

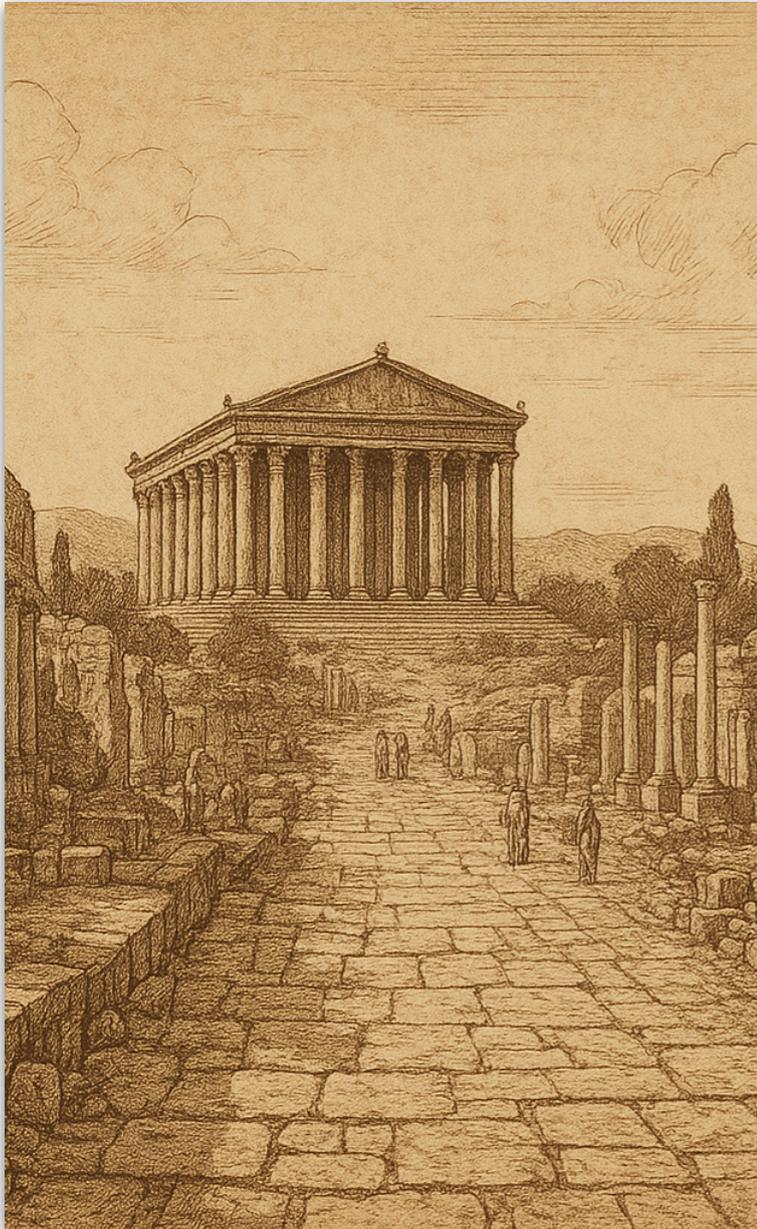
In Christ, United For Purpose

THE SEVEN MAIN TOPICS IN EPHESIANS



Introduction

THE CORE MESSAGE OF EPHESIANS



Ephesus was a wealthy Roman port city, the capital of Asia Minor, famous for the Temple of Artemis.

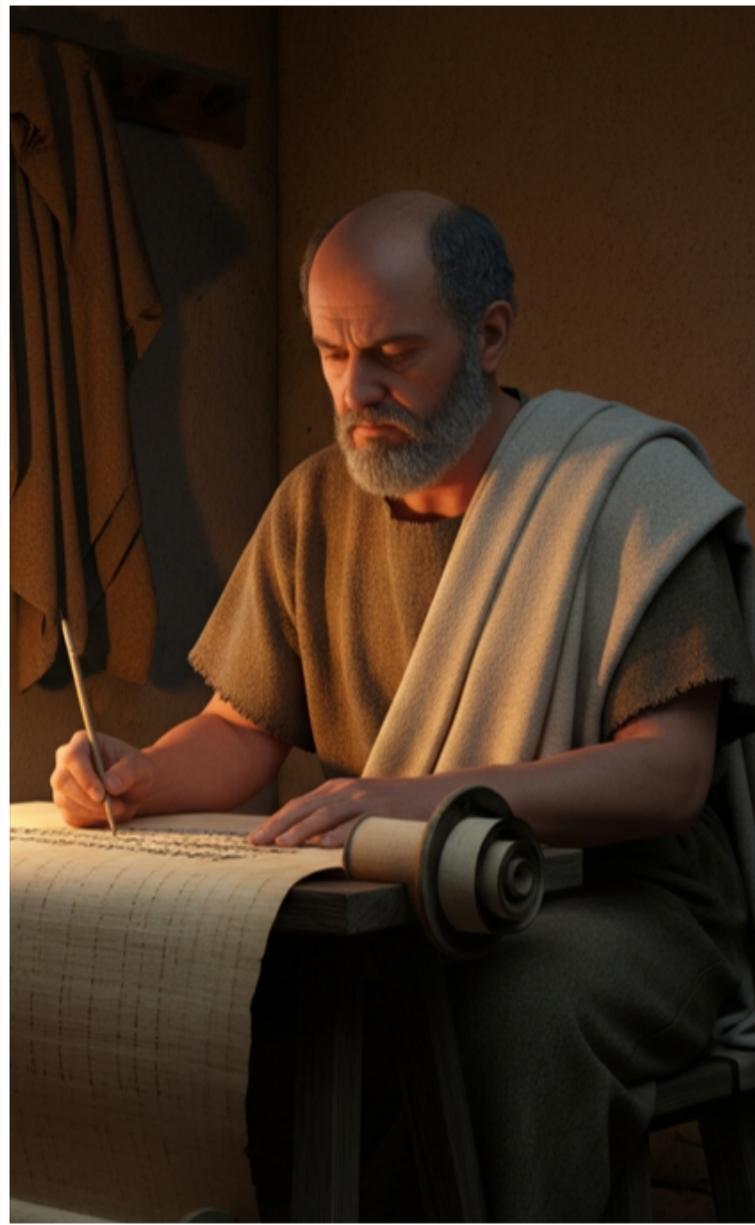
Ephesians reveals how believers, saved by grace through faith, are united in Christ as His Church and equipped to live out their new identity in every relationship and spiritual battle. This ebook is the summary of the seven main topics in this book of the Bible.

In Apostle Paul's time, Ephesus was a massive, wealthy Roman port city, the capital of Asia Minor, famous for the Temple of Artemis, and a major center for trade, culture, and pagan worship, which created both opportunity and conflict for Paul's extensive ministry, where he spent over two years, established a significant church, and faced opposition leading to riots, particularly from silversmiths profiting from idol sales.

When Paul wrote the book of Ephesians, he was under house arrest in Rome. This is considered one of the most significant writings of Paul and very important for Christians today.

Introduction, cont.

THE CORE MESSAGE OF EPHESIANS



Depiction of Paul writing the book of Ephesians during house arrest in Rome.

We hope that this ebook serves as a guide for you to continue to study the book of Ephesians. There are many verses from the book of Ephesians as well as other Bible references.

We use the New American Standard Bible (**NASB**) version in this ebook.

