

Triangle Bible Study

Lesson 10: Ephesians 2

Warmup

- How did the lecture on Ephesians 2 help you understand the passage better?

Day 1: Read Ephesians 2:1-3, Colossians 2:13, Romans 1:28, 2 Corinthians 4:4 [\[Open NIV\]](#)
[\[Open NKJV\]](#)

1. Give descriptors of what life was like before knowing Jesus Christ as Savior.

2. How does Colossians 2:13 characterize one's life apart from Christ?

3. What else do you learn about unbelievers in Christ from the following cross references?

Romans 1:28

2 Corinthians 4:4

Day 2: Read Ephesians 2:4-7 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. Why should verse 4 bring you comfort?

5. What did God do for mankind to remedy our problem stated in yesterday's lesson

(vs. 4-5)?

6. How has Christ secured the future for those who have trusted in Him (vs. 6-7)?

Day 3: Read Ephesians 2:8-10, Titus 3:4-5 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. How is one saved (vs. 8-9)?

8. What actions are NOT connected to one's salvation (vs. 8-9)? Explain how Titus 3:4-5 complement the truth of Ephesians 2:8-9.

9. Apply v. 10 to your life.

Day 4: Read Ephesians 2:11-18 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. Why should Gentiles and Jews rejoice in the truth of today's scriptures?

11. How did Jesus destroy the barrier between Jew and Gentile (vs. 14-18)?

12. What part of today's lesson will you commit to apply to your life?

Day 5: Read Ephesians 2:19-22, 1 Corinthians 3:16-17 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. Who are no longer foreigners and aliens in Christ (v. 19)?

14. On whom is the foundation of the church built and who is the chief cornerstone of the church (v. 20)?

15. Explain how 1 Corinthians 3:16-17 helps you understand Ephesians 2:21-22.

Day 6: Review Ephesians 2 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. Share something new you learned from studying Chapter 2.

17. How do you better understand human nature after this week's study?

18. What truth in chapter 2 brought conviction to your heart this week? Explain.

Triangle Bible Study

Lesson 11: Ephesians 3

Warmup

- How did listening to the lecture on Ephesians 3 help you understand the chapter?

Day 1: Read Ephesians 3:1-6 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. How does Paul describe himself in his current situation (v. 1)?

2. In what way was this mystery given to Paul, the apostles, and prophets?

3. Explain the three aspects of the mystery (v. 6).

Day 2: Read Ephesians 3:7-9, Matthew 6:33-34, Mark 16:15, 1 Corinthians 7:17, 1 Peter 2:9 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. Who did Paul say he had become, and how did it happen (v. 7)? Describe Paul's new kingdom assignment (vs. 8-9).

5. Write down what you learn about God's kingdom assignment from the cross references provided.

Matthew 6:33-34

Mark 16:15

1 Corinthians 7:17

1 Peter 2:9

6. What kingdom assignment has God ever given you?

Day 3: Read Ephesians 3:10-13, Hebrews 4:14-16 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. What do you learn about God's intent for His church in today's scriptures?
8. Explain how God's eternal purpose was accomplished in Christ Jesus.
9. How does Paul's reaction to his afflictions encourage you in your difficult situation (vs. 12-13)? (Also use Hebrews 4:14-16.)

Day 4: Read Ephesians 3:14-19 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. What does Paul ask that God supply for the Ephesians? (Hint: look for what comes after the word “may.”)

11. Who do you know that needs similar help from God? Take a moment to ask God to supply the person(s) the same things Paul requested for the Ephesians.

12. Which part of Paul’s prayer for the Ephesians is most needed in your own life? Take a moment now to pray for God to meet this need.

Day 5: Read Ephesians 3:20-21 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. Give an example of a time in your life when God did immeasurably more than you asked or imagined.

14. How should you respond to hearing another believer’s testimony of God doing immeasurably more than they could imagine?

15. What do you think Paul means in v. 21: “in Him be glory in the church?”

Day 6: Review Ephesians 3 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. What new fact or principle did you learn from Chapter 3?

17. How will you apply something learned from Chapter 3?

18. Explain your takeaway from Ephesians 3.

Triangle Bible Study

Lesson 12: Ephesians 4

Warmup

- Describe what helped you most from listening to the lecture on Ephesians 4.

Day 1: Read Ephesians 4:1-6, Colossians 1:10 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. Explain what it means to “live a life worthy” of your calling from the Lord. (Also use Colossians 1:10.)
2. What does Paul exhort the Ephesians to do in v. 3? How are they to accomplish this?
3. Explain how you can “keep the unity of the Spirit” by applying today’s scriptures.

