He is leading you to confess?

12 – Is there a practical step of obedience God is prompting you to take based on this passage?

13 – How does this passage lead you to pray for yourself and for others?

EXALTATION

14 – How can you use the truths from this passage as a means to offer personal praise and thanksgiving to God? (You can write it, you can speak it, you can shout it, you can sing it...but by all means...give Him praise!)

MEDITATION

15 – Choose one thought that God impressed on you from this portion of Scripture that would be beneficial to keep pondering and praying over throughout the next several days. Try to write it out in a brief sentence that will be easy to remember and to draw more nourishment from as you meditate on it.