From your teachers:

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Wilson Ordonez

Visit this web page for all lessons:

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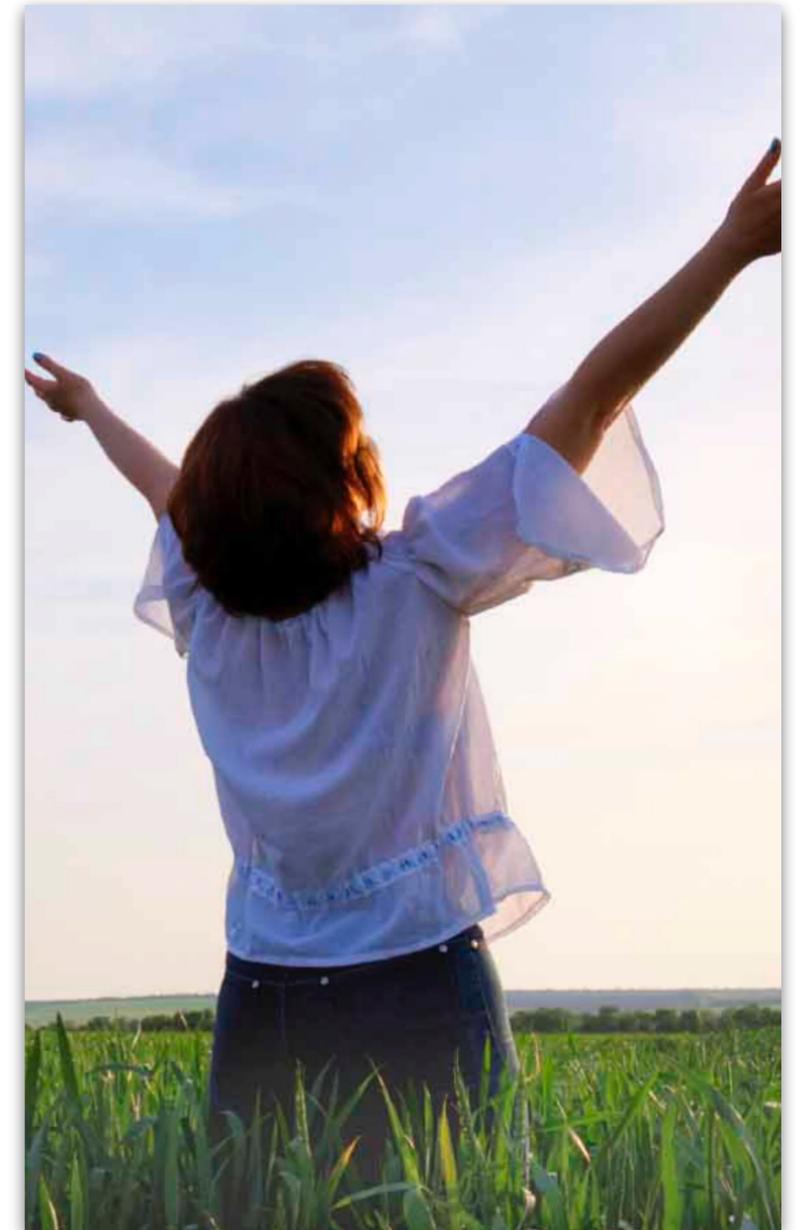
Our Identity and Blessings in Christ

TOPIC 1

Paul starts Ephesians by praising God for the spiritual blessings believers receive because they are united with Christ. He explains that even before the world was made, God chose us to belong to Him and to live holy lives. This isn't earned by our good works—it's a gift of God's grace and love.

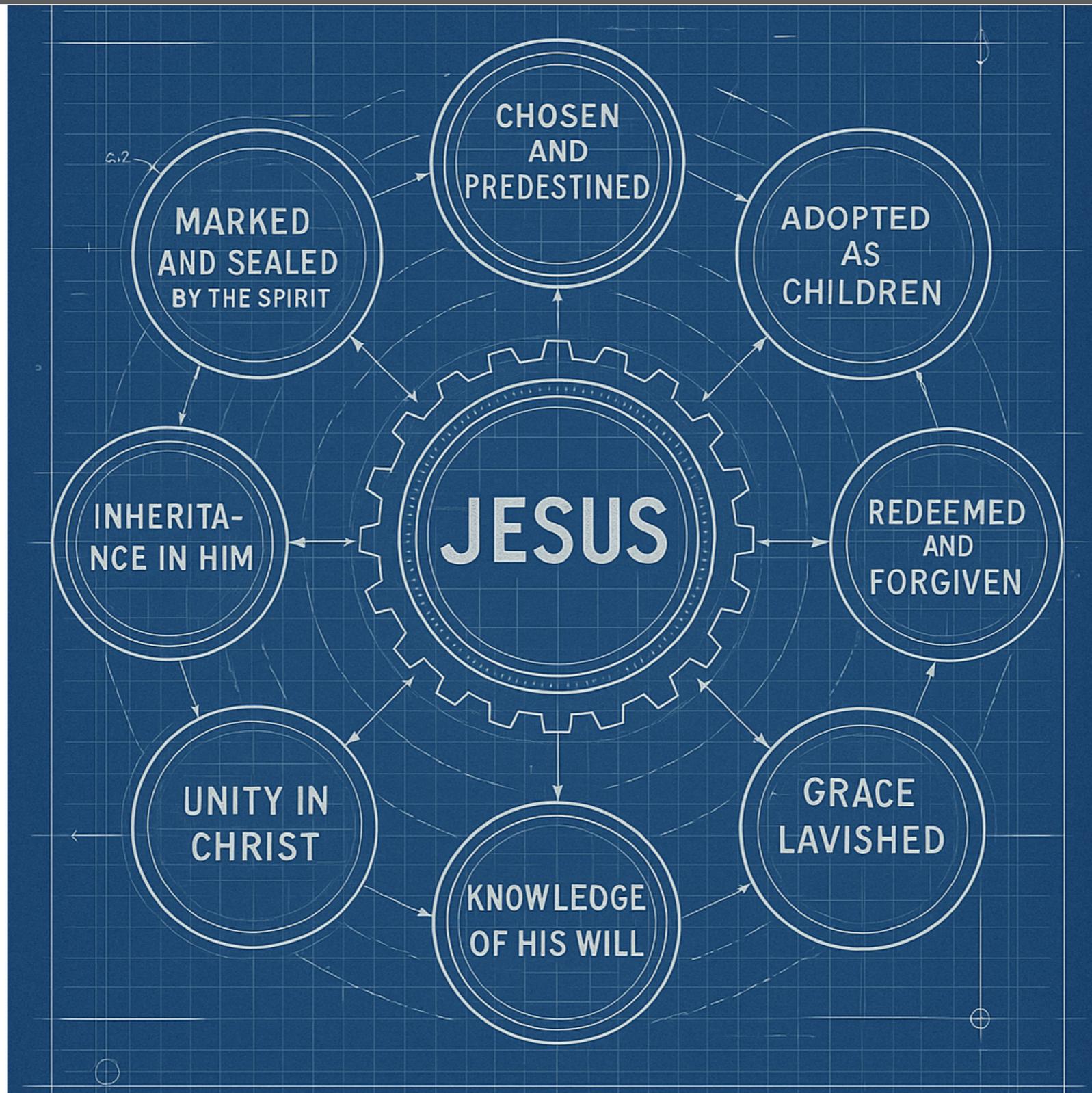
Through Jesus, we are adopted into God's family, forgiven through His blood, and given the Holy Spirit as a promise that what God has planned for us will be completed. Paul begins with who we are in Christ before he talks about how we should live.

The opening verses of Ephesians contain some of the most profound theology in Scripture regarding our identity and blessings in Christ. These verses are actually one long sentence in Greek (1:3-14), a magnificent doxology praising God for His work in salvation through each member of the Trinity.



Our Blessings in Christ

THIS DIAGRAM DEPICTS OUR BLESSINGS IN JESUS



Ephesians 1:3-14 (The spiritual blessings in Christ)

3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

4 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love

5 He predestined us to adoption as sons and daughters through Jesus Christ to Himself, according to the good pleasure of His will,

6 to the praise of the glory of His grace, with which He favored us in the Beloved.

7 In Him we have redemption through His blood, the forgiveness of our wrongdoings, according to the riches of His grace

8 which He lavished on us. In all wisdom and insight

9 He made known to us the mystery of His will, according to His good pleasure which He set forth in Him,

10 regarding His plan of the fullness of the times, to bring all things together in Christ, things in the heavens and things on the earth.

11 In Him we also have obtained an inheritance, having been predestined according to the purpose of Him who works all things in accordance with the plan of His will,

12 to the end that we who were the first to hope in the Christ would be to the praise of His glory.

13 In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of the promise,

14 who is a first installment of our inheritance, in regard to the redemption of God's own possession, to the praise of His glory.

Ephesians 1:18-23 (The hope of our calling and inheritance)

18 I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

19 and what is the boundless greatness of His power toward us who believe. These are in accordance with the working of the strength of His might

20 which He brought about 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 every name that is named, not only in this age but also in the one to come.

