

Sabbath Brothers

Time to Read Scripture

(76 Hours 13 Minutes)

Old Testament 57.65 Hours*

New Testament 18.57 Hours**

Estimated Time to Read	
The Law/Pentateuch/Torah	13.5 Hours
1. Genesis	3.5 Hours
2. Exodus	3 Hours
3. Leviticus	2 Hours
4. Numbers	3 Hours
5. Deuteronomy	2.5 Hours

Estimated Time to Read	
The Books of History	18.67 Hours
6. Joshua	1.75 Hours
7. Judges	1.75 Hours
8. Ruth	15 Minutes
9. 1 Samuel	2.25 Hours
10. 2 Samuel	1.75 Hours
11. 1 Kings	2 Hours
12. 2 Kings	2.25 Hours
13. 1 Chronicles	2 Hours
14. 2 Chronicles	2.5 Hours
15. Ezra	40 Minutes
16. Nehemiah	1 Hour
17. Esther	30 Minutes

Estimated Time to Read	
The Books of Poetry	9.33 Hours
18. Job	1.75 Hours
19. Psalms	5 Hours
20. Proverbs	1.75 Hours
21. Ecclesiastes	30 Minutes
22. Song of Solomon	20 Minutes

Estimated Time to Read	
The Major Prophets	13.08 Hours
23. Isaiah	3.75 Hours
24. Jeremiah	4 Hours
25. Lamentations	20 Minutes
26. Ezekiel	3.75 Hours
27. Daniel	1.25 Hours

Estimated Time to Read	
The Minor Prophets	3.07 Hours
28. Hosea	30 Minutes
29. Joel	12 Minutes
30. Amos	25 Minutes
31. Obadiah	4 Minutes
32. Jonah	8 Minutes
33. Micah	20 Minutes
34. Nahum	8 Minutes
35. Habakkuk	9 Minutes
36. Zephaniah	10 Minutes
37. Haggai	7 Minutes
38. Zechariah	40 Minutes
39. Malachi	11 Minutes

Estimated Time to Read	
The Gospels	8.5 Hours
40. Matthew	2.5 Hours
41. Mark	1.5 Hours
42. Luke	2.5 Hours
43. John	2 Hours

Estimated Time to Read	
Establishment of the Church	2.25 Hours
44. Acts	2.25 Hours

Estimated Time to Read	
Paul's Public Epistles	4.1 Hours
45. Romans	1 Hour
46. 1 Corinthians	1 Hour
47. 2 Corinthians	40 Minutes
48. Galatians	20 Minutes
49. Ephesians	20 Minutes
50. Philippians	14 Minutes
51. Colossians	13 Minutes
52. 1 Thessalonians	12 Minutes
53. 2 Thessalonians	7 Minutes

Estimated Time to Read	
Paul's Private/Pastoral Epistles	34 Minutes
54. 1 Timothy	16 Minutes
55. 2 Timothy	11 Minutes
56. Titus	7 Minutes

Estimated Time to Read	
General Epistles	1.9 Hours
57. Philemon	3 Minutes
58. Hebrews	45 Minutes
59. James	16 Minutes
60. 1 Peter	16 Minutes
61. 2 Peter	10 Minutes
62. 1 John	16 Minutes
63. 2 John	2 Minutes
64. 3 John	2 Minutes
65. Jude	4 Minutes