Day 2: Read Ephesians 4:7-13 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. What do you learn about grace from v. 7?
5. List the gifts God has given to His church and explain what they are meant to accomplish (vs. 11-13).

6. How are you gifted to serve the church?

Day 3: Read Ephesians 4:14-16 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. List the dangers that immature (infant) Christians encounter (v. 14).

8. What characterizes mature Christians (vs. 15-16)?

9. How can you become more mature in your faith life?

Day 4: Read Ephesians 4:17-24 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. What characterized the non-believing Gentiles in Ephesus (vs. 17-19)?

11. Record the reminders Paul gave the believers in Ephesus of how they came to know Christ (vs. 20-24).

12. To which reminder, from vs. 20-24, do you relate and why?

Day 5: Read Ephesians 4:25-32, 1 Thessalonians 5:19 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. List the admonitions Paul told the Ephesian Christians they must follow.

14. Which of the admonitions you recorded in question 13 is the biggest struggle for you and why?

15. What does it mean to “grieve the Holy Spirit” (v. 30 and 1 Thessalonians 5:19)?

Day 6: Review Ephesians 4 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. Why is it important to forgive one another (v. 32)?

17. What is something new you learned from this week’s scripture in Ephesians 4?

18. Record your takeaway from chapter 4.

Triangle Bible Study

Lesson 13: Ephesians 5

Warmup

- How did listening to the lecture on Ephesians 5 encourage you?

Day 1: Read Ephesians 5:1-2, John 3:16, John 15:13, 1 John 4:19 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. What is the theme of vs. 1-2?

2. How did Jesus Christ demonstrate His love for us?

3. What do you learn about God's love from the following cross references?

John 3:16

John 15:13

1 John 4:19

Day 2: Read Ephesians 5:3-7 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. List the prohibitions Paul gives the Ephesian church.

5. What is Paul's warning and how does it relate to our lives (v. 6)?

6. Give the directive in v. 7 and how you will apply it.

Day 3: Read Ephesians 5:8-14, John 8:12, 2 Corinthians 4:6, Revelation 21:23 [\[Open NIV\]](#)
[\[Open NKJV\]](#)

7. Write down the word that is repeated at least 5 times in today's passage. Explain the significance of that word.

8. Where does Paul say one will find the fruit of the light (v. 9)?

9. What do you learn about light from the cross references provided below?

John 8:12

2 Corinthians 4:6

Revelation 21:23

Day 4: Read Ephesians 5:15-20, Psalm 90:12, Proverbs 1:7, Proverbs 14:16 [\[Open NIV\]](#)
[\[Open NKJV\]](#)

10. Why does Paul exhort the Ephesians about being careful to be wise?

11. How might you live wisely by applying something from today's Scriptures?

12. What else to you learn about "wise living" from the cross references below?

Psalm 90:12

Proverbs 1:7

Proverbs 14:16

Day 5: Read Ephesians 5:21-33 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. Summarize what today's passage teaches concerning how a wife should treat her husband and how a husband should treat his wife.

14. Which part of today's passage brings conviction to your heart, even if you are unmarried?

Day 6: Review Ephesians 5 [\[Open NIV\]](#) [\[Open NKJV\]](#)

15. What new teaching did you receive this week from Chapter 5?

16. What is your main takeaway from Ephesians 5 and how will you apply it?

Triangle Bible Study

Lesson 14: Ephesians 6

Warmup

- What was your takeaway from the lecture on Ephesians 6?

Day 1: Read Ephesians 6:1-4 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. How are obeying and honoring your parents linked? Give an example of ways you can honor your parents.

2. What promise accompanies this command?

3. Describe ways parents are to raise their children “in the training and instruction of the Lord.” How can you apply this to your life?

Day 2: Read Ephesians 6:5-9 [\[Open NIV\]](#) [\[Open NKJV\]](#)

(Though slavery was never condoned by the Bible, it was a common practice during Biblical times, especially during the Roman reign. Most were indentured servants. The Bible gives the church guidance for the slave/master relationship.)

4. Summarize how slaves should relate to masters and masters to slaves.

5. What do you learn from today’s passage that could be applied to a job environment?

Day 3: Read Ephesians 6:10-12, John 8:44, John 10:10, 2 Corinthians 11:3, 1 Peter 5:8-9
[\[Open NIV\]](#) [\[Open NKJV\]](#)

6. Why is it important to “put on the full armor of God” (v. 11)?

7. What do you learn about the “devil's schemes” from these cross references?

John 8:44

John 10:10

2 Corinthians 11:3

1 Peter 5:8-9

8. How will you apply Ephesians 6:12?

Day 4: Read Ephesians 6:13-17 [\[Open NIV\]](#) [\[Open NKJV\]](#)

9. What do you learn about the individual pieces of armor from today's passage?

10. Which piece of armor do you need the most for the battle in which you currently find yourself? Explain why you chose that piece.