22 And He put all things in subjection under His feet, and made Him head over all things to the church,

23 which is His body, the fullness of Him who fills all in all.

Ephesians 2:4-10 (Saved by grace through faith)

4 But God, being rich in mercy, because of His great love with which He loved us,

5 even when we were dead in our wrongdoings, made us alive together with Christ (by grace you have been saved),

6 and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus,

7 so that in the ages to come He might show the boundless riches of His grace in kindness toward us in Christ Jesus.

8 For by grace you have been saved through faith; and this is not of yourselves, it is the gift of God;

9 not a result of works, so that no one may boast.

10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Other Bible References

- Romans 8:15-17 (Adoption as children and heirs)
- Colossians 1:13-14 (Redemption and forgiveness)
- 1 Peter 1:3-5 (Living hope and inheritance)

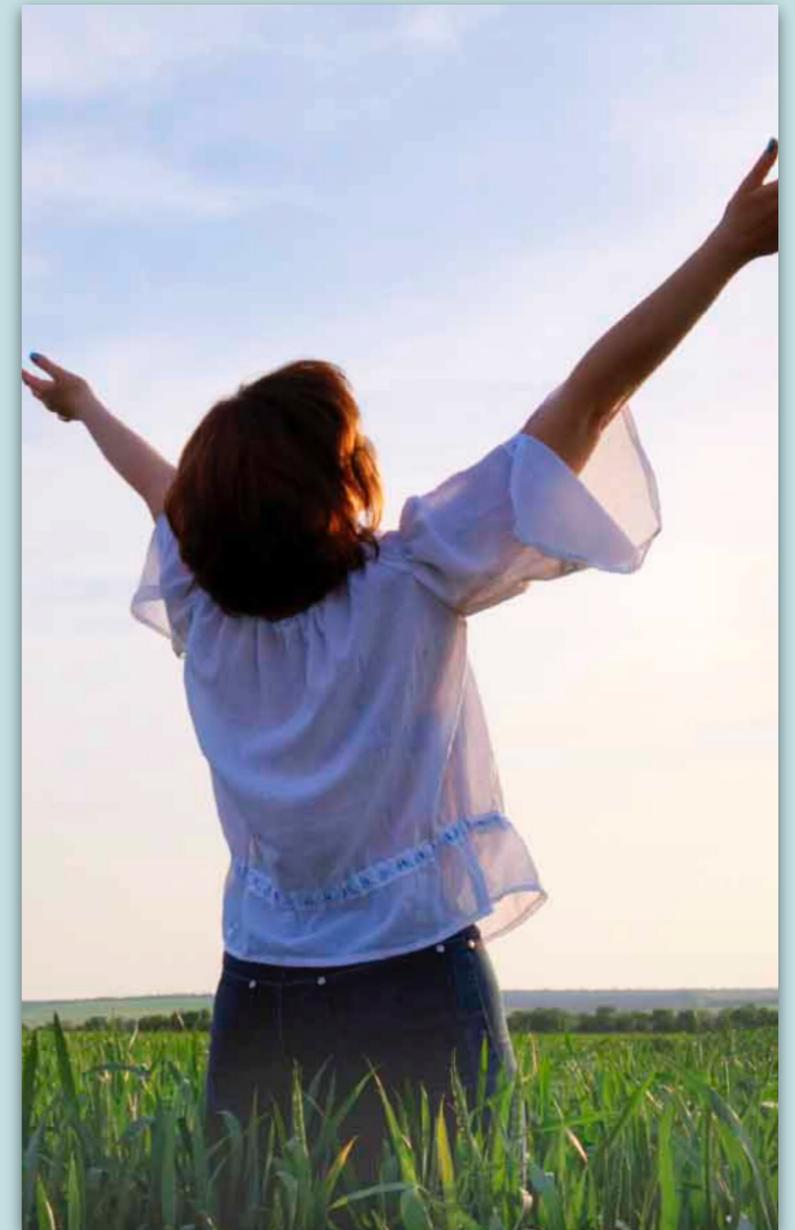
Personal Action Plan

TOPIC 1: OUR IDENTITY AND BLESSINGS IN CHRIST

Spend time each morning this week reflecting on one specific blessing from Ephesians 1:3-14. Write in a journal how this truth changes your perspective on your day.

When you face discouragement or comparison with others, remind yourself that your identity is rooted in Christ's work, not your performance.

Thank God daily for who you are in Jesus Christ, feel blessed to be called a child of God. That gratitude will reflect on others as well.



Salvation by Grace Through Faith

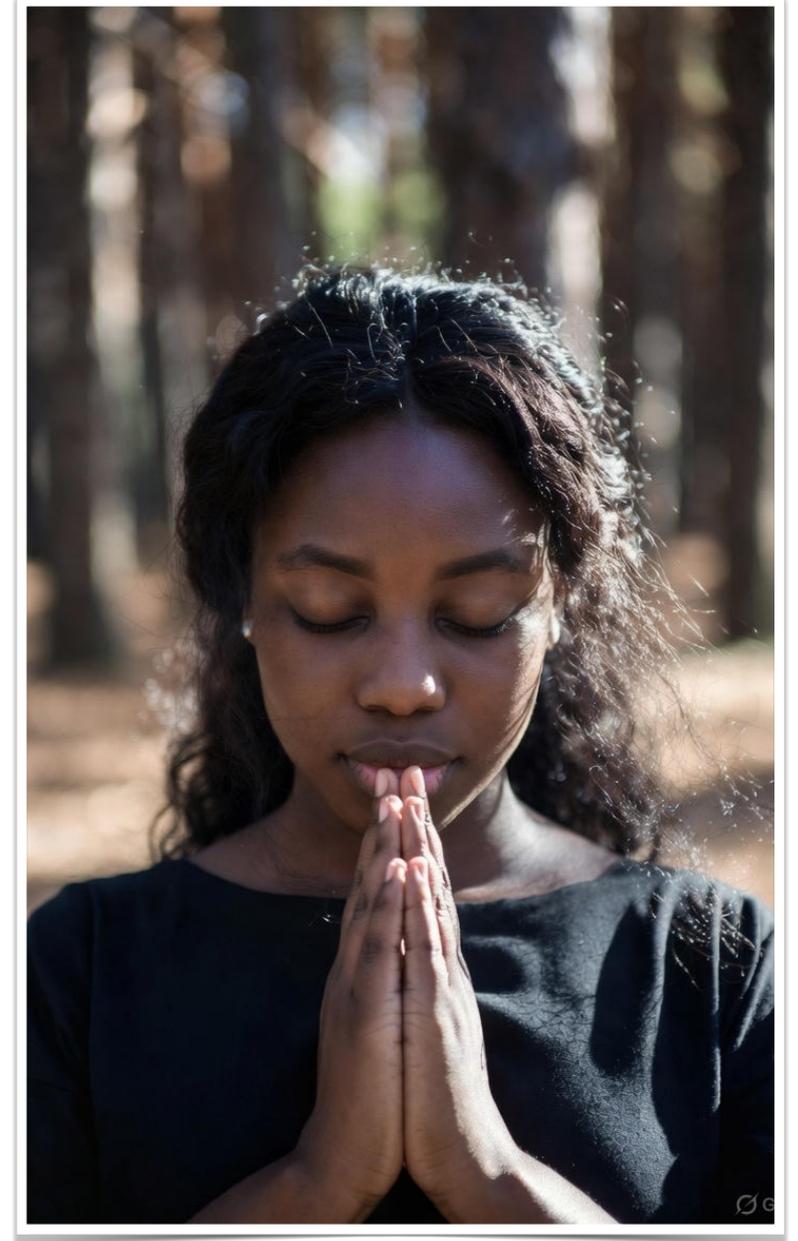
TOPIC 2

Paul explains that salvation is completely God's gift. We receive it by faith, not by earning it through good deeds. He says we were once spiritually dead because of our sin, following the world's ways and the enemy's influence.

But God, full of mercy and love, made us alive with Christ even when we were still spiritually dead. Because salvation is God's work from start to finish, no one can brag about deserving it.

At the same time, Paul says we were made for good works—not saved ***because*** of them, but saved ***to*** live them out. Grace saves us, and that same grace helps us live a changed life.

