

Walk in the Spirit

Introduction and Ephesians 1:1-2

Lesson 9

FIRST DAY: Introduction

1. From what you have learned so far, why do you desire to be a woman who walks in the Spirit?

2. Many Christians never live in the full blessings God intends for them. Rather than living in the riches of God's grace, some believers live in the natural plane relying on their own strength and accomplishments. This was the issue with the Ephesians. Though *every spiritual blessing in the heavenly places* was theirs through Christ Jesus, they lived as spiritual paupers. Paul began his letter to the Ephesians by reminding them of all the riches that belonged to them because of Jesus. In the second part of this epistle he instructed them on how to walk in these blessings. Paul ended his letter with a strong warning about the spiritual opposition that would come against a blessed walk in the Spirit.

As you study this epistle, be sure to take inventory of all God has done for you and given you through Jesus. Let these blessings be your motivation and strength to walk in the Spirit. Read Ephesians 1:1-2 and answer the following questions:

- a. Who wrote this epistle? Ephesians 1:1a

 - b. To whom was this epistle written? Ephesians 1:1b
3. Prepare your heart to receive all that the Lord has for you this week by writing a prayer.

Paul ... by the will of God, to the saints ... and faithful in Christ Jesus.
Ephesians 1:1

SECOND DAY: Read Ephesians 1:1a

1. In Ephesians 1:1a what title did Paul use to identify himself?
 - a. Recall that this title means *one sent forth*. Use the following Scriptures to note what Paul was *sent forth* by Jesus to do:
 - (1) Acts 9:15–16

 - (2) Romans 1:1

 - (3) 1 Timothy 2:7
 - b. What is your impression of Paul based on these Scriptures?
 - (1) How is he an example for you?
2. According to Ephesians 1:1a, Paul was an apostle according to Whose *will*?
 - a. In light of what you have learned about Paul, why was it so important that his calling was based on this?
 - b. Who are you *by the will of God*?
3. Paul wrote this epistle from prison. What would your response be to receiving a letter from someone who was imprisoned for Christ?

THIRD DAY: Read Ephesians 1:1b

1. Ephesus was a major Roman city located on the coast of Asia Minor. The Ephesians worshiped the goddess Diana. Her temple was located in Ephesus and was one of the Seven Wonders of the World. Read the following passages to summarize Paul’s experiences among the Ephesians:
 - a. Acts 18:18–21

 - b. Acts 19:1–12, 18–20

 - c. Acts 19:23–30

 - d. Acts 20:16–21

 - e. From what you have studied, share your thoughts concerning Paul’s relationship with the Ephesian believers.

2. How were the Ephesian believers described in Ephesians 1:1b?
 - a. Why do you think this would be important for them to remember?

 - b. This description applies not only to the Ephesians, but to all believers. Share what this truth means to you.

FOURTH DAY: Read Revelation 2:1-7

1. The church in Ephesus continued to thrive even after Paul left. In fact, Jesus addressed this church in one of His letters to the seven churches in Revelation. Read Revelation 2:2-3, 6 and record Jesus' commendation to the Ephesian church.
 - a. How might these qualities have been the fruit of Paul's ministry among them? See also Acts 20:28-31.

2. Although the Ephesians were to be commended in many ways, what warning did Jesus give them in Revelation 2:4-5?
 - a. What do you think might have caused the Ephesians to digress?
 - (1) How is this a warning for believers today?

3. According to Jesus' instructions in Revelation 2:5a, what did the Ephesians need to do?
 - a. Even as mature believers we need to be aware of our shortcomings. How do you see this truth exemplified through the Ephesians?
 - (1) What do you feel is the best way to deal with your personal shortcomings?

FIFTH DAY: Read Ephesians 1:2

1. With what two blessings did Paul greet the believers? Ephesians 1:2a
 - a. Many commentators believe the order in which Paul pronounced these two blessings is significant. Pastor Chuck says, *You cannot know the peace of God until you first experience the grace of God.* How have you seen this to be true in your life?

2. *From Whom* do these blessings proceed? Ephesians 1:2b
 - a. Share what you learn about God from the following Scriptures:
 - (1) John 16:27

 - (2) Colossians 1:12

 - (3) James 1:17

 - (4) 1 John 3:1

 - b. What is your response to having *God* as your *Father*?

 - c. Paul used the Greek word *Kurios* to refer to Jesus. This word is the Greek equivalent to the Old Testament word *Lord*. What does this word convey to you about your relationship with Jesus?

SIXTH DAY: Review

1. What stands out to you the most from this week's study concerning:

a. Paul

b. the Ephesian Church

2. What excites you most about studying the book of Ephesians?

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

Ephesians 1:2