

Summary of Ephesians for Bible Study

Overview of Ephesians:

The book of Ephesians is a letter written by the Apostle Paul to the Christian church in Ephesus, likely around A.D. 60–62 during his imprisonment in Rome. It is a deeply theological and practical letter, exploring the riches of God's grace, the unity of the Church, and the conduct of believers in light of their new identity in Christ. The letter is divided into two main sections: the first half (chapters 1–3) focuses on theological truths and the believer's position in Christ, while the second half (chapters 4–6) offers practical instructions for living out those truths.

Main Themes of Ephesians:

- **The Grace of God:** The letter emphasizes the unmerited favor and blessings God gives to believers through Jesus Christ.
- **The Unity of the Church:** Paul stresses the importance of unity between Jews and Gentiles in the body of Christ.
- **The Church as the Body of Christ:** The church is described as a living organism, made up of believers who are united under Christ as the head.
- **Christian Conduct and Spiritual Warfare:** Paul calls believers to walk in a manner worthy of their calling, to put on the armor of God, and to resist the schemes of the devil.

Outline of Ephesians:

Chapter 1: Spiritual Blessings in Christ

- **Scripture:** Ephesians 1:1–23
- **Major Points:**
 - **The Believer's Position in Christ:** Paul begins by blessing God for the spiritual blessings believers have in Christ, including being chosen, predestined for adoption, and redeemed through His blood (Ephesians 1:3–14).
 - **The Role of the Holy Spirit:** The Holy Spirit is described as the seal of our inheritance and guarantee of our future redemption (Ephesians 1:13–14).
 - **Paul's Prayer for Spiritual Wisdom:** Paul prays that the believers would grow in knowledge and understanding of God's calling and power, specifically the great power that raised Christ from the dead and exalted Him above all (Ephesians 1:15–23).
- **Questions to Reflect On:**
 - How do I recognize and appreciate the spiritual blessings God has given me in Christ?
 - Do I truly understand the power of God that works in me through the Holy Spirit?

Chapter 2: Made Alive in Christ

- **Scripture:** Ephesians 2:1–22
- **Major Points:**
 - **From Death to Life:** Paul describes how all people, apart from Christ, are spiritually dead in their sins but have been made alive by God's grace (Ephesians 2:1–10).
 - **Unity of Jews and Gentiles:** Christ has broken down the dividing wall of hostility between Jews and Gentiles, creating one new humanity through His sacrifice (Ephesians 2:11–18).
 - **The Church as God's Temple:** Believers, both Jews and Gentiles, are being built together into a holy temple in the Lord, with Christ as the cornerstone (Ephesians 2:19–22).
- **Questions to Reflect On:**
 - How has God's grace made a difference in my life?
 - In what ways am I contributing to the unity of the Church, regardless of cultural or racial differences?

Chapter 3: The Mystery of the Gospel Revealed

- **Scripture:** Ephesians 3:1–21
- **Major Points:**
 - **Paul's Role in Revealing the Mystery:** Paul speaks of the "mystery" of Christ, which was hidden for ages but is now revealed—that the Gentiles are fellow heirs and partakers of the promise in Christ Jesus (Ephesians 3:1–13).
 - **Paul's Prayer for Strength:** Paul prays that believers would be strengthened with power through the Spirit, that Christ may dwell in their hearts through faith, and that they would grasp the vastness of God's love (Ephesians 3:14–19).
 - **God's Power and Glory:** The chapter closes with a doxology praising God for His ability to do immeasurably more than we ask or imagine, according to His power at work within us (Ephesians 3:20–21).
- **Questions to Reflect On:**
 - How am I experiencing the power of the Holy Spirit in my life?
 - Do I truly understand the depth of God's love for me?

Chapter 4: Unity and Maturity in the Body of Christ

- **Scripture:** Ephesians 4:1–32
- **Major Points:**
 - **Call to Unity:** Paul urges believers to live in a manner worthy of their calling, with humility, gentleness, and patience, maintaining the unity of the Spirit (Ephesians 4:1–6).
 - **Spiritual Gifts for the Body:** Christ gave gifts to the Church (apostles, prophets, evangelists, pastors, and teachers) to equip believers for ministry and to build up the body of Christ (Ephesians 4:7–16).

- **Living as New People:** Paul encourages believers to put off the old self and put on the new self, created to be like God in true righteousness and holiness (Ephesians 4:17–24).
- **Instructions for Christian Living:** Paul provides practical guidance on how to live, including speaking truth, controlling anger, working hard, speaking edifying words, and forgiving one another (Ephesians 4:25–32).
- **Questions to Reflect On:**
 - How can I promote unity within my local church or community?
 - Are there areas in my life where I need to "put off" the old self and "put on" the new self in Christ?