Estimated Time to Read	
End Times Prophecy	1.25 Hours
66. Revelation	1.25 Hours

*Old Testament 57 Hours 39 Minutes

**New Testament 18 Hours 34 Minutes

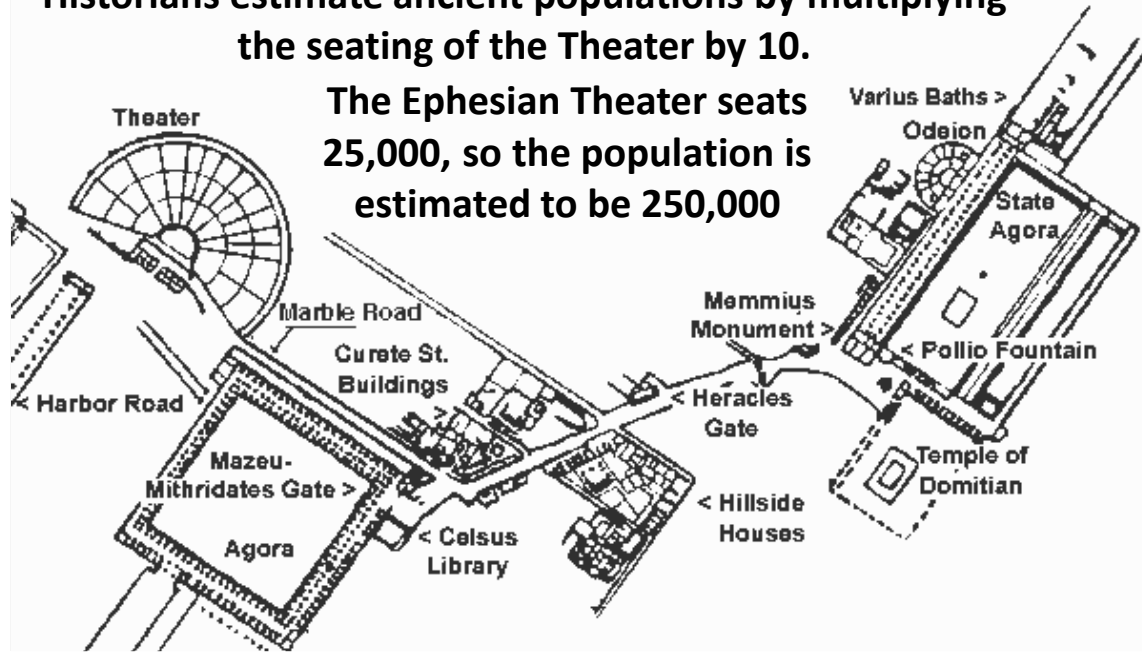
Ancient Ephesus

The town of Ephesus was mentioned in Acts 18:19-21 as Paul lived there for three years on his third missionary journey; it is one of the seven churches mentioned in Revelation (2:1-7), and it also was the recipient of a Pauline epistle.

The Celsus Library was one of the greatest in the world and the Agora was the trade center of the city. Over the city archways was written, "To Caesar Augustus who is god."

Historians estimate ancient populations by multiplying the seating of the Theater by 10.

The Ephesian Theater seats 25,000, so the population is estimated to be 250,000



REMINDER
The Greek language does not have capitalization, punctuation or verse/chapter separations, so these have been defined by the editors and compilers



Ephesus had 14 Temples to false gods, but the largest Temple was to Artemis (the goddess of fertility & life).

Ephesus had the distinct honor of being a "Neokoros" (a city that was host of a Temple to an Emperor)



