Ephesians

NWOCYC

2025

Name: _____

Greetings,

This is a study of the lessons from Ephesians. It is designed to engage the participant in 5 major lessons from the book. These lessons include blessings and prayer, unity, renewal, Family Matters , and prepare for war. Each lesson is designed to stand on its own and does not necessarily need to be studied in order to be built upon . It is just a beginning for those longing for a deeper relationship with the Savior.

The Creator of all longs for you to be His. He wants you to choose Him. In doing so, you have to choose to stop doing and being the things that are against His nature. He wants you to become more! But there is not a checklist of things to do to arrive at this destination. It is a life changing commitment. Once you let Him in, He will begin creating something new as the old is cleaned out. Let the Master come in and make you new!

A way to better use this booklet is by the category of questions. The bold questions will be deeper and are worthy of extra consideration as you have opportunities to take discussion beyond surface level.

May God guide our study and shape our thoughts as we show others His path. The best tool a teacher can use is the right question at the right time.

God bless and enjoy the journey.

Josh Derr

Lesson 1

Blessings and Prayer

Intro: Get to know your students. Go around the room and have them tell their favorite vacation memory, or favorite sporting moment, or best camp memory. Having a connection will open further discussion.

*Younger students may want to focus on the Spiritual Blessings God has given us including the fact He has called all of us to be His children and we can accept this gift. Eph 1:3-14

This study is designed to point learners to Jesus. It is to show God's love and desire for us to be with Him as His adopted children. That is the greatest blessing we have in this life. Ephesians looks deeper at how God reveals those blessings and how we are to respond.

This letter was written to people at Ephesus by Paul. He had spent some time with these people, baptizing them and healing many. (Acts 19). He knew and cared for these Ephesians.
When he begins his letter, what credit does he give for all the blessings the people have?(Eph1:3-4) _____
Who does Paul say God chose to be holy? _____
What does it mean to be holy? _____
Many times we have the wrong idea that holy means to be perfect and not making mistakes. God knows we all fall short and sin (separate ourselves). There are several misconceptions we have placed on scripture in these next few verses. This is the first one. Being holy means **to be set apart**. God calls us to be set apart from worldly things for Him!
What does this mean in terms of how the world sees us? If we are set apart from the world, in what ways are we supposed to be different? _____

V4- He chose us in Christ before the creation of the world.
There has been a lot of discussion on this concept throughout history. Without getting lost in the argument, the best explanation this scholar has found is the thought that "us in Christ" refers to those who choose to follow Him. Imagine starting a game in which God tells all humankind

that His team will win. The only thing you have to do is choose to be on His team. Once you choose, you are His! His team is destined to win and all are invited to join. There is more to belonging to God and His expectations but this is a starting point.

How long ago did God know He would need to save us? _____

Why does God love us enough to adopt us as His children? _____

_____

What does it mean that we are God's adopted children? v5-13 _____

_____

Romans 8:23 , 2 Corinthians 1:22

Does He know what you are going to choose? _____

If He knows what you choose, is it still your choice, even though He knows what your choice is going to be? Or did He make you choose? USE SCRIPTURE TO BACK UP THOUGHTS _____

_____

_____

V-14 Our down payment

This is the most important part of our study for those who are lost and do not have a relationship with Jesus. You are a sinner needing a Savior. When you belong to Him, He promised to leave us a Helper.

How do we receive the Holy Spirit? (Acts 2:38) _____

What does it mean for us to be redeemed? (Col 1:14, Gal 3:13+14)

_____

What two things does Paul pray for them? (v17+18) _____

_____

How do you see these prayers fulfilled in your life? _____

_____

How is God's power through Christ shown? (v 19-22) _____

_____

_____

This power of our Savior is what we are bound to and find working in us! Wow! What spiritual strength OUR God has!!

But we had to gain access to this power, to our Redeemer. What was our spiritual situation before saving? (Eph 2:1-3) _____

_____

V4 Describe the contrast between "dead in sin" and "life with Christ"

_____

_____

How did you get this life with Christ? (v 5,8) _____

Why did God want to do this? (v 4,5,7,10) _____

_____

_____

Who are we now? (v10) _____

What is expected of us now? (v10) _____

Salvation is a gift and not earned! So while we have this gift and don't do what is expected, are we fulfilling the purpose of God's plan? _____

2 Cor 5:17- Describe what it means to be a "new creation". _____

_____

Gal 2:18-20- What do we have to do to our old selves to live with Christ? _____

What do you have to do personally, daily, to not rebuild the old self?

