

THE BOOK OF

# Ephesians

BIBLE STUDY GUIDES FOR SMALL GROUPS

RELATIONAL BIBLE STUDY SERIES

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CREATED BY STEVE CASE

# More Power To You

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## OPENING QUESTION

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Which word means the most to you: Power, Family, Praise, Grace, Prayer?

## READ Ephesians 1:1–23.

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### 1. Which spiritual blessings has God given you?

- A. Connection with God.
- B. A relatively easy life.
- C. The right combination of justice and mercy.
- D. Kindness.
- E. Forgiveness (that I graciously pass on to others).
- F. Power to live for God.
- G. I'm a blessing to others because of what God has given me.
- H. Grace and peace.
- I. Other.

### 2. Why did God adopt us into his family?

- A. It's just a metaphor about being chosen.
- B. We fell out of God's family at the Fall in the Garden of Eden.
- C. We're re-connected because Christ came to earth as a human.
- D. It gave God a thrill to adopt us.
- E. This explains how proactive God is to include us.
- F. This explains how proactive Christ is to include us.
- G. God felt sorry for us orphans.
- H. God wanted more people in heaven.
- I. Other.

### 3. According to Ephesians 1, what does the Holy Spirit do?

- A. Provides power to live for God.
- B. Enables us to do supernatural things.
- C. Makes us part of God's family.
- D. Intercedes on our behalf when we pray.
- E. The Holy Spirit is God's receipt that he bought us with Jesus.
- F. Spurs us to praise God more.
- G. Points out our sin(s).
- H. It's like a down payment of even more to come.
- I. Other.

**4. How do you praise God?**

- A. Poorly.
- B. Well.
- C. Attend church.
- D. Really get into church.
- E. Through music.
- F. I live for Jesus.
- G. With my whole heart, mind, and body.
- H. Read praise psalms.
- I. Other.

**5. How do you obtain spiritual wisdom, knowledge, and understanding?**

- A. Study Scripture.
- B. Pray.
- C. Praise God.
- D. It's all a gift from God; I can't do anything to get it.
- E. Difficulties—trials that increase faith.
- F. It comes with age/experience.
- G. Serve others.
- H. Other.

**6. What is Christ doing in heaven now?**

- A. Preparing a place for me.
- B. Sitting at the right hand of God—the place of honor.
- C. Flexing his muscles as needed.
- D. Listening to our prayers.
- E. Conducting the Investigative Judgment.
- F. Reigning—dominion over all other powers in the universe.
- G. Keeping his eye on the sparrows.
- H. Other.

**7. What does it mean to be part of God's family?**

**8. Where do you see God's presence in his church?**

# Let's All Get Together!

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## OPENING QUESTION

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Describe a place where you like to worship God?

## READ Ephesians 2:1—22.

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### 1. What did Paul mean when he wrote we were “dead in our sins” (vs. 1)?

- A. Spiritually dead.
- B. Physically dead.
- C. Rebellious.
- D. Having a bent to sin.
- E. On life support.
- F. Controlled by Satan.
- G. Missing the mark.
- H. Disowned by God.
- I. Other.

### 2. What makes God merciful?

- A. Our pitiful condition.
- B. Our confession.
- C. Our obedience.
- D. That's just how God is.
- E. Christ's life.
- F. Christ's death.
- G. Christ's resurrection.
- H. When we respond with love.
- I. Other.

### 3. What does it mean to be “saved by grace”?

- A. Our good works don't save us.
- B. Our bad works don't condemn us.
- C. God is a giver.
- D. Our bragging rights disappear.
- E. God seals the deal.
- F. Christ demonstrated this repeatedly.
- G. Salvation is mostly God, but partly us.
- H. Salvation is a gift (but we have to accept the gift).
- I. Other.

**4. What does it mean to be God’s “workmanship” (vs. 10 KJV)?**

- A. God works a lot on us.
- B. God works a lot in us.
- C. God works a lot for us.
- D. God works a lot through us.
- E. God always intended amazing stuff for us.
- F. It’s like God writes poetry with our lives.
- G. God does makeovers.
- H. Salvation AND good works both come from God’s grace.
- I. Other.