Augustus

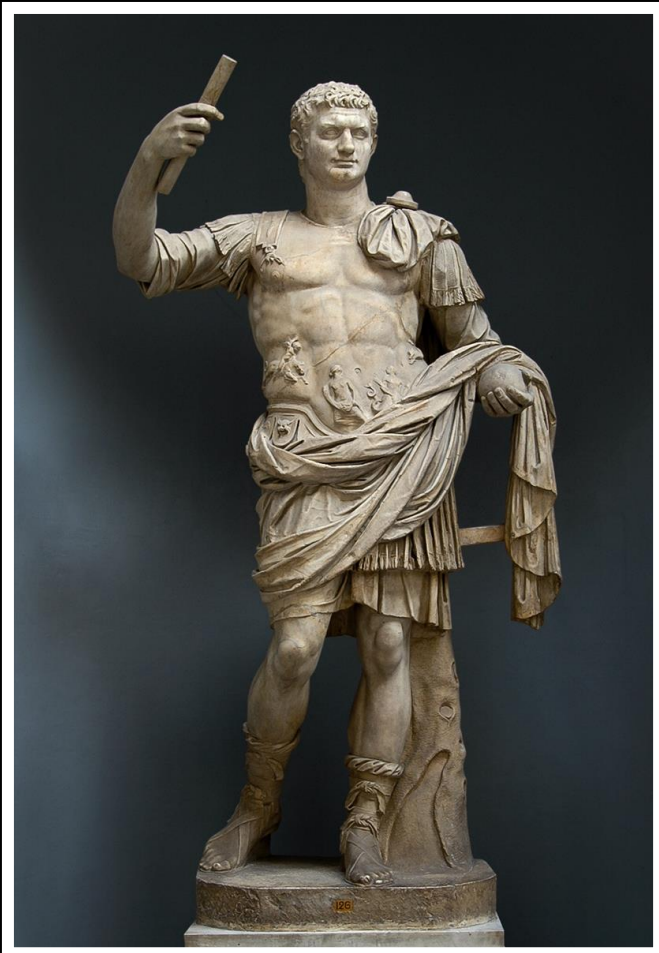
It was a rare honor; Ephesus had Two



Domitian

Colossal Domitian Statue

Domitian's Statue holding a sword stood 27 feet tall & was the first construction seen as boats pulled into the harbor at Ephesus



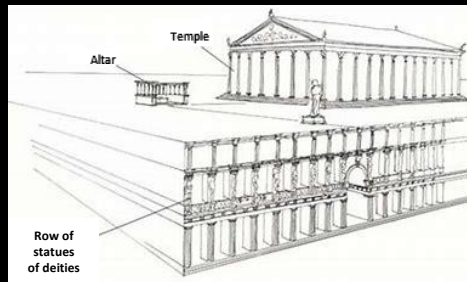
Domitian ruled as Rome's ruthless Emperor from 81-96BC and led the "second persecution" of the church after Nero.

The Domitian Temple of Ephesus

35 foot high columns supported the 200x300 foot podium on which the Temple of Domitian rested. Each column had carvings/idols representing the deities of the Empire as if the deities themselves were bolstering Domitian as the culmination of all gods.

The Temple was only 40x60 foot wide/long with four columns in the front and a row of columns around the outside (eight in front and back, thirteen on the sides).

On marble altars, the people were required to sprinkle incense to declare that Caesar was lord.




The Book of Ephesians

The focus of Ephesians is unity of believers (Ephesians 1:10; 4:1-10) under Christ. The book of Ephesians summarizes the truths of Romans and Galatians; it is called the “crowning jewel” of Paul’s theology.

Paul assured Gentiles to remember that faith in Jesus Christ was the only act necessary for salvation, he also wanted the Gentiles and Jews to share a united love, faith, and calling – a unity in Jesus Christ.

The world is divided by conflicting liberties, ideologies and philosophies – Christians can rely on God’s Word as the ultimate determination of truth



The Outline of Ephesus About The Church		
Chapter 1	A Body	Blessed
Chapter 2	A Temple	Redeemed
Chapter 3	A Mystery	Spirit-Filled
Chapter 4	A New Man	Unity
Chapter 5	A Bride	New Life
Chapter 6	A Soldier	Preserved

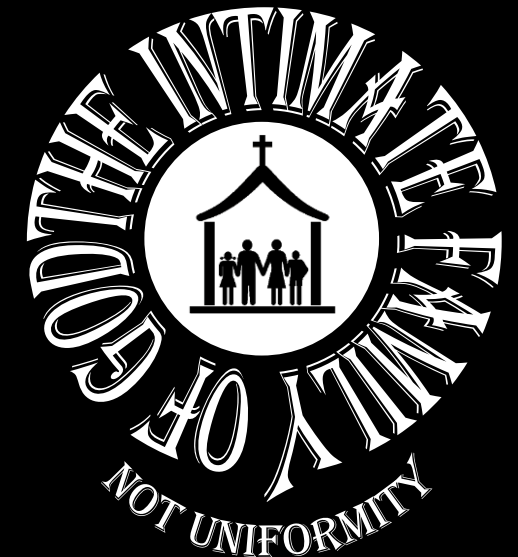
Heavenly Calling (Doctrine) }
Worldly Conduct (Practical) }

