

WEEK SEVEN / SERMON NOTES

07

# Monday

READ EPHESIANS CHAPTER 4

What verse stands out to you within the chapter, and why?

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What one word would you choose as being important to the message of the chapter?

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Does the chapter speak to any particular situation in your life?

If so, what do you take away from it?

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## My Next Step

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# Tuesday

READ EPHESIANS 4:1-6

## Walk in a manner worthy of the calling

As believers, we are indwelt by the Holy Spirit who empowers us to walk in a manner worthy of our calling. Like a father counseling his children, Paul reminds the church that to be in Christ is to live as one body. We are to care for one another and build each other up in love. We are to be gentle and patient, eager to bring peace and maintain unity. We need to remind ourselves of this truth when the world so desperately tries to divide us.

## Key Word = UNITY

Reach out to one person today and affirm how you see God working in their life.

## Question

Reflect on a time when someone treated you with patience and gentleness. How did that make you feel? How did it affect your relationship with that person?

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# Wednesday

READ EPHESIANS 4:7-10

## Grace was given to each of us

Think about the best gift you have ever been given. How did that gift make you feel known and valued by the person who gave it to you? The best gifts are given by the people who know and understand us best. The measure of Christ's gift is given personally to each of us. As children of God, we all have unique gifts that have been given to us by His grace. Our talents, personality traits and spiritual gifts are all part of how God created us and how Christ has equipped us. Our gifts are essential and needed to build up the body of Christ.

## Key Word = GRACE

Spend some time thanking God for His grace.

## Question

How can you encourage others with the gifts you have been given?

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# Thursday

READ EPHESIANS 4:11-16

## No longer to be tossed to and fro by the waves

Like the human body is composed of different parts working together, the body of Christ is made of diverse people with unique gifts working in unity for God's glory. We are not meant to be alone. Our relationship with God is personal yet lived out in a communal setting. We study God's Word together. We hold each other accountable. We encourage one another in our growth. In community, we don't lose our footing as easily as we would alone. We are better together.

## Key Word = TRUTH

Spend some time considering how your community has helped you grow in your understanding of truth.

## Question

Have you ever had a friend speak the truth to you in love? How did that interaction affect your life?

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*Friday*

## REFLECT & JOURNAL

What truths have most impacted you this week from this study?

What's your takeaway for the week?

# Friday

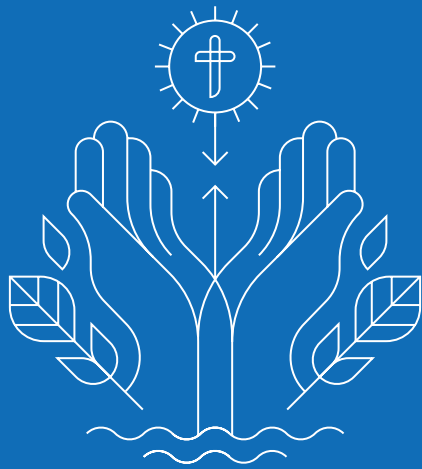
## REFLECT & JOURNAL

Write out a prayer that expresses one aspect of what you've learned this week.

# Sunday

WEEK EIGHT / SERMON NOTES

08



# Monday

READ EPHESIANS CHAPTER 4

What word or phrase gives you hope?

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Pick one word, phrase or verse from the chapter to memorize this week.

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Write a brief prayer based on what you will memorize?

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# Tuesday

READ EPHESIANS 4:17-19

## Hardness of heart

Part of being changed by Christ is that we increasingly choose to live God's way instead of our old ways. Our life before Jesus was futile, sometimes ignorant of what is right, and often misunderstanding the life that God wanted for us. All the sin around us and within us, hardened our hearts. The good news is that we can now say, "No more!" We can choose, with God's strength, to no longer walk as we once walked or to walk as so many around us. The freedom to choose what's true, good, loving, kind and pleasing to God is ours because of our faith in Jesus Christ.

## Key Word = HARDNESS

Be aware of opportunities to walk in God's love today.

## Question

What is one area of your life where you know you need to step into the light of God's love?

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# Wednesday

READ EPHESIANS 4:20-24

## Put on the new self

Because God's love has changed us, we can live differently! We no longer have to live in darkness, but can choose to follow God and let Him renew the way we think. God works in us through the Holy Spirit and helps us as we learn to follow Him. This process is called sanctification. Sanctification shapes us to reflect more of who God created us to be, reflecting more and more of God's righteousness and holiness.

