

# EPHESIANS





## Welcome to the study of Ephesians!

We're excited to read, study, and journal about Ephesians together as a church family. Our hope is that this four-week journal will complement the Ephesians sermon series, and will help each of us better understand the Bible and grow in confidence as we read Scripture individually in our personal time with Jesus.

Ephesians is written by Paul, an early follower of Jesus and apostle, to the people of Ephesus. Throughout his writings, Paul often combines deep theological truth with practical application, helping Christians move from head knowledge to heart and life change. Ephesians is one of the clearest examples of this pattern of writing, making it a profound guide for how to live a Christian life.

Over the next four weeks, you'll discover practical insights from Ephesians while building habits that can strengthen your walk with Jesus long after you've completed this journal. You can also visit **[hcbc.com/ephesians](https://hcbc.com/ephesians)** for additional resources, if you'd like to explore the book more on your own.

## How to Use This Journal

In these opening pages, our hope is to give you some information and resources to help you get the most out of and truly enjoy your time in the Word. You'll find guidance for understanding Scripture, tools for studying the text, and insights that can deepen your confidence in God's Word. Because the books in the New Testament were written nearly 2,000 years ago, it can sometimes feel challenging to understand. This journal is designed to help you navigate it with greater clarity.

During weeks one through three, you'll follow a three-part reading plan and have space to jot down your observations and reflections. Week four is a recap of your reading with prompts to reflect and pray.

Unlike a sermon, which often moves quickly from explanation to application, this journal encourages you to slow down and engage with the details of the text.

As you do, you'll discover how a deeper understanding of and appreciation for Scripture comes through intentional, thoughtful study.

Each day during the first three weeks, you'll have specific Scripture to read. After reading the passage, you'll have space to journal some thoughts, using the three steps on page 5.

## **1. Observations**

Write down all your observations from the day's passage. Take the time to record what you read before trying to figure out why it was written. You might be surprised at how much meaning surfaces when you pause to observe the passage's details. In addition to gaining confidence by noticing the details, also think through how God presents Himself through what you read.

## **2. Summary**

Try to summarize the passage in a single sentence. This exercise helps you commit the passage to memory, along with sharpening your focus on how the passage may speak to your walk with Jesus and your everyday life.

## **3. Application**

Reflect on how the passage might relate to a specific situation in your life, a prayer or praise, or your day. Did it encourage you? Write down how it was helpful. Then pray about that. Notice how spending time in God's Word before praying for His provision or direction in your life helps to prepare your mind and heart to hear and receive from Him.

Did it challenge you toward a new step of faith? Note how you sense God might be calling you forward. Did it convict you of sin in your life? Confess that to God and move forward with His forgiveness and freedom.

**Repeat this process each day, as the journal guides you.**

## About Ephesians

For the next four weeks, you'll have the opportunity to immerse yourself in the book of Ephesians. We encourage you to carve out the time to really consider both the truths and applications that changed the world. Write down your observations, hear Scripture's words across the centuries, and then apply these truths to your daily life.

Ephesians is a letter written by the Apostle Paul to the church in Ephesus. In the New Testament, letters like Ephesians are often called epistles, a word that simply means "letter" or "message." Paul's letters typically follow a pattern: the first half focuses on what Christians should believe, while the second half explains how those beliefs should shape everyday life. Like other epistles, Ephesians was written for a specific audience and purpose and would have originally been read aloud to the church.

As you read Ephesians, you'll notice a clear structure. The letter begins with an introduction that identifies the author and explains the purpose of the letter. The main body follows, where Paul shares important teaching, encouragement, and practical instruction for believers. The letter concludes with final affirmations and blessings for its readers.

Most scholars believe Paul wrote Ephesians to help local churches understand how to live as followers of Jesus—in the church, at home, and in the world around them. Two major themes run throughout the letter: unity in Christ and unity in the body of Christ.

Following are some details to know about the book of Ephesians.

### **Author**

The Apostle Paul

### **Date Written**

Because Paul mentions his imprisonment in Rome (3:1, 4:1, and 6:20), this letter should be dated around A.D. 62.

### **Original Audience**

Most scholars believe the letter was written to the churches in Ephesus and other churches in Asia Minor, which is modern day Turkey.

### **Purpose of Ephesians**

The city of Ephesus was an epicenter for the worship of Greek and Roman gods. When Paul traveled to the city of Ephesus, through the guidance of the Holy Spirit, he preached the Good News of Jesus and the power of His saving grace.

Several years later, while in prison, Paul wrote this letter to the believers in Ephesus. He wanted to remind them of God's incredible plan through Jesus and encourage them to live lives that reflected the grace they had received.

Ephesians is filled with powerful truths and practical wisdom about what it means to follow Jesus. It teaches us how to live in unity with other believers and how our identity in Jesus should shape every area of our lives.

## **Major Themes**

There are two major themes in the book of Ephesians.

### **Unity in Christ**

In Ephesians 1-3, we read about God's plan to reconcile all peoples to Him through the life, death, and resurrection of Jesus. The Ephesian church needed to be reminded that Christ is King and that His plan, from the beginning of creation, was to "unite all things in him, things in heaven and things on earth." (Ephesians 1:10)

This letter also reminded the Ephesian church that we're called to be prepared to do good works for Christ in the body. Ephesians 2:10 says, "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." God's redemption plan to save all those that believe in Him includes using us to bring more people to Him.

### **Unity in the Body of Christ**

Ephesians 4-6 instructs us to live our lives for the Gospel of Jesus. The Gospel calls us to live united, under Christ's headship, as the body of Christ. Ephesians 4:1-6 says, "I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all." Christ commands the church to live in unity so that the Gospel can be proclaimed throughout the world.