Paul divides Ephesians between Unity in Christ (Chapters 1-3) and Unity in the Church (Chapters 4-6)

The two sections are linked by the term “therefore” (οὖν οὕτως) since the Gospel to Everyone should have this Unifying Result



John Calvin (1509-1564) was a French pastor in Geneva during the Protestant Reformation, and his favorite book in the Bible was Ephesians.



Comparison of Ephesians & Colossians

Both books emphasize Christ as head of the church while encouraging proper Christian living.

While the book of Ephesians was written for the general area of Ephesus, the book of Colossians was written to the specific church of Colossae where the false teachers may have begun.

Like Colossians, Ephesians was written (in part) in response to the effects of Gnosticism on the young church in Asia Minor. Gnosticism promoted works righteousness while Paul emphasized man's despair and God's grace; man is not saved because of himself in any way, but instead, man is saved by God's will and grace.

Exact Phrases Repeated between Ephesians & Colossians	
Ephesians 1:1a	Colossians 1:1a
Ephesians 1:1b	Colossians 1:2a
Ephesians 1:2a	Colossians 1:2b
Ephesians 1:13	Colossians 1:5
Ephesians 2:1	Colossians 2:13
Ephesians 2:5b	Colossians 2:13c
Ephesians 4:1b	Colossians 1:10a
Ephesians 6:21, 22	Colossians 4:7-9

Similar Phrases Referenced between Ephesians & Colossians	
Ephesians 1:21	Colossians 1:16
Ephesians 2:1	Colossians 1:13
Ephesians 2:16	Colossians 1:20
Ephesians 3:7a	Colossians 1:23d, 25a
Ephesians 3:8	Colossians 1:27
Ephesians 4:2	Colossians 3:12
Ephesians 4:29	Colossians 3:8, 4:6
Ephesians 5:15	Colossians 4:5
Ephesians 5:19, 20	Colossians 3:16

Over one third of the words in Colossians are in Ephesians. It has been estimated that 75 of the 155 verses in Ephesians have a parallel passage in Colossians.

Paul wrote both books while in prison (in Rome). Both books were delivered by Paul's friend Tychicus and sent to the same area (Asia Minor).

Colossians is a hard-hitting, terse letter while Paul takes a little more time to develop the truths in Ephesians. The sentences in Ephesians tend to be longer while the sentences in Colossians tend to be shorter.

Jesus Christ is mentioned in every verse through verse 16

Chosen Before Time (Ephesians 1:1-8)

¹ Paul, an apostle of Christ Jesus by the will of God, To the saints who are at Ephesus and *who are faithful in Christ Jesus:*

² Grace to you and peace from God our Father and the Lord Jesus Christ.

³ Blessed *be* the God and Father of our Lord Jesus Christ, who has **blessed us with every spiritual blessing** in the heavenly *places* in Christ,

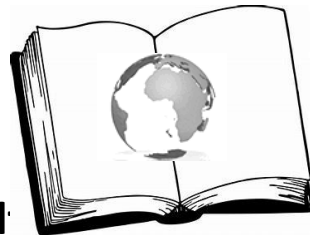
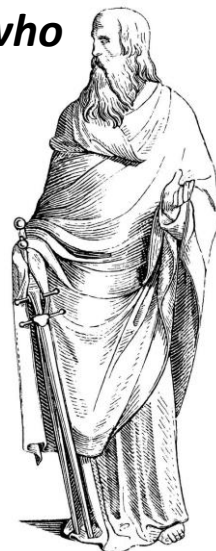
⁴ just as **He chose us in Him before the foundation of the world, that we would be holy and blameless before Him.** In love

⁵ He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will,

⁶ to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.