We don't deserve God's salvation, or any of His blessings, but because of His great love, gave us eternal life.



Ephesians 2:1-10 (Saved by grace, not by works)

1 And you were dead in your offenses and sins,

2 in which you previously walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience.

3 Among them we too all previously lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, just as the rest.

4 But God, being rich in mercy, because of His great love with which He loved us,

5 even when we were dead in our wrongdoings, made us alive together with Christ (by grace you have been saved),

6 and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus,

7 so that in the ages to come He might show the boundless riches of His grace in kindness toward us in Christ Jesus.

8 For by grace you have been saved through faith; and this is not of yourselves, it is the gift of God;

9 not a result of works, so that no one may boast.

10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.



Ephesians 1:7-8 (Redemption through His grace)

7 In Him we have redemption through His blood, the forgiveness of our wrongdoings, according to the riches of His grace

8 which He lavished on us. In all wisdom and insight

Other Bible References

- Romans 3:23-24 (Justified freely by grace)
- Romans 5:8 (Christ died for us while we were sinners)
- Titus 3:4-7 (Saved by His mercy, not our righteousness)

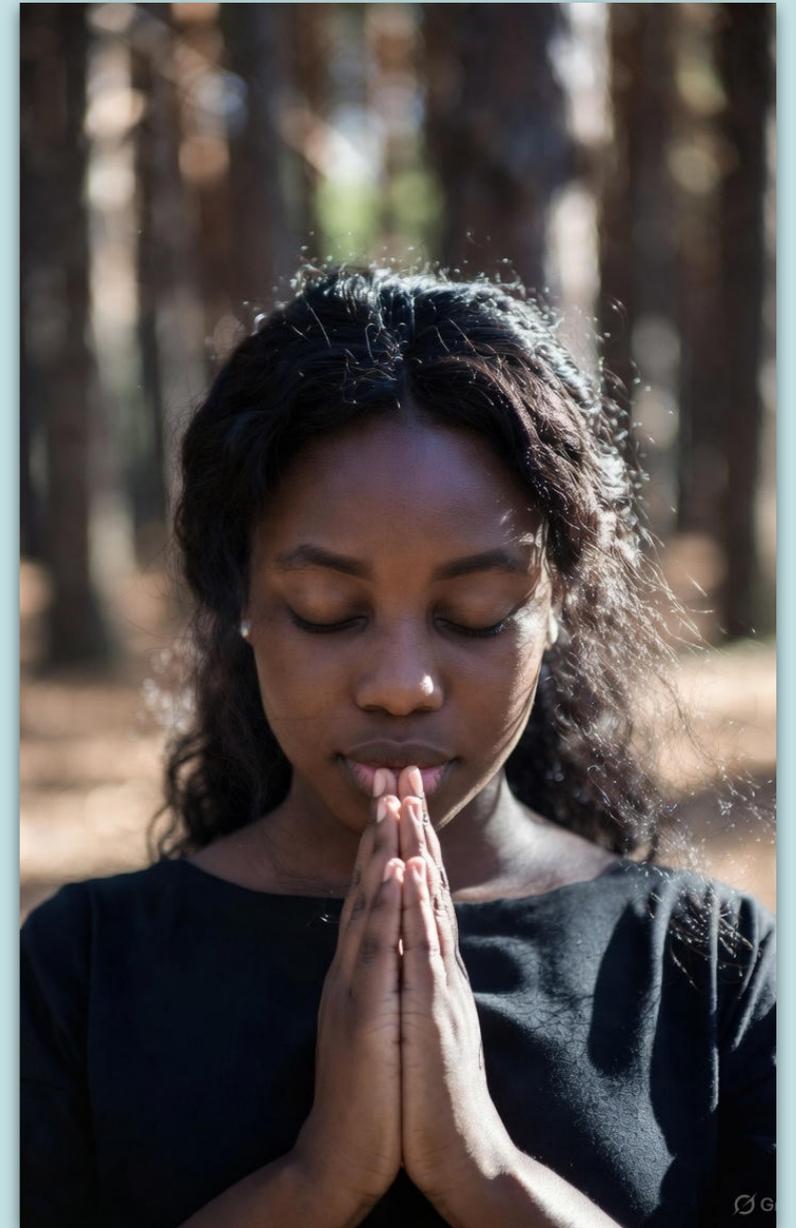
Personal Action Plan

TOPIC 2: SALVATION BY GRACE THROUGH FAITH

Take time this week to write out your salvation testimony, focusing specifically on what God did rather than what you did.

Identify one area where you've been trying to **"earn"** God's approval through religious activity. Confess this to God and ask Him to help you rest in His grace.

Thank God everyday for his gift of Grace!



Unity in the Body of Christ

TOPIC 3

One of the main ideas in Ephesians is that all believers are united in Christ. Paul highlights this by showing how Jesus removed the separation between Jews and Gentiles.

Through Christ, the hostility is taken away, and God forms one new people from both groups. This unity doesn't erase differences—believers are still diverse—but they are joined together by the same Spirit, with one faith, one baptism, and one God and Father.

Paul says protecting this unity takes humility, gentleness, patience, and choosing to love each other through difficulties. He also describes the church as Christ's body, where each person has different gifts that help the whole church grow strong and mature.

We are united in Christ, only in Him can we be a family with so many different personalities, races, ages, and backgrounds.



Ephesians 2:11-22 (One in Christ, the dividing wall destroyed)

11 Therefore remember that previously you, the Gentiles in the flesh, who are called “Uncircumcision” by the so-called “Circumcision” which is performed in the flesh by human hands—

12 remember that you were at that time separate from Christ, excluded from the people of Israel, and strangers to the covenants of the promise, having no hope and without God in the world.

13 But now in Christ Jesus you who previously were far away have been brought near by the blood of Christ.

14 For He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall,

15 by abolishing in His flesh the hostility,

which is the Law composed of commandments expressed in ordinances, so that in Himself He might make the two one new person, in this way establishing peace;

16 and that He might reconcile them both in one body to God through the cross, by it having put to death the hostility.

17 And He came and preached peace to you who were far away, and peace to those who were near;

18 for through Him we both have our access in one Spirit to the Father.

19 So then you are no longer strangers and foreigners, but you are fellow citizens with the saints, and are of God’s household,

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Ephesians 2:11-22 (One in Christ, the dividing wall destroyed), cont.

20 having been built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone,

21 in whom the whole building, being fitted together, is growing into a holy temple in the Lord,

22 in whom you also are being built together into a dwelling of God in the Spirit.

Other Bible References

- 1 Corinthians 12:12-27 (One body with many parts)
- Galatians 3:28 (No Jew or Gentile, slave or free in Christ)
- Colossians 3:11-15 (Put on love, which binds in perfect unity)



Personal Action Plan

TOPIC 3: UNITY IN THE BODY OF CHRIST

Identify one person in your church who is significantly different from you (age, background, personality, preferences) and intentionally build a relationship with them this month.

Examine your heart for any prejudice or division—whether racial, socioeconomic, political, or denominational—and repent of it.

Use your spiritual gifts specifically to serve and build up someone else in the body this week.

Use the talents and abilities God gave and use them to unite the Body of Christ. Have a mentality to “let things go” because the unity of the church is more important than your personal feelings.