Day 5: Read Ephesians 6:18-20 [\[Open NIV\]](#) [\[Open NKJV\]](#)

11. What do you learn about prayer in today's scriptures?
12. How are you encouraged by Paul's appeal for prayer?
13. What will you apply to your prayer life from today's passage?

Day 6: Read Ephesians 6:21-24 [\[Open NIV\]](#) [\[Open NKJV\]](#)

14. How can someone in prison, like Paul, be an encouragement to the church?
15. Why do you think it was important that Paul inform the Ephesians about how he was doing?
16. What about Paul's benediction blessed you (vs. 23-24)?

Triangle Bible Study

Lesson 15: Philippians Overview

Warmup

- What was most meaningful to you about the Philippians Overview lecture and why?

Day 1: Read Acts 16:11-40 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. List the facts you learn about Philippi in v. 12.
2. Name the people God used to start the church in Philippi.
3. Which verses from today's lesson were most encouraging to you and why?

Day 2: Read Philippians 1 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. Who wrote Philippians? To whom was it written? Of what was Paul confident (vs. 1-6)?
5. What was Paul's attitude about being imprisoned? Why did he have this perspective (vs. 12-14)?
6. Explain the point being made by Paul in vs. 21-26. How will you apply it?

Day 3: Read Philippians 2 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. What do you learn about humility in vs. 1-11?

8. Describe what you learn about Paul's relationship with Timothy and Epaphroditus in vs. 19-30.

9. Write down something from Chapter 2 that you will choose to incorporate in your life.

Day 4: Read Philippians 3:1-11 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. List facts about Paul's life (vs. 1-6).

11. What did Paul think of his own privilege and accomplishments (vs. 7-11)?

12. Which verses from today's passage will you apply to make you a more devoted Christ follower?

Day 5: Read Philippians 3:12-4:7 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. Write down what you learn about persevering in Christ from Philippians 3:12-16.

14. Explain what you believe Paul means in v. 20 that “our citizenship is in heaven.”

15. Select a verse in Philippians 4:1-7 that helps you understand your relationship with God. Tell why you chose that verse.

Day 6: Read Philippians 4:8-23 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. Paul refers to having learned the “secret to contentment” in vs. 10-13. What is it?

17. For what did Paul commend the Philippian church in vs. 10-18?

18. Which verse in today’s passage spoke to you in a specific way? Explain why.

Triangle Bible Study

Lesson 16: Philippians 1

Warmup

- How did the lecture on Philippians 1 enlighten you?

Day 1: Read Philippians 1:1-6 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. List things you learned about the Apostle Paul from vs. 1-2.
2. How did Paul keep a joyful attitude according to today's passage?
3. Explain something you learned from today's scripture that you are willing to apply to your life.

Day 2: Read Philippians 1:7-11 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. What did Paul share with the Philippian church and on what grounds was this claim made?
5. Using today's verses, how is one to discern what is best?

6. List characteristics of Paul's prayer life that would benefit your own prayer time.

Day 3: Read Philippians 1:12-19 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. Paul says in v. 13 that everyone knew he was "in chains for Christ." What does that mean?
8. Why did Paul not concern himself with the motives of others who were preaching Christ?
9. How are your difficult circumstances being used to help others?

Day 4: Read Philippians 1:20-26 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. Describe Paul's expectations concerning his imprisonment.
11. How was Paul conflicted?
12. What did Paul conclude and how will you apply it to your life?

Day 5: Read Philippians 1:27-30, Matthew 5:11-12, 1 Thessalonians 2:2 [\[Open NIV\]](#)

[\[Open NKJV\]](#)

13. Explain Paul's attitude about suffering for Christ.

14. Describe a time in your life when you suffered for Christ.

15. How do Matthew 5:11-12 and 1 Thessalonians 2:2 give you perspective about suffering for Christ?

Day 6: Review Philippians 1 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. What interested you most about Chapter 1?

17. Explain how Philippians 1 brought conviction to your heart.

18. What was your takeaway from this week's lesson?

Triangle Bible Study

Lesson 17: Philippians 2

Warmup

- How were you encouraged by the lecture on Philippians 2?

Day 1: Read Philippians 2:1-4 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. List the benefits of a being in a right relationship with Christ referenced in v. 1.
2. What does Paul say will “make his joy complete” (vs. 2-4)?
3. Why would the actions in vs. 2-4 be important for the Philippian Church to exercise?