_____

Lesson 2

Unity

Intro: Play a game of telephone. If played right, and it doesn't need to be too complicated, the message gets changed frequently. At the end focus on the idea of a personal responsibility to get the message correct for the next teammate and the consequences for the teammates at the end that don't receive the correct message.

*Younger groups may wish to focus on being unified and working together like on a team sport. Coaches can take all kinds of sizes and skills of athletes and find their roll that is valuable for the team. Even the early Christians did not accept everybody that wore the name of Jesus. Focus on the verses Ephesians 4:1-6

To begin we need to take a look at our state of salvation in Christ. The majority of us are not Jewish. The Jews were God's first chosen people that He wanted to be His own called out of the world. But when Jesus came He revealed a mystery that the old testament Jews did not know. What was that secret? (Eph 3:6) _____
That is good news for everyone who is not Jewish! That includes me. I am a child of God and heir of Heaven! So is the rest of the world <u>if they choose to believe and follow Jesus!</u>
What is God's purpose for believers? (v 10-12) _____
_____
Should we be timid in our approach to our purpose? Explain _____
_____

V16-19 What 4 "asks" does Paul have of God for the Church?

1. _____
2. _____
3. _____
4. _____

Where can YOU see Him fulfill each of these in your life?

1. _____
2. _____
3. _____
4. _____

V 20 is one of the greatest acknowledgments of God's power. This verse describes this power as it builds. For the reader, the power is inside us. For the bigger the picture, it carries on in the church for all generations. What responsibilities does this hold for us today and the future? _____
_____

Eph 4:1-6
What are things you are supposed to do to "live worthy of the calling"?
_____
Verses 2-6 help guide the general idea of being united as one in Christ. Let's not rush through this lesson and the practical ways we need to carry this out. How do I act if I am humble, gentle, and patient? This is usually answered very generically, but for us to grow, we need real answers.
_____
_____
What does it mean to accept each other with love? _____
_____
Am I supposed to look at my brother with whatever they are involved in and doing and say to them "You are fine. Just keep being you!"? _____
_____

V 3
What is the "glue" that holds us all together? _____
How do we maintain a unity if we are all different? _____
_____
The beauty of unity of different people comes from our differences. Just like a good sports team has many different players playing different positions, the Spirit has given to each member gifts for ensuring all areas are covered in a healthy church, a healthy body. What dangers can occur when individuals only interact with like-minded/same status people? _____
_____

1 Cor 12:12-27
This science teacher loves teaching anatomy. Our bodies are so intricate and amazing that the more one studies the more one can see such intelligent design. Our body is the sum of many working parts. Who is included as being of a "part of the body" (v 13) _____

What is the foundation for God's people to need everyone? (v18-22)

_____

What happens when one "part" suffers or gets glory? (v26+27) _____

_____

The reason we are expected and commanded to have this unity is because of the unity of the God we serve.

First, God the Father, Son, and Spirit are one. Jn 10:30, Jn 14:10, Matt 28:19.

He called us to ONE hope, faith and baptism. This has many speaking points. What is the one hope? _____

Jesus is the only way to salvation. Acts 4:12. He is our hope. The one we put our trust in. There is NO other way!

What is the one faith? (Romans 1:16+17) _____

There was a phrase that was used more when I was younger and it went "You need to find your own faith." The more I think about people using that phrase I understand that they mean you have to personally internalize faith in God and not rely on someone else. However, a part of me does not like the phrase in a sense of faith is not what I think or feel but <u>it is what God has designed and given us to accept and shape our lives after</u>. It's not mine to pick and choose what to adhere to and what to discard. God's design for His chosen is to have a united faith in Him and His plan. Our faith begins on truth found in God's word, Jesus' teachings.

Baptism in the Bible had different forms. It is important to understand Jesus' example and the apostles teaching on this step of faith. There were many forms of religious washing and cleansing. There is significance to the baptism we are to take part in.

Rom 6:4

What is our state before our submersion in the waters of baptism? _____

What is our state as we are raised from the water? _____

What is the purpose of one baptism? _____

This one baptism unifies our cleansing and rebirth into ONE…Christ!

