

**Warmup**

- Explain how listening to the Ephesians 1 lecture helped you.

**Day 1: Read Ephesians 1:1-2** [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. Under whose authority did Paul write the letter to the Ephesians? What characteristic did Paul say was demonstrated by the recipients of this letter (v. 1)?
2. How would you define or describe “faithful in Christ Jesus?” Explain whether you would include yourself as one “faithful in Christ Jesus” (v. 1).
3. What does Paul offer the Ephesians in v. 2? Describe the significance of Paul's greeting.

**Day 2: Read Ephesians 1:3-14** [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. Count the number of times you see “in Him” or “in Christ” (vs. 3-14). How is this foundational when considering the blessings of God?
5. Explain your understanding of “blessed us in the heavenly realms with every spiritual blessing in Christ” (v. 3).

6. What do you learn about God's grace in vs. 6-8? How have you experienced God's grace? Be specific.

**Day 3: Review Ephesians 1:3-14** [\[Open NIV\]](#) [\[Open NKJV\]](#)

(As you read through these scriptures again, consider who you are "in Christ.")

7. Make a list of statements declaring your identity "in/by Christ." (Examples: I am chosen by Christ. I am holy and blameless in Christ.)
  
8. From the list you made in Question 7, which is hardest for you to accept and why? Write a prayer asking Jesus to help you accept this blessing from Him.

9. What do you learn about the Holy Spirit in vs. 13-14?

**Day 4: Read Ephesians 1:15-23** [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. How might your prayer life be strengthened from what you learn from Paul's prayer?
  
11. What did Paul request from God for the Ephesian believers (v. 17-18)? Why do you believe Paul made this a priority in his prayer for them?

**Day 5: Review Ephesians 1:15-23, Acts 2:24, Colossians 2:11-12, Hebrews 13:20** [\[Open NIV\]](#)  
[\[Open NKJV\]](#)

12. Record Paul's focus in vs. 19-23.

13. How was God's power and authority demonstrated (vs. 20-23)?

14. What do you learn about resurrection power from the following cross references?

Acts 2:24

Colossians 2:11-12

Hebrews 13:20

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

15. What is your takeaway from Chapter 1?

16. How will you apply something you learned from Chapter 1?