Spiritual Growth and Maturity

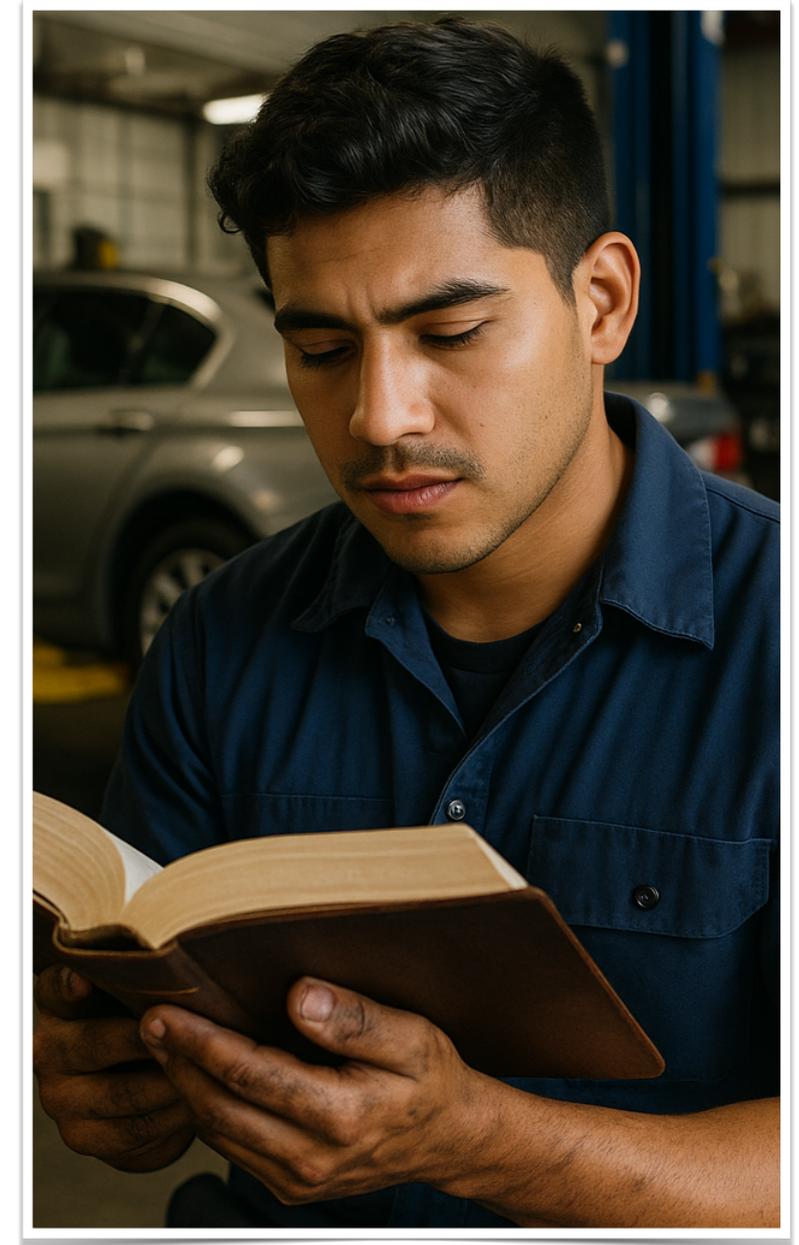
TOPIC 4

Paul strongly wants believers to grow up spiritually and not stay like babies in the faith. He warns that people who don't grow can be easily confused or misled by false teaching and clever lies.

Instead, believers should tell the truth with love and keep growing to become more like Christ, who leads and guides the church. This growth means turning away from the old way of life with its sinful desires and choosing the new life God gives—one that looks like God's righteousness and holiness.

Spiritual maturity shows up in a renewed mind, changed character, and daily living that reflects Christ.

And, spiritual maturity is a process that will take our entire lives. We can only attain it through developing our spiritual skills like prayer, reading & meditation of the Bible, worship, fellowship, and sharing our faith with others.



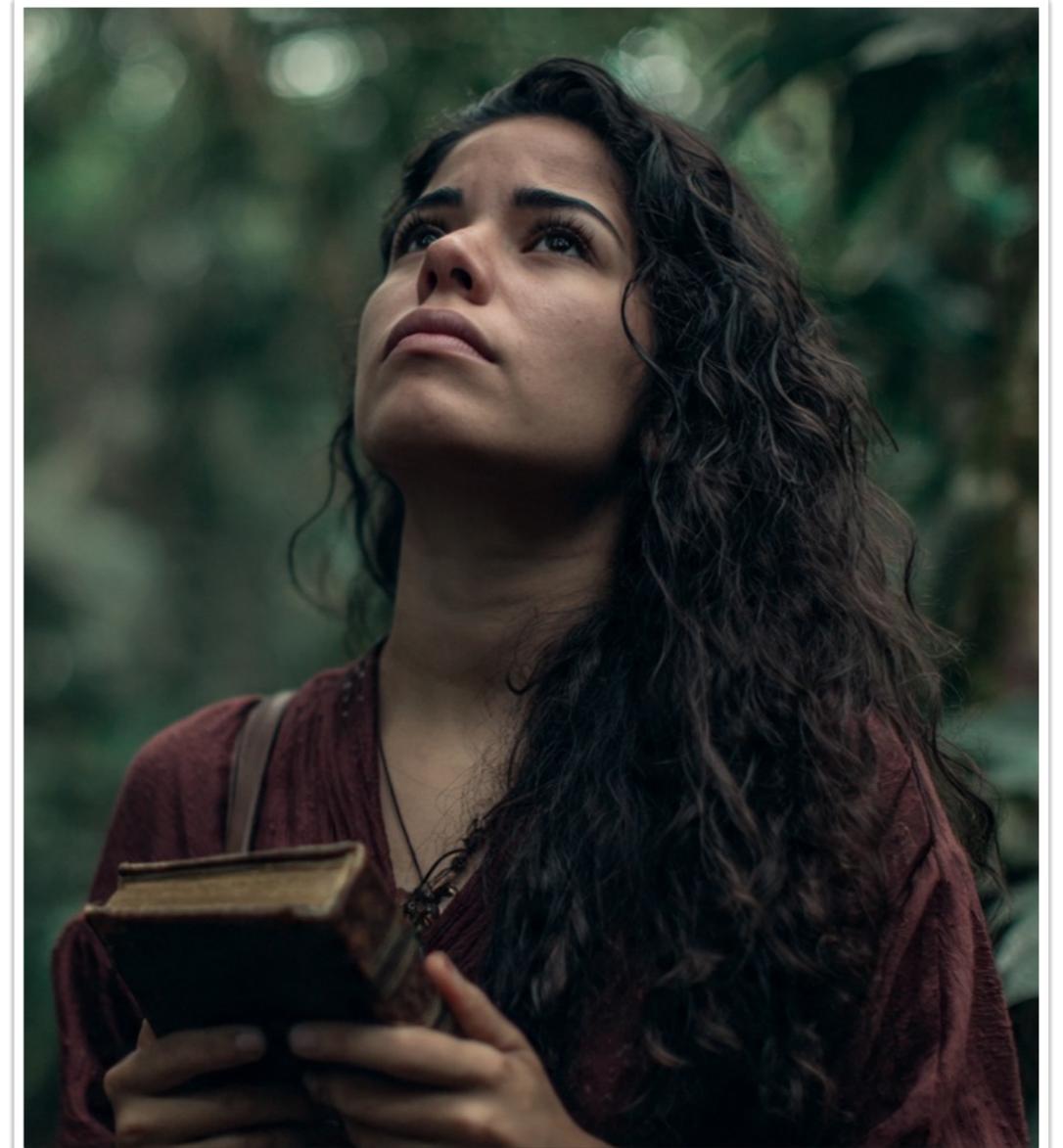
Ephesians 4:13-16 (Growing into maturity in Christ)

13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.

14 As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of people, by craftiness in deceitful scheming;

15 but speaking the truth in love, we are to grow up in all aspects into Him who is the head, that is, Christ,

16 from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.



Ephesians 4:17-24 (Put off the old self, put on the new)

17 So I say this, and affirm in the Lord, that you are to no longer walk just as the Gentiles also walk, in the futility of their minds,

18 being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart;

19 and they, having become callous, have given themselves up to indecent behavior for the practice of every kind of impurity with greediness.

20 But you did not learn Christ in this way,

21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus,

22 that, in reference to your former way of life, you are to rid yourselves of the old self, which is being corrupted in accordance with the lusts of deceit,

23 and that you are to be renewed in the spirit of your minds,

24 and to put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

Ephesians 4:25-32 (Practical marks of maturity)

25 Therefore, ridding yourselves of falsehood, speak truth each one of you with his neighbor, because we are parts of one another.

26 Be angry, and yet do not sin; do not let the sun go down on your anger,

27 and do not give the devil an opportunity.

28 The one who steals must no longer steal; but rather he must labor, producing with his own hands what is good, so that he will have something to share with the one who has need.

29 Let no unwholesome word come out of your mouth, but if there is any good word for edification according to the need of the moment, say that, so that it will give grace to those who hear.