The last phrase of Eph 4:6 tells of a God of all, over all, through all and in all. What does that mean for you and I and all the lost? _____

_____

All living things are made up of DNA. All DNA contains only four different chemicals (nucleic acids) represented by the letters A, T, G, and C. They are organized into segments called chromosomes. Human cells contain 23 chromosomes each with somewhere between 150 and 250 million nucleic acids. They are arranged in a ladder pattern with the A, T, G, C being paired up respectively like the steps of the ladder. The sides are other chemical structures. Certain connecting structures of this ladder lie in a sequential pattern. This pattern occurs as bridges between these nucleic acids. It occurs at sequences each 10, then 5, then 6, then 5 and repeats. 10 5 6 5. These numbers correspond to the letters of the Hebrew alphabet. Hebrew has a correspondence of letters and numbers. These spell YHWH. The name of God is repeated through the sequence of DNA in all living things! YHWH is in all things that have life!! That will preach! GOD IS IN ALL!

Does this give Col 1:16+17 a different level of depth? Explain _____
_____

What are some things that you can tell others about our Creator that show a Divine Design? _____

Do all believers have God living inside them? _____

How should we treat each other knowing the same God that is inside me is also inside you? _____

How will I act towards others who I know are hurting even when I am not comfortable stepping out? _____

Lesson 3

Renewal

Intro: Describe the feel or smell of something new. New car, new shoes, fresh sheets on the bed, new carpet. What if you could have that experience every day? How would you feel if things you think are old and worn out got renewed?

Younger students may want to focus on the things we are called to change and do away with that are against what God intends for us. Come up with examples of what God wants us to do when we are filled with the Spirit. Use Ephesians 4:17-32 as a guide.

This lesson has a very simple theme but when we start diving into it, it can get as deep as the students will take it.
I make and restore wooden furniture. I love the look of a beautiful wood grain. When I get an old broken piece that most people would throw away or use for burning, I enjoy taking the old finish off of it, fixing broken pieces, and making it useful again where someone would be proud to put it back to work. When my grandmother passed away I got an old iron skillet from her house. It was pretty rusted over. After sanding the rust off, it needed to be properly seasoned. That means taking the skillet, putting oil on it and heating it to get the oil to coat the pan. This heating process is repeated TILL ITS DONE AND DOESN'T NEED IT ANYMORE. Each of these illustrations begin unusable in their old state. They need a little TLC from one who knows what they need to get them to a place where they function for what they were created for.
What is renewal? What does it mean to re-new? _____
2 Cor 5:17, Col 3:3
How has my old self died? _____
What is a new life and how does Jesus give me new life? _____
_____
Eph 4:17-19
This is the state of those not in Christ. What disconnects us from God's life? V 18 _____

Dad would have called this selfishness. 100% focused on self. What is ignorance and how does it separate us from God? _____
_____
What are the other actions of people who are not in Christ?19 _____
_____
What are those in Christ called to do? v 21+22 _____
_____
V 23 begins the next thought by telling the readers how to live this way. What word is the key? (it is found near the beginning of v 23) _____
Before we get to the deep thoughts of the rest of this verse, let us look at some other places and characteristics we are told to renew.

Isaiah 40:31
Who is the person that shall get this renewal? _____
What characteristic is promised renewal? _____
What motivation and inspiration does this verse grant? _____
_____

Ps 51:10
What is the plea of the Psalmist? _____
What is the Father's touch like when our spirit is renewed? _____
_____

Titus 3:5
We are saved in Him by the renewal of what? _____
When the saved receive the Holy Spirit, what does He renew about us? _____
_____
(Big beautiful thought here, dig deep!)

Eph 4:23+24
What is the first thing the saved are called to renew? _____
This is also found in Romans 12:2.
What is easier to see about people, a change in actions or in attitude? Why? _____
When one becomes new in Christ, others can see if they stop being greedy or mean or doing things that are wrong. And in fact if they choose they can stop doing those things while people are looking. Eventually what is on the inside comes out. But when it comes to a

renewal of the mind or heart, there is only one who can truly know if this is genuine.