⁷ In Him we have **redemption through His blood, the forgiveness of our trespasses**, according to the riches of His grace

⁸ which He lavished on us. In all wisdom and insight



The Trinity is Described in the First Verse of Ephesians

Ephesians 1:3-6	God the Father in Eternity (Past)
Ephesians 1:7-12	God the Son in Time
Ephesians 1:13-14	God the Spirit in the Future

The absence of a personal greeting is explained by the fact that Ephesians was a cyclical letter that was to be sent to many churches in the area.

Paul immediately establishes his authority as an apostle by “the will of God.” (Dia thelēmatos theou - διὰ θελήματος θεοῦ).

The term “*heavenly realm*” (επουρανίους ἐπουρανίους) is only used in the book of Ephesians (1:3, 20; 2:6; 3:10; 6:12). “Heavenly realm” refers to a spiritual realm that co-exists with our physical realm.

Predestination proposes that God the Father chose/selected (exelexato ἐξελέξατο) believers (John 17:6) to be in Christ before the foundation of the world (John 17:24, 1 Peter 1:19-20, Jeremiah 1:5, 2 Thessalonians 2:13; Titus 1:2, Revelation 13:8, 17:8, 2 Timothy 1:9).

Believers cannot be “holy and blameless” without the atoning work of Christ. (1 Peter 1:15-16; Leviticus 11:44; 19:2). The work of the Spirit in the believer results in a godlike life.

Believers have been adopted into God’s family. The concept of adoption is one of many metaphors that Paul uses to describe salvation (Romans 8:15, 23; Galatians 4:5).

In Roman culture, a biologically born son could be disowned by his parent; however, an adopted son could not be put away by the parent. Believers have security in God.

God chose those who would be in His family “according to the good pleasure of the will of Him” (kata tēn eudokian tou thelēmatos autēs - κατὰ τὴν εὐδοκίαν τοῦ θελήματος αὐτῆς) God did not choose believers based on what they would do, but instead because it was His will to choose them.



The act of redeeming assigns value to what has been redeemed; the price of this redemption came from the outstretched hands of Jesus (Exodus 6:6; Ephesians 2:13; Colossians 1:20).

Individuals may desire the transient riches (ploutos πλοῦτος) of this world (Romans 11:12; James 5:2; Revelation 18:17) when they should desire the riches of His grace. (Ephesians 1:18, 2:7, 3:8, 16; Philippians 4:19; Colossians 1:27, 2:2)

Ancient Greek was written with only upper case letters; however, around the 9th century, minuscule writing was invented

Greek Terms

Sentences in the ancient Greek language had no spaces and no punctuation

The Greek term for “**Apostles**” (apostolōn ἀποστόλων) means to “to send with official authority” as Christ’s representatives. (Ephesians 1:1)

The Greek term for “**God’s people**” (hagious ἁγίους) is the term for “saints” which originated with the term “holy” (to be set apart for God’s service – as in “sanctuary”). A saint is a “separated one to an assigned task.” (Romans 1:7, 15:25-26, 1 Cor 1:2, 14:33, 2 Cor 1:1, Philippians 4:21)

The Greek term for “**faithful**” (pistois πιστοῖς) means that the believer is trusting the work of God in Christ (Ephesians 1:1).

α β γ δ ε ζ η θ
ι κ λ μ ν ξ ο π
ρ σ τ υ φ χ ψ ω

The term “**grace**” (charitos χάριτος) means unmerited favor (Ephesians 1:6). This favor occurred because of who we are in Jesus, His beloved Son. (Matthew 3:17, 17:5; Ephesians 6:24).

The Greek term for “**blessed**” (Eulogētos Εὐλογητός) is the root word for “eulogy,” and it means to praise God. This term is repeated in Scripture seven times (Luke 1:68; Romans 1:25, 9:5; 2 Corinthians 1:3, 11:31; Ephesians 1:3; 1 Peter 1:3).

