

# Experience Ephesians

*A Challenge to Experience  
the Book of Ephesians*



# CONTENTS

Welcome	1
Experience Ephesians Travel Guide	2
Prayers From Ephesians	3
Memory Passages From Ephesians	5
Scripture Reflection Worksheet	6
Lectio Divina	7
Off The Beaten Path: More Ideas To Go Deeper	8

# Welcome to ***Experience Ephesians***

This Fall of 2020, have an opportunity to learn about a book of the Bible with an invitation to complete a series of specific challenges. Last year, we used this format to study the Biblical books of Colossians and Exodus. This time we will be delving into the book of Ephesians.

This experience is meant to be a fun challenge to complete. It is *not* meant to be an obligation, nor is it intended to burden anyone with religious requirements. Rather, this is an invitation to experience the grace of God through Scripture, Prayer, Meditation, and Community.

To participate in this challenge, use the attached Travel Guide and work through each of the challenges using the resources in this guide. There is plenty of time to complete each challenge as we will be studying the book of Ephesians for the next 10 weeks.

Once again, we will have an Experience Ephesians metal “pathtag” made to help us remember our journey through Ephesians. Unfortunately, they will not be available until the end of this experience because of the time needed for design and production. These pathtags will be available to anyone who wants one and will not be tied directly to completing the challenge.

May God enrich all of our lives as we explore His Word!

# EXPERIENCE EPHESIANS

## Travel Guide

### Read (Or have read to you)

- Ephesians chapter 1
- Ephesians chapter 2
- Ephesians chapter 3
- Ephesians chapter 4
- Ephesians chapter 5
- Ephesians chapter 6

### Write - Draw - Create (choose 1 or more)

- Handwrite 10 or more verses from the book Ephesians
- Draw a sketch based on any passage from Ephesians
- Use another art form to portray a concept from Ephesians

### Listen

- Listen to two chapters or more from the book of Ephesians  
(using a website, Bible app, or a cd from church)

### Meditate (choose 1 or more)

- Meditate on Ephesians through the practice of *Lectio Divina* or use a time of *Lectio Divina* after a morning worship service (see this Resource Guide for more information)
- Meditate on a short passage using the Scripture Reflection Worksheet in this Resource Guide.
- Share some of your Ephesians experience in a journal or diary.

### Memorize

- Memorize one or more of the passages listed in the Resource Guide or choose a different passage.

### Pray

- Pray a prayer from Ephesians for yourself or someone else.  
See this Resource Guide for scriptural prayers from Ephesians.  
In this case, trying equals succeeding.

# PRAYERS FROM EPHESIANS

## *Blessing*

“God who blesses us with faith, I pray that \_\_\_\_\_ would be faithful to Christ Jesus and experience the blessing of your grace and peace” (Ephesians 1:2).

## *Wisdom, relationship with God*

“Heavenly Father of our Lord Jesus Christ, I pray that you give \_\_\_\_\_ the Spirit of wisdom and revelation so that he/she may know you better” (Ephesians 1:17).

## *Hope, encouragement*

“God of wisdom, enlighten the eyes of \_\_\_\_\_'s heart in order that he/she may know the hope to which you have called him/her, the riches of your glorious inheritance in your people, and your incomparably great power for all who believe” (Ephesians 1:18-19).

## *Faith, encouragement, confidence in prayer*

“Gracious God, strengthen \_\_\_\_\_'s faith in you so that he/she may approach you with freedom and confidence. May \_\_\_\_\_ not be discouraged because of suffering, but instead see your glory” (Ephesians 2:12-13).

## *Relationship with Christ, Strength, Faith*

“Holy God, out of your glorious riches, strengthen \_\_\_\_\_ with power through your Spirit in his/her inner being, so that you may dwell in his/her heart through faith” (Ephesians 3:16-17).

## *Love of Christ, relationship with God, identity*

“Holy Father, may \_\_\_\_\_, being rooted and established in love, have power to grasp how wide and long and high and deep is the love of Christ, and may \_\_\_\_\_ know this love that surpasses knowledge. Fill \_\_\_\_\_ to the measure of all the fullness of you, God” (Ephesians 3:17-19).

## *Holy Living*

“Righteous God, I pray that \_\_\_\_\_ will put off falsehood and speak truthfully. I pray that in his/her anger, \_\_\_\_\_ will not sin” (Ephesians 4:25).

## *Strength, spiritual protection*

“Lord of all, I pray that \_\_\_\_\_ will stand firm with the belt of truth buckled around his/her waist, with the breastplate of righteousness in place, and with his/her feet fitted with the readiness that comes from the gospel of peace” (Ephesians 6:14-15).

## *Faith, spiritual protection*

“God who delivers us from evil, empowers \_\_\_\_\_ to take up the shield of faith, with which he/she can extinguish all the flaming arrows of the evil one. Arm \_\_\_\_\_ with the helmet of salvation and the sword of the Spirit, which is your holy word” (Ephesians 6:16-17).

## *Peace, faith, love for Christ*

“God and Father of our Lord Jesus Christ, I pray that you give \_\_\_\_\_ your peace, love, and faith. Give \_\_\_\_\_ an undying love for Jesus Christ and shower him/her with your grace” (Ephesians 6:23-24).