Putting on Christ and becoming made anew is a mature decision. There is a change that takes place. We put to death our old self and are made a new creation with a renewal of our spirit by the Holy Spirit. This inner change is going to bring about an outer change. If it doesn't then are we allowing the Holy Spirit to take over our new self? _____

V 25-31 is a list of things that should not take place when we are renewed by the Holy Spirit and our hearts and minds are set on Him. What are some of the things we need to get rid of and stop doing?

1. _____
2. _____
3. _____
4. _____
5. _____

There are more but before we flip the coin, WHY don't we continue in these ways? v 30 _____

So what does a renewed person look like? v 24 _____

What do God's clothes look like? _____

V 32 gives several guidelines to follow. What are they and how do you look when you are doing these? _____

_____

Col 3:10

When you put on this new self, who are we actually looking like when we put on the new clothes? _____

What happens when I don't act this way or do these things anymore? I was baptized and received the Holy Spirit but I don't feel like that now. What can I do?

Act 3:19

What do we have to do in our hearts? _____

What does repent mean? _____

Since we were once baptized, what are we called to do to return to God? _____

Romans 8:26

What moments does the spirit step in for us? _____

How did the Spirit help you in those moments when your humanness fails and you don't know what to do? _____

Just like baking some cornbread in Granny's renewed skillet, God wants to renew you to use for making good things to share in His kingdom.

Lesson 4

Family Matters

Intro: Ask the students about different family traditions they may have. Do they go to a certain relative's house for certain holidays? Is there a certain food that is always eaten at a certain time? That crazy relative that can be counted on to wear this or say that or tell the same story?

*Younger students may want to focus on how important God designed families to help strengthen and support each other. Ephesians 6:1-4. There are circumstances that many families don't look like what God intended. But that doesn't mean whatever family we are a part of shouldn't act like God intended or desires us to act for our family. This goes hand in hand with where we find ourselves in an authoritative relationship. Boss/employee. Supervisor/worker. Teacher/student.

God does have an ideal design and plan for families. It is one man and one woman committed to each other and God and raising a family. There are verses that support this all throughout scripture. We as humans fall short of this idea and make our own way as sin enters the picture. Real life is complicated and messy and less than God's perfect picture. With that said God still has a designed path. His design for family.
There is no doubt how I grew up is not the same as how my parents grew up. How they grew up is not the same as how my grandparents grew up. So this is certainly the same as you grow up. However, God's word is still true generation after generation. When He speaks about husbands and wives, and parents and children His design and desire is still for a Godly family unit. The healthy family is representative of a healthy church, His design for Christian family.
Ephesians 5:16+17
Because of evil, we are encouraged to not be ignorant but rather understand what? _____
V 20+21 How do we show our respect for Christ? _____
It is no coincidence that the example given is of marriage and family.
Make a list of qualities that are encouraged for the wife and husband

Wife- _____

_____

Husband- _____

_____

If the husband is compared to Christ and a wife is compared to the church, what did Christ do for the church? How did He love the church? _____

What about husband and wife? _____

Col 3:18+19 Says very similar things. Is it a coincidence that Paul has to say similar things to different churches? Why would he need to say very similar things at different places? _____

There are differences between husband and wife responsibilities probably because men and women are created differently. Is it healthy to have different designs with different tasks? Explain. _____

_____

How important is it for us to value the church today? _____

_____

There are people who don't find value in being plugged in and a part of a family of believers. Just like God has a divine design for marriage, He has a divine design for His church.

How does being a part of a healthy family and church coincide with God's plan for me? (Think big picture and specifics)

_____

I don't have to take this, I'm going home.

No family is perfect. You have probably heard the adults in your house argue over seemingly important and unimportant things. For adults, money seems important. And then there are the other ridiculous arguments. There was one time I remember as a kid my parents got into a huge argument over toast and a toaster. What are things that are argued about in your house? _____

V 22+23 If this kind of relationship exists, what would happen with these arguments?_____

I used to have a chair in the bedroom. I would take off a sweatshirt or pajama pants and lay it over the chair to wear later. My wife could not stand those clothes hanging on the chair. There is now no longer a chair present for me to continue to put clothes there because I knew she really could not stand it. So for her I stopped. (There is however a pile of clothes now and then!) This is a small example of doing what the other needs out of love for that person.