30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

31 All bitterness, wrath, anger, clamor, and slander must be removed from you, along with all malice.

32 Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you.

Other Bible References

- Hebrews 5:12-14 (Moving from milk to solid food)
- 2 Peter 3:18 (Grow in grace and knowledge of Christ)
- Romans 12:2 (Transformed by renewing your mind)

Personal Action Plan

TOPIC 4: SPIRITUAL GROWTH AND MATURITY

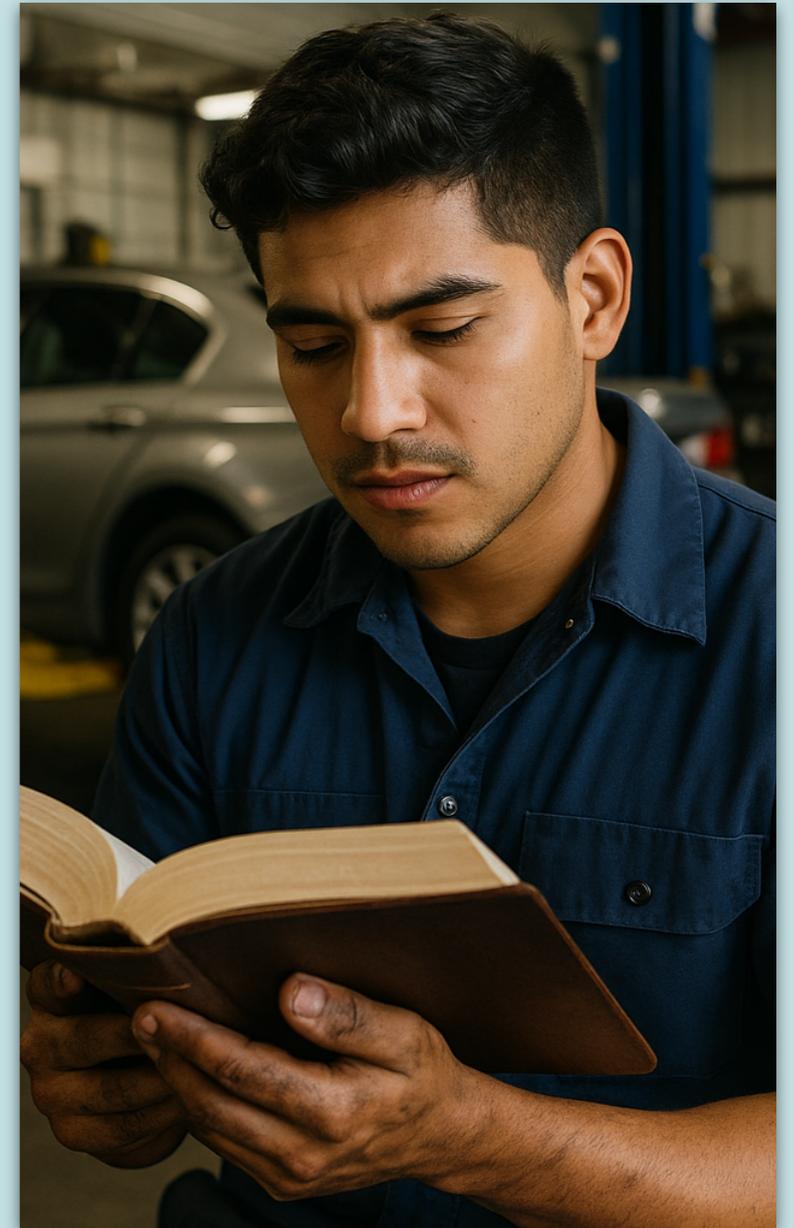
Choose one specific area from Ephesians 4:25-32 where you need to "put off" old patterns and "put on" new ones (examples: anger, unwholesome talk, bitterness).

Create a specific plan to address it this week. Dedicate 15 minutes daily to Bible reading and prayer, asking God to renew your mind and transform your character.

Ask God to show you what area of your spiritual life needs improvement, then ask the Holy Spirit to guide you as you develop those areas.

Remember Jesus' promise:

"...I am with you always, to the end of the age." Matthew 28:20



Christian Living and Relationships

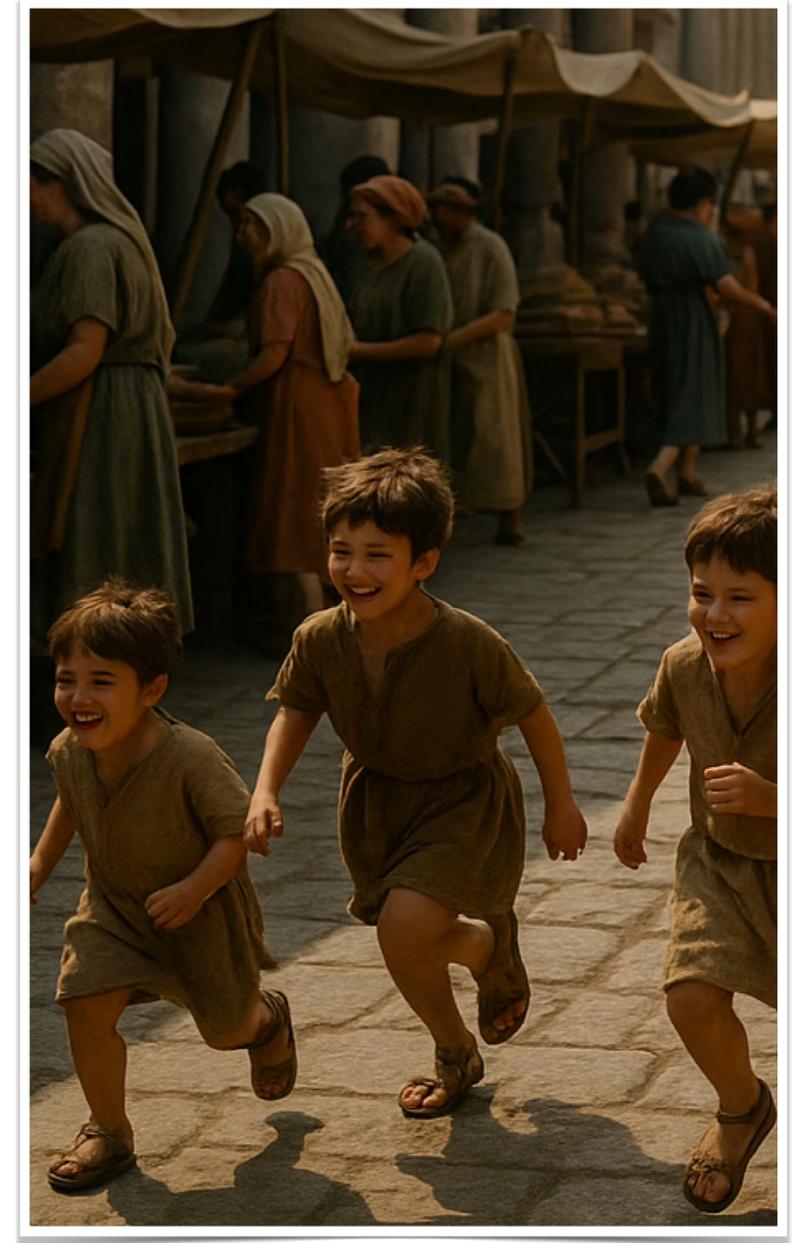
TOPIC 5

Paul gives a lot of practical guidance on how Christians should live because of their new life in Christ. He talks about how we should act in key relationships—marriage, family, and work.

In marriage, husbands are told to love their wives the way Christ loved the church, with a selfless and sacrificial love, and wives are told to respect their husbands.

Children are told to obey their parents, and parents are warned not to frustrate their children, but to raise them with the Lord's training and guidance.

Even in the slave-master relationship (similar to today's employee-employer relationship), Paul calls for respect on both sides, honest work, and the reminder that everyone ultimately answers to the same Lord in heaven. The overall message is to live like God's people, imitating Him and walking as children of light.



Ephesians 5:1-21 (Live as children of light)

1 Therefore be imitators of God, as beloved children;

2 and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.

3 But sexual immorality or any impurity or greed must not even be mentioned among you, as is proper among saints;

4 and there must be no filthiness or foolish talk, or vulgar joking, which are not fitting, but rather giving of thanks.