Day 2: Read Philippians 2:5-11, Acts 2:32-33, Hebrews 2:9 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. How did Jesus demonstrate humility (vs. 5-8)?
5. What was God’s ultimate plan for His Son, Jesus (vs. 9-11)?

6. What do you learn about Jesus from the cross references below?

Acts 2:32-33

Hebrews 2:9

Day 3: Read Philippians 2:12-18 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. Explain the connection between “working out your salvation” and obedience to God (v. 12). How is obedience to God even possible for followers of Jesus (v. 13)?
8. List the words of instruction Paul gives the Philippians in vs. 14-18.
9. How are you convicted by today’s passage?

Day 4: Read Philippians 2:19-30 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. Name the two men mentioned in today’s scripture.

How were they similar?

How were they different?

11. Which character quality of the two men mentioned in your answer to Question 10 needs work in your life?

Day 5: Review Philippians 2:1-11 [\[Open NIV\]](#) [\[Open NKJV\]](#)

12. Write down something new you learned from vs. 1-11.

13. What is your takeaway from today's passage?

Day 6: Review Philippians 2:12-30 [\[Open NIV\]](#) [\[Open NKJV\]](#)

14. What new fact did you glean from vs. 12-30?

15. Give a takeaway from today's verses.

Triangle Bible Study

Lesson 18: Philippians 3

Warmup

- Explain how listening to the lecture on Philippians 3 helped you understand the passage.

Day 1: Read Philippians 3:1-3 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. Why is Paul unapologetic for his repetition to the Philippians?
2. Contrast the people being described in v. 2 with the people being described in v. 3.
3. How will you apply something being taught in today's lesson?

Day 2: Read Philippians 3:4-6 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. What appears to be the point of Paul's "bragging" about his station in life?
5. Explain what you believe Paul means by the phrase "confidence in the flesh."

6. On what are you depending for right standing with God? (What you have done for God or what He has done for you?)

Day 3: Read Philippians 3:7-11 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. How did Paul contrast his own accomplishments verses knowing Jesus as his Lord?
8. Describe two kinds of righteousness in v. 9. On which was Paul depending?
9. What does Paul ultimately desire for his own life and for the Philippians (vs. 10-11)?

Day 4: Read Philippians 3:12-16, 1 Timothy 6:12 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. What do you learn from vs. 12-14 and 1 Timothy 6:12?
11. How will you apply vs. 12-14 and 1 Timothy 6:12 to your own life?
12. Explain what you understand v. 16 means: “live up to what we have already attained.”

Day 5: Read Philippians 3:17-21 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. How do enemies of the cross live?

14. What ultimately happens to those with “citizenship in heaven?”

15. Describe how you should respond to the truths in today’s passage.

Day 6: Review Philippians 3 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. How will your life be different from studying Chapter 3 this week?

17. What is your takeaway?

Triangle Bible Study

Lesson 19: Philippians 4

Warmup

- Describe how you were helped by the lecture on Philippians 4.

Day 1: Read Philippians 4:1-3 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. Clearly, Paul was invested in his relationships with others. What do you learn about Paul's friendship with his brothers in Christ from Philippi (v. 1)?
2. What did Paul desire from his sisters in Christ (vs. 2-3)?
3. How will you apply something taught in vs. 1-3? (State the principle and application.)

Day 2: Read Philippians 4:4-7, John 14:27 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. Much is being taught in vs. 4-5. State what convicts you from these verses and explain the reason for your answer. (Remember that Paul is writing this letter from a Roman prison.)
5. What do vs. 6-7 say brings one peace? Describe something you learn about the peace of God in these verses.

6. Share something else about peace from John 14:27.

Day 3: Read Philippians 4:8-9 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. Record the benefit of Paul's exhortation found in v. 8.
8. Why is it important to put into practice that which you have learned from the Scripture?
9. How might you benefit from something in vs. 8-9? Be specific.

Day 4: Read Philippians 4:10-14 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. What do you believe Paul to mean in v. 14: that it was good of the Philippian Church to share in his troubles?
11. Why is it obvious that Paul was not begging for their support?
12. Explain the key to Paul's (and your) contentment?

Day 5: Read Philippians 4:15-23 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. For what does Paul commend the Philippian Church?

14. Explain the reason for the deep gratitude Paul had for the Philippians.

15. Which verses in today's passage reveal Paul's perspective on receiving support from his partners in Philippi?

Day 6: Review Philippians 4 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. What did you learn that most helped you from Chapter 4?

17. Describe a new revelation imparted to you from Philippians 4.

18. Write down your takeaway from this week's lesson.

