

Triangle Bible Study

Lesson 8: Ephesians Overview

Introduction: The Apostle Paul wrote this letter to Christ followers in Ephesus while he was imprisoned in Rome. Paul was close to the Ephesians. About a year after planting this church he went back to live and minister there for 3 years (Acts 19:1-20). Paul intended for his letter to be an encouragement to move forward in their faith rather than a rebuke for getting “off track.”

Warmup

- How did the lecture overview of Ephesians encourage you to study this book?

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

1. Write down the blessings from God mentioned in vs. 1-14?
2. What did Paul pray for the Ephesian Christians (vs. 17-23)?
3. What new lesson or principle did you learn from reading Chapter 1, and how will you apply it to your life?

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

4. Describe one's condition prior to knowing Christ, and how that condition can be changed (vs. 1-10).
5. Why should Gentiles rejoice after reading vs. 11-22?

6. Whether you are from Jew or Gentile descent, write a prayer thanking God for what you have learned in chapter 2. (Make it personal.)

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

7. Underline the word “mystery” in vs. 1-13. How is the mystery explained in v. 6?
8. What do you learn about the heart of Paul from his prayer in vs. 14-21?
9. As you consider Paul’s prayer for the Ephesians in vs. 14-21, who do you know that would benefit from your praying for them in a similar way? (Be specific with your answer.)

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

10. Make a list of words or phrases Paul uses that describes unity (vs. 1-16).
11. How can you be unified better with the body of Christ (the Church)?
12. What is most convicting to you (and why) from reading about living in the light (vs. 17-32)?

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

13. Paul gives the Ephesians over 20 exhortations or warnings in vs. 1-21. (An exhortation is a statement emphatically urging someone to take a particular course of action.) Which of these exhortations or warnings impact you the most and why?

14. What do you learn about the marriage relationship from vs. 22-33?

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

15. How will you apply anything you learned from vs. 1-9?

16. List the items constituting the “full armor of God” and tell why this armor is critical for the Christ follower.

17. Write down everything you learn about Tychicus from vs. 21-22.