**5. How has your cultural Adventism affected you?**

- A. It made me a vegan, or at least a vegetarian.
- B. It put me into habits of church attendance and involvement.
- C. It turned me into a legalist.
- D. It created in me a strong desire for intimacy with God.
- E. It saved me from a lot of heartache.
- F. I sometimes feel sorry for others who don’t have my heritage.
- G. The benefits of my home, church, and school working together.
- H. Other.

**6. What religious walls do you need Jesus to remove?**

- A. I can’t think of any.
- B. Feeling superior in some ways to people who aren’t part of my church.
- C. Fear that I might be lost.
- D. I lack friendships with people who aren’t in my church.
- E. Not be so hard-headed.
- F. A more open heart.
- G. I’m pretty judgmental.
- H. Other.

**7. When does grace seem too good to be true?**

**8. If Jesus is your cornerstone, who or what comprises the rest of your foundation?**

# Releasing the Secret

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## OPENING QUESTION

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When you hear a secret, does it make you feel informed or skeptical?

## READ Ephesians 3:1—21.

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### 1. How were things going for Paul at this time in his life?

- A. Couldn't be better.
- B. Couldn't be worse.
- C. God's revelation to Paul spurred him forward.
- D. The "Good News" to all Gentiles gave reason for satisfaction.
- E. He seemed to be hitting his stride for this season of life.
- F. Paul was in prison—didn't you notice that?!
- G. Paul found himself right where God wanted him.
- H. He knew he would get pushback from both Jews and Gentiles.
- I. Other.

### 2. Why did God wait until this time for Gentiles to have full access to God?

- A. Gentiles always had access.
- B. Christ had to come to earth first.
- C. God gave the Jews the #1 spot until their close of probation (34 AD).
- D. There just weren't enough Gentiles worthy of it previously.
- E. The Jews finally exhausted God's mercy as the conduits for God.
- F. There hadn't been anyone like Paul to spread this secret.
- G. Paul just thought he was God's special vessel.
- H. It's part of God's universal plan humans don't yet understand.
- I. Other.

### 3. If Paul found himself in jail because of you, how would you respond?

- A. You really shouldn't have.
- B. I'd like to trade places with you, Paul.
- C. God has been so good to me.
- D. Too bad for Paul.
- E. I'm willing to go to jail for this Gospel.
- F. This goes way beyond earth—to the heavenly realms.
- G. I feel honored and encouraged.
- H. We live in a critical time of earth's history!
- I. Other.

**4. Why can we enter God's presence fearlessly?**

- A. We really can't.
- B. Christ gave us access.
- C. You don't have to be a Jew to receive God's favor.
- D. God is a bit of a pushover.
- E. Our faith in Christ provides assurance.
- F. We have a high priest in heaven who has been a human on earth.
- G. Christ's death and resurrection changed everything.
- H. Our shame is gone.
- I. Other.

**5. How can Christ be more and more at home in your heart (vs. 17)?**

- A. Opening my heart to him.
- B. Asking Christ to open my heart.
- C. Practicing spiritual disciplines makes that more likely.
- D. Dealing with my "stuff."
- E. Serving others, including "the least of these."
- F. Getting rid of the trash in my heart and life.
- G. Accepting forgiveness and passing it on to others.
- H. Other.

**6. When has God overwhelmed you?**

- A. Never.
- B. A long time ago.
- C. Recently.
- D. An obvious miracle in my life.
- E. A sense that I find difficult to explain.
- F. Something amazingly beautiful in Scripture.
- G. Something amazingly beautiful in the world.
- H. Other.

**7. When have you been filled with the fullness of life and power from God (vs. 19)?**

**8. What is an example of something beyond your wildest hopes that God is able to do—and even more?**

# Living Contrasts

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## OPENING QUESTION

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Are you “drawn toward” or “drawn away from” those different than you?

### READ Ephesians 4:1—32.

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#### 1. What does it take to allow for the faults of others?

- A. Give more slack if they are fellow believers.
- B. Give more slack if they are not fellow believers.
- C. This necessitates patience.
- D. Remember that you have your own faults.
- E. Gentleness.
- F. Humility.
- G. Forgetfulness.
- H. Accountability.
- I. Other.