Chapter 5: Walking in Love, Light, and Wisdom

- **Scripture:** Ephesians 5:1–33
- **Major Points:**
 - **Walk in Love:** Believers are called to walk in love, just as Christ loved us, and to avoid immorality, impurity, and greed (Ephesians 5:1–7).
 - **Walk as Children of Light:** Paul urges believers to live as children of light, exposing the fruitless deeds of darkness and making the most of every opportunity (Ephesians 5:8–14).
 - **Walk in Wisdom:** Believers are encouraged to live wisely, be filled with the Spirit, give thanks to God, and submit to one another out of reverence for Christ (Ephesians 5:15–21).
 - **Marriage as a Reflection of Christ and the Church:** Paul presents marriage as a sacred picture of the relationship between Christ and the Church, where husbands love their wives sacrificially and wives submit to their husbands in respect (Ephesians 5:22–33).
- **Questions to Reflect On:**
 - How can I demonstrate the love of Christ in my relationships, especially within my family?
 - Are there areas of darkness in my life that need to be exposed to the light of Christ?

Chapter 6: The Armor of God and Christian Conduct

- **Scripture:** Ephesians 6:1–24
- **Major Points:**
 - **Instructions for Families:** Paul gives instructions for children, parents, slaves, and masters, urging respect, honor, and fairness in relationships (Ephesians 6:1–9).
 - **The Armor of God:** Paul exhorts believers to put on the full armor of God to stand against the schemes of the devil, including the belt of truth, the breastplate of righteousness, the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit (Ephesians 6:10–17).
 - **Praying in the Spirit:** Believers are encouraged to pray at all times in the Spirit, with perseverance and alertness, for all the saints (Ephesians 6:18).

- **Paul's Final Words:** Paul concludes the letter with a call for prayer, a final greeting, and a blessing of peace, love, and faith (Ephesians 6:19–24).
- **Questions to Reflect On:**
 - Am I actively putting on the armor of God each day to stand firm against spiritual attack?
 - How can I live out the principles of submission, love, and respect in my family and relationships?

Why Ephesians Was Written:

Ephesians was written to encourage believers in their understanding of their identity in Christ and to challenge them to live out that identity in practical ways. It addresses the unity of the Church, calling for reconciliation between Jews and Gentiles, and emphasizes the importance of Christian conduct in a world that is hostile to the gospel. The letter also contains profound teaching on the believer's spiritual blessings, the grace of God, and the role of the Church as God's instrument in the world.

Author: [Ephesians 1:1](#) identifies the author of the Book of Ephesians as the apostle Paul.

Full article: [Who wrote the book of Ephesians? Who was the author of Ephesians?](#)

Date of Writing: The Book of Ephesians was very likely written between A.D. 60-63.

Purpose of Writing: Paul, writing from a Roman prison, intended that all who long for Christlike maturity would receive this writing. Enclosed within the Book of Ephesians is the discipline needed to develop into true children of God. Furthermore, a study in Ephesians will help to fortify and to establish the believer so he can fulfill the purpose and calling God has given. The aim of this epistle is to confirm and to equip a maturing church. It presents a balanced view of the body of Christ and its importance in God's economy.

Key Verses:

[Ephesians 1:3](#): "Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ."

[Ephesians 2:8-10](#): "For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

[Ephesians 4:4-6](#): "There is one body and one Spirit—just as you were called to one hope when you were called—one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all."

[Ephesians 5:21](#): “Submit to one another out of reverence for Christ.”

[Ephesians 6:10-11](#): "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes."

Summary: Doctrine occupies the greatest portion of the Book of Ephesians. Half of the teaching in this epistle relates to our standing in Christ, and the remainder of it affects our condition. All too often those who teach from this book bypass all the foundational instruction and go directly to the closing chapter. It is this chapter that emphasizes the warfare or the struggle of the saints. However, to benefit fully from the contents of this epistle, one must begin at the beginning of Paul's instruction in this letter.

First, as followers of Christ, we must fully understand who God declares us to be. We must also become grounded in the knowledge of God's accomplishment for all humanity. Next, our present existence and walk must become exercised and strengthened. This must continue until we no longer totter or stagger back and forth with every spirit of teaching and subtlety of men.

Paul's writing breaks down into three main segments. (1) Chapters one through three introduce principles with respect to God's accomplishment. (2) Chapters four and five put forth principles regarding our present existence. (3) Chapter six presents principles concerning our daily struggle.

Connections: The primary link to the Old Testament in Ephesians is in the startling (to the Jews) concept of the church as the body of Christ ([Ephesians 5:32](#)). This amazing mystery (a truth not previously revealed) of the church, is that “the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus” ([Ephesians 3:6](#)). This was a mystery completely hidden from the Old Testament saints ([Ephesians 3:5, 9](#)). The Israelites who were true followers of God always believed they alone were God's chosen people ([Deuteronomy 7:6](#)). Accepting Gentiles on an equal status in this new paradigm was extremely difficult and caused many disputes among Jewish believers and Gentile converts. Paul also speaks of the mystery of the church as the “bride of Christ,” a previously unheard-of concept in the Old Testament.

Practical Application: Perhaps more than any other book of the Bible, ***the Book of Ephesians emphasizes the connection between sound doctrine and right practice in the Christian life***. Far too many people ignore "theology" and instead want to only discuss things that are "practical." In Ephesians, Paul argues that theology is practical. In order to live out God's will for us in our lives practically, we must first understand who we are in Christ doctrinally.

Video summary: <https://www.youtube.com/watch?v=Y71r-T98E2Q>