## Key Word = RENEWED

Take time to thank God for working in your life so that you can reflect Him more. Ask Him to reveal any areas of your life that are not pleasing to Him.

## Question

In what area of your life do you recognize that God is working?

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# Thursday

READ EPHESIANS 4:25-32

## Do not grieve the Holy Spirit

God's work in us should affect how we live in every way. Speaking the truth, controlling our anger, working honestly, speaking to encourage others, not being bitter or slanderous, being kind and tenderhearted towards one another, and forgiving each other are all ways we are changed by God's love and point us to unity in Christ. In all our actions, we should not "grieve the Holy Spirit" by refusing to change our old ways of sin for the righteous ways of new life in Christ.

## Key Word = EDIFICATION

Think of someone you can encourage today and send them an encouraging message.

## Question

Which area in this passage do you feel you need to grow in more?  
What practical steps can you take to do that today?

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# Friday

## REFLECT & JOURNAL

What have you learned about Jesus from Chapter 4?

How does what you've learned make you love Jesus more?

## Friday

## REFLECT & JOURNAL

Spend some time in prayer, praising Jesus for who he is.



09

# Monday

READ EPHESIANS CHAPTER 5

What verse stands out to you within the chapter, and why?

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What one word would you choose as being important to the message of the chapter?

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Does the chapter speak to any particular situation in your life?  
If so, what do you take away from it?

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# Tuesday

READ EPHESIANS 5:1-5

## Be imitators of God

Just as we bear a likeness and certain characteristics of our earthly family, we are to bear a likeness of our Heavenly Father. We are called to walk in self-sacrificing love for others. As members of God's family, our lives need to look different from the world around us. Jesus is our example for how to live Holy lives. In today's reading, Paul lays out for us the practical instructions required for Holy living.

## Key Word = BELOVED

Journal how it makes you feel to know God calls you beloved.

## Question

As His beloved child, how is your life imitating God in love, service, and forgiveness?

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# Wednesday

READ EPHESIANS 5:6-14

## Walk as children of light

Light always dispels darkness. There is no darkness so dark that light can't overcome it. God is light, and as God's children, we are to walk as children of light. We all walked in darkness before we accepted the light of Jesus. There is no place in our lives for the sins of darkness; we are now to shine so that others will wake from the darkness of their sin. As we live out our faith and demonstrate transformed lives, we draw others to Christ!

## Key Word = LIGHT

Make a list comparing living as children of light versus living in darkness.

## Question

In what ways are you intentionally sharing the good news of Jesus with those who are still in darkness?

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# Thursday

READ EPHESIANS 5:15-21

## Be filled with the Spirit, giving thanks always

Proverbs 2:6 tells us, "All wisdom comes from the Lord, and so do common sense and understanding." Paul instructs us on how to live - not as unwise, but wise. We are instructed to live with a sense of urgency to share the Good News of Jesus with our troubled world. We do this by living a life filled with the Holy Spirit. We are to encourage one another with psalms, hymns, and spiritual songs, always giving thanks to God the Father and submitting to one another out of reverence for Christ.

## Key Word = REVERENCE

Write a list of God's attributes and spend time revering His holy name.

## Question

Do you feel a sense of urgency to share the Good News of Jesus in your sphere of influence?

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*Friday*

## REFLECT & JOURNAL

What truths have most impacted you this week from this study?

What's your takeaway for the week?

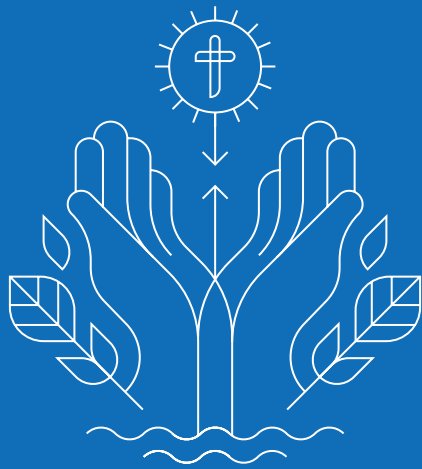
## Friday

## REFLECT & JOURNAL

Write out a prayer that expresses one aspect of what you've learned this week.