#### 2. What gives a group of people a sense of unity?

- A. A common cause/mission/purpose.
- B. Similar beliefs.
- C. Similar practices.
- D. Hardship or persecution.
- E. The same ethnicity.
- F. Forgiveness.
- G. Agreement on how and when to baptize people.
- H. Success.
- I. Other.

#### 3. Why does God give such a variety of spiritual gifts?

- A. People are so different.
- B. God wants to cover all the bases.
- C. The more the better.
- D. This equips God’s people to serve others the way Jesus did.
- E. God wants to see spiritual maturity, and this is the way to get there.
- F. They’re just the talents a person has from birth to develop later in life.
- G. To grow the Body of Christ in size and strength.
- H. Interdependence.
- I. Other.



**4. When we become more Christlike, we:**

- A. Think the same.
- B. Act the same.
- C. Do different things for the same reason(s).
- D. Demonstrate flexibility in our beliefs.
- E. Look at things differently from most people.
- F. Find ways to fit in better.
- G. Challenge people to change.
- H. Other.

**5. Mark the following characteristics in the appropriate column.**

	CHILDREN OF LIGHT	CHILDREN OF DARKNESS
A. Hopeless.	<input type="checkbox"/>	<input type="checkbox"/>
B. Confusion.	<input type="checkbox"/>	<input type="checkbox"/>
C. Holy.	<input type="checkbox"/>	<input type="checkbox"/>
D. Closed minds.	<input type="checkbox"/>	<input type="checkbox"/>
E. Righteous.	<input type="checkbox"/>	<input type="checkbox"/>
F. Greedy.	<input type="checkbox"/>	<input type="checkbox"/>
G. Holy.	<input type="checkbox"/>	<input type="checkbox"/>
H. Spiritual thoughts.	<input type="checkbox"/>	<input type="checkbox"/>
I. Impurity.	<input type="checkbox"/>	<input type="checkbox"/>
J. Lies.	<input type="checkbox"/>	<input type="checkbox"/>
K. Spiritual attitudes.	<input type="checkbox"/>	<input type="checkbox"/>
L. Truth matters.	<input type="checkbox"/>	<input type="checkbox"/>
M. Immorality.	<input type="checkbox"/>	<input type="checkbox"/>
N. Other.	<input type="checkbox"/>	<input type="checkbox"/>

**6. Contrast *verses 31* and *32*, placing words or phrases after these terms:**

**GET RID OF:**

**GET A HOLD OF:**

**7. How does a person do this?**

# Do Good

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## OPENING QUESTION

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Do you find it easier to start something good or stop something bad?

## READ **Ephesians 5:1—33.**

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### **1. How can we follow God's example if we aren't sure what God would do?**

- A. We probably can't, so just forget about it.
- B. Ask God in prayer.
- C. Ask people who are Godly role models.
- D. Search the Scriptures.
- E. Quit rationalizing—you know what God would do.
- F. If in doubt, don't do anything.
- G. If in doubt, do something rather than nothing.
- H. Do more of the things you are sure God would do.
- I. Other.

### **2. How can we follow God's example when we don't want to do so?**

- A. We probably can't.
- B. Ask God to change your heart.
- C. Ask God to change your mind.
- D. Ask God to change your actions.
- E. It's not that big of a deal.
- F. "Practice" doing it until your heart and mind get in line.
- G. Get an accountability partner.
- H. Ask other people to pray for you.
- I. Other.

### **3. What do you think is pleasing to the Lord (vs. 10)?**

- A. Church involvement.
- B. Serving others.
- C. A consistent devotional life.
- D. Fighting one's own bad habits.
- E. Praising God every day.
- F. Sharing prayer requests others have shared with you.
- G. Rebuking sins.
- H. Fighting against the principalities and powers of darkness.
- I. Other.

**4. What are ways to do good in these evil days (vs. 16)?**

- A. Look for opportunities—be proactive.
- B. Stay away from evil as much as possible.
- C. Go where evil is, and do good there.
- D. Just do good.
- E. Put family first.
- F. Go on social media and meet evil with good posts.
- G. Think about what you do—before, during, and after you do it.
- H. Other.