## Helpful Videos

The Bible Project is a helpful resource for deepening your understanding of the different types of literature found in the Bible. We encourage you to watch the videos below either before you dive into the journal or as you wrap up in week four. Either way, taking time to engage with these resources will enrich your study and help you get the most out of this journal.

- **Biblical literature**
- **Historical context for the New Testament epistles**
- **Literary context for the New Testament epistles**
- **Digging deeper into Ephesians**

Find these resources on our website at [hcbc.com/ephesians](https://hcbc.com/ephesians), or scan the QR code below.





# WEEK 1



The Bible Project is a great resource for understanding the different types of literature in the Bible. If you haven't checked out the video below, we encourage you to watch it before you get started.

**Literary context for the  
New Testament epistles**

[hcbc.com/ephesians](https://hcbc.com/ephesians)



Week 1 | Day 1

## EPHESIANS 1:1-14

### Observations:

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### Summary Sentence:

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**EPHESIANS 1:15-23**

**Observations:**

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**Summary Sentence:**

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**EPHESIANS 2:1-10**

**Observations:**

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**Summary Sentence:**

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**EPHESIANS 2:11-3:13**

**Observations:**

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**Summary Sentence:**

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**EPHESIANS 3:14-21**

**Observations:**

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**Summary Sentence:**

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# WEEK 2



Week 2 | Day 1

## EPHESIANS 4:1-16

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### Summary Sentence:

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**EPHESIANS 4:17-32**

**Observations:**

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**Summary Sentence:**

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**EPHESIANS 5:1-20**

**Observations:**

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**Summary Sentence:**

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**EPHESIANS 5:21-6:9**

**Observations:**

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**Summary Sentence:**

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**EPHESIANS 6:10-24**

**Observations:**

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**Summary Sentence:**

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# WEEK 3



Week 3 | Day 1

## EPHESIANS 1

### Observations:

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### Summary Sentence:

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Week 3 | Day 2

## EPHESIANS 2

### Observations:

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### Summary Sentence:

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Week 3 | Day 3

## EPHESIANS 3

### Observations:

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### Summary Sentence:

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Week 3 | Day 4

## EPHESIANS 4

### Observations:

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### Summary Sentence:

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Week 3 | Day 5

## EPHESIANS 5

### Observations:

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### Summary Sentence:

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# WEEK 4



**EPHESIANS 6**

**Observations:**

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**Summary Sentence:**

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## Week 4 | Day 2

### RECAP (PART 1)

Ephesians 1-3 spends a lot of time discussing the unity of Christians. In what ways does the American Church embrace that truth? In what ways does the American Church struggle with that truth?

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In Ephesians 1-3, we also see the certainty and strength of our salvation. Are there things in your life now that detract from the certainty you have about God's love, His salvation, and the impact it has on you today?

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**Take time to pray this Scripture over yourself and your home today:**

### **Ephesians 3**

"<sup>16</sup> According to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, <sup>18</sup> may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God."

## Week 4 | Day 3

### RECAP (PART 2)

Ephesians 4-6 spends a lot of time discussing the power of the Gospel to transform our lives. Verses 4:15 and 4:29 present the challenge that we should speak the truth in love and build others up. This is counter to the idea that truth-tellers should be blunt and find fault in others. When you think about speaking the truth to others, what are the rules you play by? How does Ephesians 4 support or challenge your rules?

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Ephesians 5:1-2 and 8-10 challenge believers to “walk as children of light.” In what parts of your life do you walk in the light of Jesus and in what parts do you hold back?

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**Take time to pray this Scripture (Ephesians 5:15-16) over yourself today:**

God, help me to look carefully at how I walk, not as unwise but as wise. Also, help me to make the best use of time because the days are evil. Amen.

## Week 4 | Day 4

### RECAP (PART 3)

Today and tomorrow are designed to connect you with helpful resources from The Bible Project. If you didn't explore these resources before starting the journal or decided to wait until now, we encourage you to take some time to engage with them over the next two days.

One of the best ways to grow in confidence with the Bible is to study it for yourself. As you become more familiar with Ephesians, you'll gain skills and confidence that will help you engage with the rest of Scripture. Our prayer is that these resources, including the video below, equip you to know God's Word more deeply and enjoy studying it more fully.

#### **Biblical literature**

[hcbc.com/ephesians](https://hcbc.com/ephesians)



**RECAP (PART 4)**

As you finish your journey through Ephesians, celebrate all that God has taught you and how He moved in your life. Watch the overview video below and allow its themes to reinforce the truths you've been studying.

Ask God to deepen your understanding of His Word and to help these truths take root in your heart and mind. Then spend time praying that what you've learned will continue to shape the way you live and follow Jesus.

**Digging deeper into Ephesians**

[hcbc.com/ephesians](https://hcbc.com/ephesians)



**Prayer (Ephesians 1:17-19)**

Lord, I pray that You may give me the Spirit of wisdom and of revelation in the knowledge of You, having the eyes of my heart enlightened, that I may know what is the hope to which You have called me to, what are the riches of Your glorious inheritance in the saints, and what is the immeasurable greatness of Your power toward us who believe. Amen.

## GROWTH CHART

**When did you study?**

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Other

**Where did you study?**

- ☐ Home
- ☐ School
- ☐ Office
- ☐ Coffee Shop
- ☐ Church
- ☐ Other

**What was happening in your life?**

**Who were you praying for?**

**What did growth look like for you?**

**Completion Date:**

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