WEEK TEN / SERMON NOTES

10



# Monday

READ EPHESIANS CHAPTER 5

What word or phrase gives you hope?

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Pick one word, phrase or verse from the chapter to memorize this week.

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Write a brief prayer based on what you will memorize?

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# Tuesday

READ EPHESIANS 5:22-24

## The church submits to Christ

When Paul refers to the Church submitting to Christ, he has in mind the Church responding to Christ's love joyfully, out of heartfelt desire.

When Paul refers to Christ's role as head of the Church, he has in mind Christ's authority to guide the Church and His gracious bounty to supply all that the Church needs, including protecting the Church.

Taken together, a husband and wife should pursue all of those qualities and virtues, which will ensure a strong foundation for a lasting, loving, and fulfilling marriage.

## Key Word = SUBMISSION

Explore how submitting to the Lord brings you freedom.

## Question

How do you respond to Christ's love joyfully and with a heartfelt desire?

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# Wednesday

READ EPHESIANS 5:25-30

A husband's love for his wife should mirror Christ's love for His Church. It should be a sacrificial love that selflessly provides whatever is necessary for the care of his wife. It should be a nurturing love that gently encourages his wife's heart toward godliness. It should be a protective love that safeguards his wife's best interests. And finally, it should be a unifying love that affectionately links his own well-being to the well-being of his wife.

**Key Word = SANCTIFY**

Take some time to consider how Christ's love has changed you.

### Question

What is a step or marker in your spiritual journey that reflects spiritual growth?

## Thursday

READ EPHESIANS 5:31-33

The hope of deep, soul-level harmony is why people get married in the first place. Right? But, oneness doesn't just happen. Couples make it happen, and it can deepen over the lifetime of a marriage. Unconditional, selfless love founded in faith and not based on performance is critical since none of us can completely satisfy each other's expectations. The oneness that loves without criticism, cares for each other's needs, prays for one another, and encourages each other's faith, will go far toward the harmony and fulfillment pictured in Christ's love for the Church.

**Key Word = MYSTERY**

Take some time to ponder what might be hindering your full devotion to the Lord.

### Question

How does your relationship with Christ impact your relationships with others?



## Friday

## REFLECT & JOURNAL

What have you learned about Jesus from Chapter 5?

How does what you've learned make you love Jesus more?

## Friday

## REFLECT & JOURNAL

Spend some time in prayer, praising Jesus for who he is.



# Monday

READ EPHESIANS CHAPTER 6

What verse stands out to you within the chapter, and why?

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What one word would you choose as being important to the message of the chapter?

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Does the chapter speak to any particular situation in your life?

If so, what do you take away from it?

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# Tuesday

READ EPHESIANS 6:1-4

## Honor your Father and Mother

When we are young, we may look at our parents or parental figures as superheroes who can do no wrong. But as we grow, we begin to understand that they are flawed just like us. Paul shares the custom of children obeying their parents until they become adults. Then they would honor their parents by listening, providing care, and not speaking of them negatively. In doing so, Paul gives the Ephesians a promise for their obedience, not as a guarantee, but to show the benefits of honoring our parents.

## Key Word = HONOR

Reflect on one or two important things your parents or parental figures have done positively that have shaped you.

## Question

What does it look like to honor your parents or those who poured into your life this week?

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# Wednesday

READ EPHESIANS 6:5-8

## Do the will of God from the heart

Have you had a job that you didn't enjoy? How about a boss with whom you didn't see eye to eye? It can be hard to find the motivation to give your best effort. It can even be harder not to complain about it. Paul commands us that the will of God is to obey those in authority. Our motivation is not to be a people-pleaser but rather to show honor and reverence to God through our work ethic. The work that we do reflects the God that we serve.

## Key Word = PEOPLE-PLEASER

Spend some time writing out qualities that would be present for someone doing their work for the Lord.

## Question

Are you honoring the Lord with the effort you put into your job?

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# Thursday

READ EPHESIANS 6:9

## There is no partiality with Him

Each one of us has influence. Sometimes we're not even aware of the influence we possess. Our choices can have unforeseen consequences as people around us watch us, imitate us, or are influenced by us. Our choices often build others up, or sometimes, tear people down. Paul tells those in authority to be aware of the influence they carry and to treat all people fairly. You may not be in a position of authority, but you still have influence and are accountable to God for dealing fairly with those around you.