Phil 2:3

How does humility guide me to think and act? _____

If dealing Godly with others means having humility, does having NO humility mean other thoughts and decisions are selfish and sinful?

_____

Did I do that?

I hope you have rules or situations in your life that you look at and think "When I grow up I'm going to do that in my house." But I also know there are times when you think "I'll never do that in my house."

What are some reasons you want to continue things from your parents? _____

What are reasons you do NOT want to continue some things? _____ _____

There is a delicate relationship between parents and children.

What is Godly wisdom for parents raising kids?

Ps 127:3 How are children a heritage? _____

Prov 22:6 Is this always a given? _____

Prov 22:15 Let this one soak for a minute _____

Gen 18:19 What is God's charge to Abraham and how does it affect us now and in the future? _____ _____

Eph 6:1-3

There is a very important part of these verses that parents (when they think they are being funny Karen and Kevin) leave out. What is the key to obeying and honoring parents? _____

When is not obeying parents acceptable if any? _____

What responsibility does that put on parents? _____

What responsibility does that put on children? _____

What is the responsibility on both parents and children as families try to live the ideal design God created? _____ _____

Back in the old testament times, families lived together with multiple generations. Your home was your family's home for many generations, usually. That means that you probably lived with grandma and grandpa in "their" house. This means they were with you as they aged. Hopefully there was a good relationship in a family to make living situations enjoyable as each generation aged. One generation watched the previous generation how family relations work. This is the understanding and meaning behind V3.

What is one of the hardest things to do as you deal with bullies who try to use their physical prowess or position over you? _____

For me, when people with higher positions use that to put me in my place when they are unhappy does not make for a healthy relationship.

V4 What does it mean to "provoke children"? _____
What are ways parents can provoke children? _____
_____
This is not a comfortable conversation because we feel shame and embarrassment when we think of times our parents have brought us to this. It is not pleasant for us or them. Does this hurt our relationship with our parents? _____
This is one of those verses that we think about how it happens as children, but we learn to stop the cycle so it doesn't happen as parents. Many parent/child relationships are hurt or broken due to a lack of Godly humility when dealing with family.
What could you do to be humble and honor God as a child when situations arise when your parents are provoking you, either intentionally or unintentionally? _____
How can children learn to break family cycles of unGodly harsh, unsupportive, inconsistent parenting when that is all that is modeled? _____

As we conclude this lesson, let us consider Godly wisdom to live as family. Not just blood family, but Christian family. If you are an adopted heir of God's family, then all God's children are our brothers and sisters. Family.
1 Peter 4:8
How am I supposed to love you? _____
What is the main reason we fight with each other? _____
If I can have humility and get over myself, what will I be able to do for you? _____
What are ways we can show this? _____
Some people when they get mad at fellow Christians leave the church and go somewhere else. But when we look at the body of Christian believers and view each other as family and can love each other sincerely, can we get over and move past most issues?
_____

Lesson 5

Prepare for War

Intro: Ask students to think of a time when they got in trouble for following the wrong person. A time when they listened to the wrong person or didn't know who to listen to. Hopefully a lesson was learned and not too much trouble was had.

Younger groups may want to focus on what the pieces of the armor of God do for us in our lives. Each piece is designed to protect us from different kinds of attacks and gives us tools to fight back. Visualizing this metaphor helps us see how God covers, protects and helps us fight against what evils are surrounding and attacking us. Eph 6:10-20

Being human means many things. It makes us unique to other animals. We are the ones scripture says are made in God's likeness. God made us to have dominion over all other animals and creation. We are the only animals smart enough to comprehend a God that saves us. With that we have responsibilities God wants His children to follow.
Eph 5:1+2
Who and HOW do we imitate? _____
Who is our example and HOW do we follow? _____
These answers are very easy churchy answers to say but HOW do we try to live this out daily? _____
V 15-17 How should we live life and why? _____
Is evil everywhere? (take a moment and just unpack that thought) _____
If evil is all around, even shows itself in church and families, do we have a chance to fight against it? _____

Because we are aware that evil can be found everywhere, we must be conscious of how evil things present themselves to us. The devil is out to get you! We are in a fight for our eternal lives. It is a battle of good vs. evil. It is real! There are so many times in this entertainment culture where I have seen sports games and movies use the phrase "We are at war." or "Let's go to war". I am not so naive as to really think a football game is equal in any way to war or that movies realistically depict what war is actually like. I have talked to enough people in my life who have been in real life war that reality would scare and scar people deeply who live through war.