**5. How or why are we called to submit to each other (vs. 21)?**

- A. It's the way to live honorably.
- B. It's really up to women to do this.
- C. It's really up to men to do this.
- D. The first step is reverence for Christ.
- E. This deals primarily with husband-wife relationships.
- F. This deals with how church members relate to each other.
- G. This deals with how church members relate to Christ.
- H. Other.

**6. According to *Ephesians 5*, which items apply to which person?**

	HUSBAND	WIFE
A. Submit to one's spouse.	<input type="checkbox"/>	<input type="checkbox"/>
B. Submit to Christ.	<input type="checkbox"/>	<input type="checkbox"/>
C. Love your spouse.	<input type="checkbox"/>	<input type="checkbox"/>
D. Lay down your life for your spouse.	<input type="checkbox"/>	<input type="checkbox"/>
E. Leave your family for your spouse.	<input type="checkbox"/>	<input type="checkbox"/>
F. Respect your spouse.	<input type="checkbox"/>	<input type="checkbox"/>
G. Other.	<input type="checkbox"/>	<input type="checkbox"/>

**7. What does it mean for a husband to be the head of his wife (vs. 23)?**

**8. How does the husband-wife relationship described here illustrate Christ's relationship with the church?**

# Power Plays

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## OPENING QUESTION

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If someone gave you \$1,000,000 as a gift, what would you do with it?

### READ Ephesians 6:1–24.

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**1. Why should children obey their parents? Why do they? Why don't they?**

- A. It's the right thing to do.
- B. It just makes life a lot easier.
- C. Society rises and falls based on families.
- D. It's the only one of the 10 commandments with a promise.
- E. It's what God requires.
- F. It's what God recommends.
- G. Children owe their lives to their parents.
- H. It depends on how well the parents are doing at parenting.
- I. Other.

**2. What admonition did Paul give fathers/parents?**

- A. Be loving.
- B. Be reasonable.
- C. Discipleship is based on discipline.
- D. Don't obsess; God doesn't have a perfect record with his children.
- E. Help your child to find their way.
- F. Don't strong-arm your child.
- G. Articulate and model your values.
- H. Lead your child to love and obey God.
- I. Other.

**3. Which message(s) for slaves apply also to employees?**

- A. Genuinely feel respect for your master/boss.
- B. Demonstrate respect.
- C. Honor your master/boss.
- D. Treat your master/boss like God.
- E. Do whatever they ask of you.
- F. It's only a job; don't make it your identity.
- G. Hold them accountable.
- H. Be grateful for all they do for you.
- I. Other.

**4. What did Paul have to say to masters/bosses?**

- A. Live by the golden rule—whoever has the gold is the one who rules.
- B. Live by the golden rule—treat others the way you want to be treated.
- C. God will hold you accountable for how you treat those under you.
- D. Don't show favoritism.
- E. Place high expectations on yourself.
- F. Honor and respect your slaves/employees.
- G. Pay your slaves/employees well.
- H. Other.

**5. How real is the battle with supernatural forces in your life?**

- A. It's practically a daily issue for me.
- B. It's primarily theoretical.
- C. I think it was more of an issue in Paul's day.
- D. It seems to be more of an issue in primitive societies.
- E. Occasional, but potent when it happens.
- F. This is mainly a bunch of hype.
- G. It hasn't happened much in my life.
- H. Other.

**6. Rank the following items in order of importance (1-8) in your life:**

- \_\_\_\_\_ Truth.
- \_\_\_\_\_ Righteousness.
- \_\_\_\_\_ The Gospel of peace.
- \_\_\_\_\_ Faith.
- \_\_\_\_\_ Salvation.
- \_\_\_\_\_ The Word of God (sword of the Spirit).
- \_\_\_\_\_ Prayer.
- \_\_\_\_\_ Other: \_\_\_\_\_.

**7. Where do you find yourself fighting against supernatural powers? What have you found to be effective? What hasn't been effective?**

**8. Paul used the metaphor of the armor of God to stand firm against the devil. What's a different metaphor you would use to stand firm for God?**