## Key Word = FAVORITISM

Pray that God would help you see others the way He sees them.

## Question

In what areas of my life am I positively influencing others?

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## Friday

## REFLECT & JOURNAL

What truths have most impacted you this week from this study?

What's your takeaway for the week?

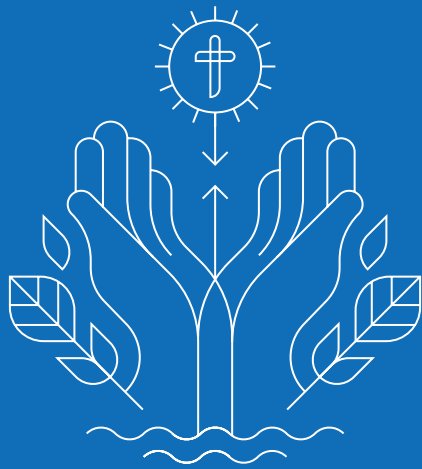
## Friday

## REFLECT & JOURNAL

Write out a prayer that expresses one aspect of what you've learned this week.

WEEK TWELVE / SERMON NOTES

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# Monday

READ EPHESIANS CHAPTER 6

What word or phrase gives you hope?

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Pick one word, phrase or verse from the chapter to memorize this week.

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Write a brief prayer based on what you will memorize?

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# Tuesday

READ EPHESIANS 6:10-17

## Our struggle is not against flesh and blood

The Bible tells us a battle is raging between good and evil. This battle and our struggles are not against flesh and blood, but against unseen evil forces in the heavenly places. Although unseen, this battle is as deadly as any human conflict we could name. Yet Paul confidently tells us to stand firm and withstand our enemies, but how? How can we fight what we do not see? First, we must learn to live in God's power and might. Secondly, we must put on the whole armor of God. We already know Christ has won the battle, and in Him, we too are victorious!

## Key Word = STRUGGLE

Identify areas of conscious struggle and write them down.

## Question

What truth from God's Word can you claim today to fight this struggle?

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# Wednesday

READ EPHESIANS 6:18-20

## Praying at all time in the Spirit

One of the most life-giving aspects of daily time alone with God is prayer. Paul challenges us to pray in the Spirit at all times and to be on the alert. This isn't easy and takes intentionality. We live in a world plagued with distractions such as our cell phones and the constant influx of notifications: texting, emails, social media, etc. Therefore, we must be vigilant to guard against distraction, spiritual apathy, or worldly preoccupation. Praying God's Word is a powerful way to pray in the Spirit. We must never lose sight that prayer is a gift allowing us access to God's strength and power.

## Key Word = ALERT

Ponder situations that cause you to be distracted or spiritually sleepy.

## Question

How can you be intentional to remain alert, pray in the Spirit and persevere?

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# Thursday

READ EPHESIANS 6:21-24

## Encourage your hearts

Isn't it amazing to think Paul wrote this letter while facing significant persecution in prison? Do you notice his focus? He's not asking for prayer for personal well-being or physical comfort. Instead, he is writing to encourage the hearts of other believers. He reminds them of the peace, love, and faith available in Christ. Now more than ever, we need to share the message of hope in Christ with the world around us.

## Key Word = ENCOURAGE

Reflect on a truth from God's Word that encourages you.

## Question

What tangible means can you think of today to encourage someone's heart?

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*Friday*

## REFLECT & JOURNAL

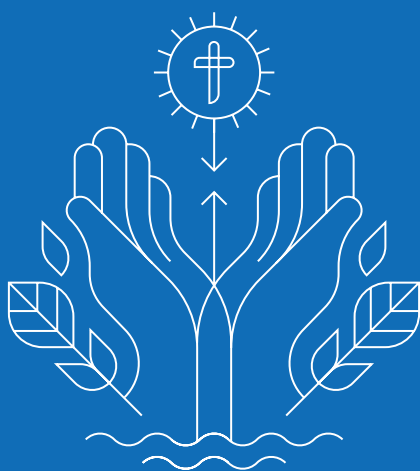
What have you learned about Jesus from Chapter 6?

How does what you've learned make you love Jesus more?

# Friday

## REFLECT & JOURNAL

Spend some time in prayer, praising Jesus for who he is.



Fairhaven

find  
hope.