The old testament is full of stories about battles and fighting that would not be allowed on the big screen. Realities of war are scary and unimaginable.
Our war is not one that we can escape or choose not to fight. As Christians, we are in a battle for life over our eternal destination.
2 Cor 10:3-5
What are some "spiritual fortresses" that you encounter in your life? _____
Very often today we may experience **fatigue, distractions, discouragement, apathy, anxiety, stress, doubt, temptation, despair, lies, FEAR. (Take a moment to see if any of these have been experienced by students.)** These are very common thoughts and feelings the enemy uses to keep us from actually carrying out the positive will and message of the gospel.
V4 what weapons are we equipped with to use while we fight? _____
*A tactic used in war is to isolate groups or individuals from the larger group. Why? What happens when people are isolated? _____
_____
What are ways Satan uses to isolate you? _____
1 Cor 1:27 What attributes does the world consider foolish and weak? _____
What does this verse say will win over the worldly way? _____
How can arguments get resolved by Godly ways? _____
What other daily battles do we face? _____
How can we use this verse to fight with Godly wisdom? _____
_____

Eph 6:10-20
Where do we find the courage and strength to fight? _____
V12 Who are we fighting against? _____
Are the "things" on this list all the same or are each of these a different type of enemy? Go deeper. _____
_____
Take a moment to think what YOU are supposed to do with the armor? V13 _____
Will the armor automatically show up for us or are we supposed to prepare for battle? _____
Sometimes we get this picture that we are completely helpless and at the mercy of whatever happens. God's Spirit in us allows us to fight! What level of fighting are we expected to engage in? _____

Our Armor

Belt of Truth

What is a belt used for? _____

How does truth act as a belt for the armor? _____

Eph 4:15 How are we supposed to love others? _____

Breastplate of Righteousness/Justice

What is a breastplate for? _____

What is righteousness? _____

1 John 3:7 Act like who? How? _____

(being in a right relationship with God and others)

How does righteousness act as a breastplate? (Hint vital organs) _____

Shoes of the Gospel of Peace

What do shoes do? _____

Why do feet need peace? _____

Romans 10:15 What happens if no one takes God's news to the world? _____

John 14:27 How is God's peace different from the world?

_____

Helmet of Salvation

What does a helmet do? _____

Where does salvation come from? _____

Our mind needs protection from the thoughts of salvation coming from any other place than Christ. Salvation from Christ is the foundation of our only hope.

What are some other things the helmet protects our mind from? _____

These parts of armor are fixed and secure. We have them in place and they are steady and constant. Our foundation and spiritual defense are always in place and protecting us. They are from God and unwavering.

The last two are ones that we carry in our hands. They play a different role in day to day, specific challenges we encounter. They are designed to be used when needed for both defense and offense. They are picked up to come between us and what is trying to harm us.

Shield of Faith

How is a shield used? _____

How does faith (not MY faith but the God given FAITH that He is ever working on with me) work as a shield? _____

_____

Why is this piece of armor considered above all? _____

_____

God has given you the other pieces to be put in place and constantly worn. But He has given YOU the charge to carry the shield so YOU can protect against the evil one's flaming arrows. **Why does God charge us with FAITH to carry out this task?**_____

_____

Sword of the Spirit

What does Heb 4:12 call God's word? _____

Describe the function and how sharp and accurate it is. _____

_____

How do we use God's word as defense? Offense? _____

_____

How important is knowing and understanding God's word for us to use when threatened? _____

Do some use the sword to attack fellow Christians? Explain

_____

A sword is only as useful as the hands it is in. How important is it for soldiers to know when and how to use the sword as it is intended? _____

As we conclude the lesson, let's consider the soldier. A properly trained soldier will know how to use each piece of armor, how to fight the enemy with others working together, look for guidance from more seasoned soldiers, help train less knowledgeable ones, protect those not capable of fighting, always willing to become better and grow stronger. There are many more lessons to take from the idea of preparing for war. How has God shown you your role of battling evil? _____

_____

As our study ends, what challenge has God placed on your heart to prepare you to live for Him? _____

I pray you may be ever seeking a deeper relationship with the Creator.