# MEMORY PASSAGES FROM EPHESIANS

## **Ephesians 1:2**

Grace and peace to you from God our Father and the Lord Jesus Christ.

## **Ephesians 1:3-8a**

<sup>3</sup> 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. <sup>4</sup> For he chose us in him before the creation of the world to be holy and blameless in his sight. In love <sup>5</sup> he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—<sup>6</sup> to the praise of his glorious grace, which he has freely given us in the One he loves. <sup>7</sup> In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace <sup>8</sup> that he lavished on us.

## **Ephesians 1:17-19a**

<sup>17</sup> I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. <sup>18</sup> I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup> and his incomparably great power for us who believe.

## **Ephesians 2:8-10**

<sup>8</sup> For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—<sup>9</sup> not by works, so that no one can boast. <sup>10</sup> For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

## **Ephesians 3:16-19**

<sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

## **Ephesians 5:1-20**

<sup>1</sup> Follow God's example, therefore, as dearly loved children <sup>2</sup> and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. <sup>3</sup> But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. <sup>4</sup> Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. <sup>5</sup> For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. <sup>6</sup> Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. <sup>7</sup> Therefore do not be partners with them.

<sup>8</sup> For you were once darkness, but now you are light in the Lord. Live as children of light <sup>9</sup> (for the fruit of the light consists in all goodness, righteousness and truth) <sup>10</sup> and find out what pleases the Lord. <sup>11</sup> Have nothing to do with the fruitless deeds of darkness, but rather expose them. <sup>12</sup> It is shameful even to mention what the disobedient do in secret. <sup>13</sup> But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. <sup>14</sup> This is why it is said:

“Wake up, sleeper, rise from the dead, and Christ will shine on you.”

<sup>15</sup> Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup> making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord's will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, <sup>19</sup> speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

## **Ephesians 6:10-18**

<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.



# LECTIO DIVINA

Lectio Divina, literally “divine reading,” is an ancient practice of reading, hearing, and praying Scripture that combines both head and heart. Scripture is read aloud multiple times, followed by moments of silence, reflection, and prayer. The process of *lectio* (reading) continues throughout the day, as the words return in sometimes surprising ways. The instructions for a group below can be adapted for individual practice.

**Instructions:** Choose a passage From Ephesians. A shorter passage between 2-10 verses often works well. If you are leading a group, explain the concept if needed. Use the words for the leader and the instructions to lead the group through this process of mediation. If you are engaging in this process yourself, use the words for the leader and the instructions as well as you lead yourself through this process.

## **Opening Prayer:**

**Words for Leader:** “Holy Spirit, we are eager to hear from you. Move in our hearts and minds as we spend time in your word today.”

## **1st Reading:**

**Instructions for Leader:** Read the passage and have a time of silence before the 2nd reading

**Words for Leader:** 1<sup>st</sup> Reading: In this reading we will simply listen to God's word  
- *Read the Passage.*

## **2nd Reading:**

**Instructions for Leader:** Read the passage and then invite a response again. Give time for silence and reflection.

**Words for Leader:** 2<sup>nd</sup> Reading - Note a word or phrase from the passage that stands out to you.

- *Read the Passage.*

Speak out loud to the group the word or phrase that stood out.

## **3rd Reading:**

**Instructions for Leader:** Read the passage and then leave a time of silence for reflection.

**Words for Leader:** 3rd Reading - Silently ask God what he is saying to you concerning the word or phrase that stood out to you. What does he want you to do, know, or be today as a result of this word or phrase?

- *Read the Passage.*

## **4th Reading:**

**Instructions for Leader:** Read the passage a final time.

**Words for Leader:** Final Reading

- *Read the Passage.*

## **Closing Prayer:**

**Words for Leader** “Thank you, God, for your revelation. Amen.”

# OFF THE BEATEN PATH: IDEAS TO GO DEEPER

## Discuss Ephesians

- ❑ Join or Form a Small Group to Learn about Ephesians

## Read about Ephesians

- ❑ Spend 15 minutes reading a commentary on Ephesians. These are available online at the following links and on the Enduring word and Bible Gateway smartphone apps.
  - ❑ Enduring Word online commentary ([bit.ly/EWEphesians](http://bit.ly/EWEphesians))
  - ❑ Matthew Henry's Commentary on Bible Gateway ([bit.ly/EphComHenry](http://bit.ly/EphComHenry))
- ❑ Read a book about Ephesians such as:
  - "Sit, Walk, Stand" by Watchman Nee
  - "Practice Resurrection" by Eugene Peterson

## Learn about Ephesians

- ❑ Read about the outline and themes of Ephesians here:
  - [bit.ly/BibleMeshEphesians](http://bit.ly/BibleMeshEphesians)
  - [bit.ly/ESVEphesiansOutline](http://bit.ly/ESVEphesiansOutline)
- ❑ Take the Bible Project mini-course on Ephesians:  
[bibleproject.com/explore/ephesians/](http://bibleproject.com/explore/ephesians/)
- ❑ Take the Gospel Coalition mini-course on Ephesians:  
[www.thegospelcoalition.org/course/ephesians](http://www.thegospelcoalition.org/course/ephesians)

## Share or Teach

- ❑ Write a devotional based on Ephesians
- ❑ Write a note or a post about Ephesians
- ❑ Share your thoughts with the church through the church office or staff
- ❑ Start a discussion or start a discussion group about Ephesians