5 For this you know with certainty, that no sexually immoral or impure or greedy person, which amounts to an idolater, has an inheritance in the kingdom of Christ and God.

6 See that no one deceives you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

7 Therefore do not become partners with them;

8 for you were once darkness, but now you are light in the Lord; walk as children of light

9 (for the fruit of the light consists in all goodness, righteousness, and truth),

10 as you try to learn what is pleasing to the Lord.

11 Do not participate in the useless deeds of darkness, but instead even expose them;

12 for it is disgraceful even to speak of the things which are done by them in secret.

13 But all things become visible when they are exposed by the light, for everything that becomes visible is light.

14 For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."

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14 For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."

Ephesians 5:1-21 (Live as children of light), cont.

15 So then, be careful how you walk, not as unwise people but as wise,

16 making the most of your 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, in which there is debauchery, but be filled with the Spirit,

19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Lord;

20 always giving thanks for all things in the name of our Lord Jesus Christ to our God and Father;

21 and subject yourselves to one another in the fear of Christ.

Other Bible References

- Colossians 3:18-25 (Household codes)
- 1 Peter 3:1-7 (Husbands and wives)
- 1 Corinthians 13:4-7 (The nature of love)

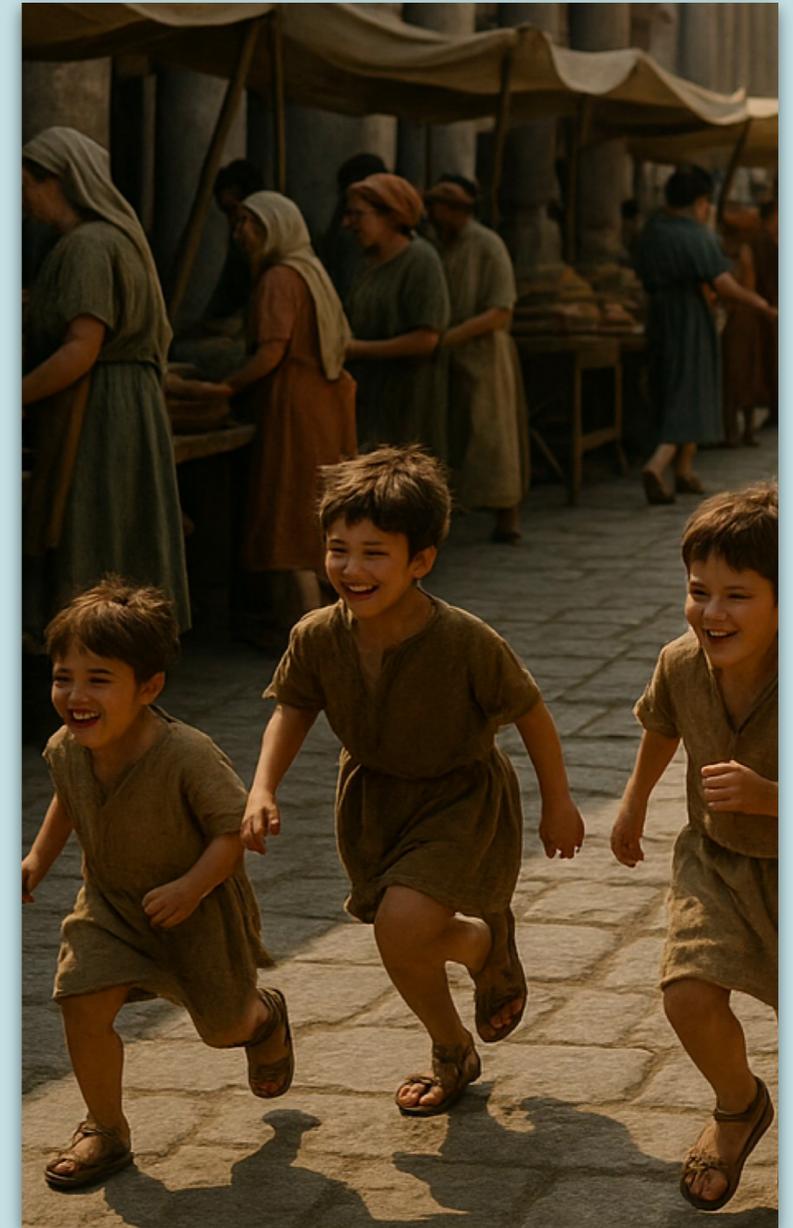
Personal Action Plan

TOPIC 5: CHRISTIAN LIVING AND RELATIONSHIPS

Identify your most important earthly relationship (spouse, parent, child, employer, employee) and evaluate how well you're living out Paul's instructions in that relationship.

Choose one specific way to serve or honor that person this week that goes beyond your normal routine. If married, discuss with your spouse how you can better reflect Christ's love and the church's response.

Think of others before you think of yourself. Practice love, compassion, kindness, and forgiveness every single day.





**"Be kind to one
another,
compassionate,
forgiving each other,
just as God in Christ
also has forgiven you."**

Ephesians 4:32 NASB

We printed the scripture above and handed it to class, and asked you to read it everyday...

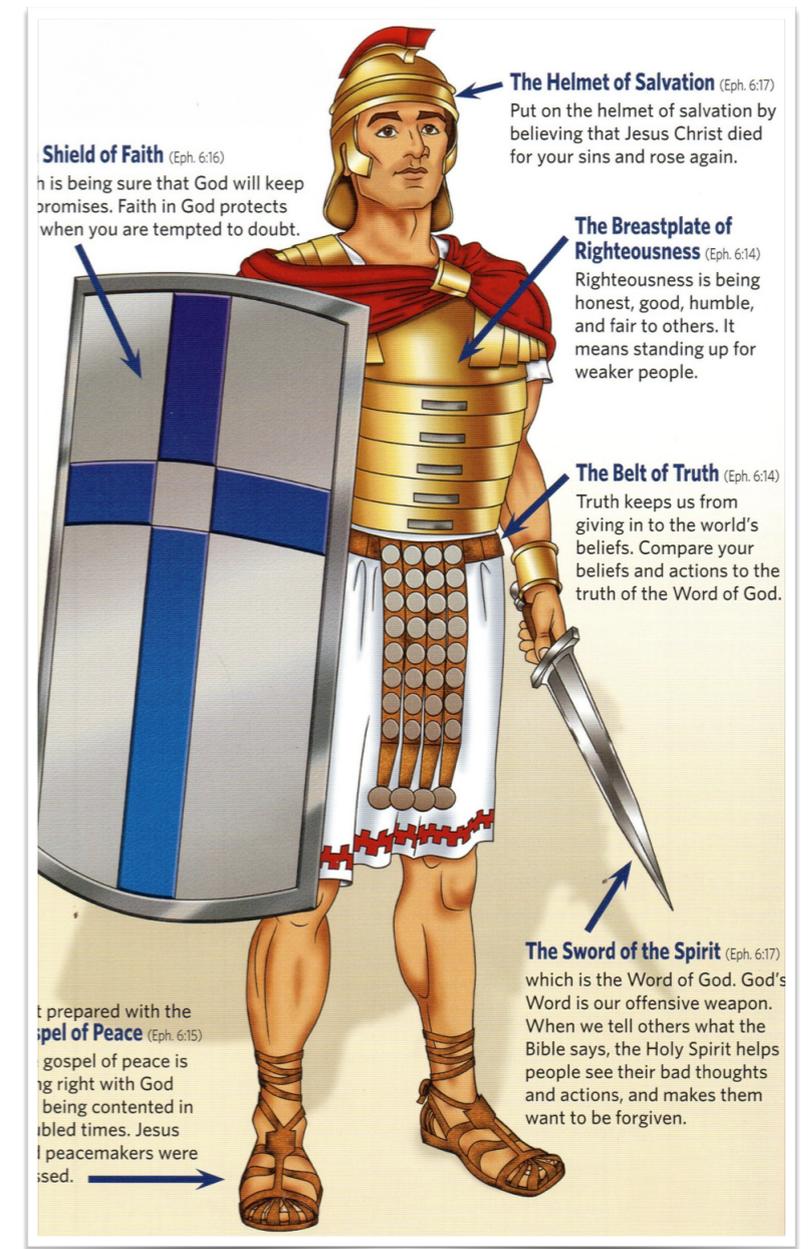
Spiritual Warfare and The Armor of God

TOPIC 6

Paul ends his letter by reminding Christians that they are in a real spiritual battle. Our main fight is not against people, but against powerful evil forces.

He tells believers to rely on the Lord's strength and to put on God's full armor so they can resist the devil's plans. Each piece of armor points to something God provides—truth, righteousness, the gospel of peace, faith, salvation, and God's word.

Paul also says this battle requires spiritual weapons and steady prayer. He isn't trying to make believers afraid, but to help them stay alert, ready, and confident that God will give them the strength to stand firm.



Ephesians 6:10-20 (The armor of God and spiritual warfare)

10 Finally, be strong in the Lord and in the strength of His might.

11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.

12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

13 Therefore, take up the full armor of God, so that you will be able to resist on the evil day, and having done everything, to stand firm.

14 Stand firm therefore, having belted your waist with truth, and having put on the breastplate of righteousness,

15 and having strapped on your feet the preparation of the gospel of peace;

16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.

17 And take the helmet of salvation and the sword of the Spirit, which is the word of God.

18 With every prayer and request, pray at all times in the Spirit, and with this in view, be alert with all perseverance and every request for all the saints,

19 and pray in my behalf, that speech may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel,

20 for which I am an ambassador in chains; that in proclaiming it I may speak boldly, as I ought to speak.

THE ARMOR OF GOD



Other Bible References

- 2 Corinthians 10:3-5 (Weapons of our warfare)
- 1 Peter 5:8-9 (The enemy prowls like a lion)
- 2 Timothy 2:3-4 (Endure hardship like a soldier)

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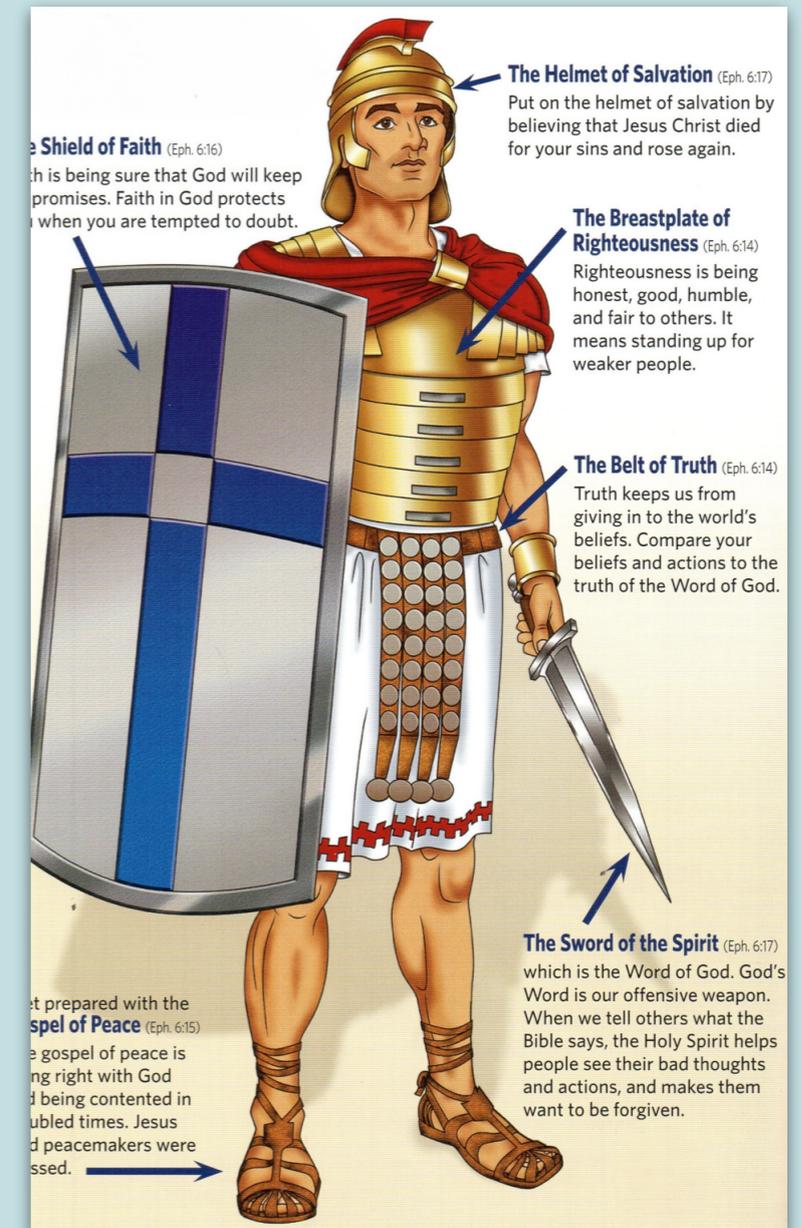
TOPIC 6: SPIRITUAL WARFARE AND THE ARMOR OF GOD

Memorize Ephesians 6:10-18 this month, one verse at a time. Each morning this week, consciously "put on" each piece of armor through prayer, asking God to strengthen you in that area.

Identify one specific area where you're experiencing spiritual attack or temptation and develop a battle plan using Scripture and prayer.

Commit to praying for other believers who are in spiritual battles, just as Paul requested prayer for boldness in proclaiming the gospel.

Use the "sword of the Spirit" your Bible everyday by reading it, speaking it to yourself, and meditating on it.



Prayer and God's Power

TOPIC 7

Throughout Ephesians, Paul shows what strong, faith-filled prayer looks like. He prays that believers would understand the hope God has called them to, the richness of what belongs to them in God's family, and the great power God makes available to them.

He also asks that Christ would live in their hearts through faith and that they would truly understand how wide, long, high, and deep Christ's love is. Paul isn't mainly praying for comfort or material needs, but for spiritual understanding, strength, and changed lives.

He ends with praise, saying God can do far more than we could ever ask or imagine through His power working in us. In Ephesians, prayer is shown as vital for growth, unity, and standing strong in spiritual battles.



Ephesians 1:15-23 (Paul's prayer for spiritual wisdom)

15 For this reason I too, having heard of the faith in the Lord Jesus which exists among you and your love for all the saints,

16 do not cease giving thanks for you, while making mention of you in my prayers;

17 that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of Him.

18 I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

19 and what is the boundless greatness of His power toward us who believe. These are in accordance with the working of the strength of His might

20 which He brought about 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 every name that is named, not only in this age but also in the one to come.

22 And He put all things in subjection under His feet, and made Him head over all things to the church,

23 which is His body, the fullness of Him who fills all in all.

Ephesians 3:14-21 (Prayer for power and love)

14 For this reason I bend my knees before the Father,

15 from whom every family in heaven and on earth derives its name,

16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner self,

17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love,

18 may be able to comprehend with all the saints what is the width and length and height and depth,

19 and to know the love of Christ which surpasses knowledge, that you may be filled to all the fullness of God.

20 Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us,

21 to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

Ephesians 6:18-20 (Pray in the Spirit on all occasions)

18 With every prayer and request, pray at all times in the Spirit, and with this in view, be alert with all perseverance and every request for all the saints,

19 and pray in my behalf, that speech may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel,

20 for which I am an ambassador in chains; that in proclaiming it I may speak boldly, as I ought to speak.

Other Bible References

- 2 Corinthians 10:3-5 (Weapons of our warfare)
- 1 Peter 5:8-9 (The enemy prowls like a lion)
- 2 Timothy 2:3-4 (Endure hardship like a soldier)



Personal Action Plan

TOPIC 6: SPIRITUAL WARFARE AND THE ARMOR OF GOD

Use Paul's prayers in Ephesians 1 and 3 as templates for your own prayers this week—pray them for yourself and for others in your small group.

Create a prayer journal where you record specific requests and God's answers, focusing on spiritual growth rather than just material needs. Set a daily alarm as a reminder to "pray continually" throughout your day.

Find a prayer partner and commit to praying together weekly for each other's spiritual growth and the needs of your church community.

You can have an "open ended" prayer with God in the day, meaning you start a prayer in the morning, and pray throughout the day until the evening.





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