This is a different Greek term than the term “**blessed**” (ΜΑΚΑΡΙΟΙ μακάριοι) in the beatitudes (Matthew 5:1-11). As believers give praise (Eulogētos) to God, God gives blessings (ΜΑΚΑΡΙΟΙ) to believers.

Α Β Γ Δ Ε
Ζ Η Θ Ι Κ
Λ Μ Ν Ξ Ο
Π Ρ Σ Τ Υ
Φ Χ Ψ Ω

The Greek term for “**trespasses**” (paraptōmatōn παραπτωμάτων) means crookedness or wayward (a deviation from the “standard which is a straight edge). (Romans 5:16; Ephesians 1:7)

The Greek term for “**offenses/shortcomings/trespass**” (paraptōmasin παραπτώμασιν) means to “fall to one’s side.” (Ephesians 2:1) The Greek term for “**sins**” (hamartiais ἁμαρτίας) means to “miss the mark.” The myriad references to man’s sinful shortcomings are based on a deviation from a standard.

The Greek term “**alive together**” (synezōpoiēsen συνεζωοποίησεν) is an existing reality in fellowship with God and other believers. (Ephesians 2:5)

The Greek term for “**people,**” “**nation**” or “**commonwealth**” (politeias πολιτείας) is the root word for “politics.”

All authority on heaven & earth was given to Jesus (Matthew 28:18-20; Colossians 2:10).

Sealed For God's Plan (Ephesians 1:9-14)

⁹ He made known to us the mystery of His will, according to His kind intention which He purposed in Him ¹⁰ with a view to an administration suitable to the fullness of the times, that is, the summing up of all things in Christ, things in the heavens and things on the earth. In Him ¹¹ also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, ¹² to the end that we who were the first to hope in Christ would be to the praise of His glory. ¹³ In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, ¹⁴ who is given as a pledge of our inheritance, with a view to the redemption of *God's own* possession, to the praise of His glory.



The Greek term for “mystery” (mystērion μυστήριον) means God’s plan before time began which was not revealed until the coming of the Messiah – the Lord Jesus Christ. (Ephesians 3:2-12)

The Lord opened up the spiritual to the material world (Genesis 28:12 → John 1:51) with the giving of His Spirit (Romans 8:9; 2 Corinthians 3:17; 1 Peter 1:11; Galatians 4:6) to His people according to the new covenant (Jeremiah 31:31-34).

GOD'S SOVEREIGNTY IS THE KEY MESSAGE OF THIS CHAPTER.

The “fullness of the times” gives the sense of the situations filling to a culmination, so that God’s fulfillment with the Messiah was God’s perfect time (Galatians 4:4).

Christians were predestined (John 1:13) according to the one who works everything to His will (Romans 8:28, Isaiah 55:11).

The Greek term for “we” (hēmas ἡμᾶς) in Ephesians 1:12 refers to the Jews who awaited the Messiah (Romans 1:16).

Salvation is a permanent change because Christians are kept by the Spirit (Ephesians 4:30)

Inheritance mentioned three times in this chapter (1:11, 14, 18). Jesus paid the price for His followers on the cross (Acts 20:28), and then He gave His Spirit as a deposit of things to come. (2 Corinthians 1:22, 5:5).

The Greek term for “pledge” (arrabōna ἀρραβῶνα) was used for the engagement ring. Believers may not have the fulfillment of the Kingdom of God (1 Corinthians 15:50), but believers do have a significant pledge from God about the afterlife.

The Three Stages of Salvation

Past Act	Justification	Romans 8:24
Present Process	Sanctification	Ephesians 2:5; 1 Corinthians 15:2
Future Consummation	Glorification	Romans 10:9

The primary focus is first a faith in God and then love for each other.

The Exalted Lord Jesus Christ (Ephesians 1:15-23)

¹⁵ For this reason I too, having heard of the faith in the Lord Jesus which *exists* among you and your love for all the saints,

¹⁶ do not cease giving thanks for you, while making mention of you in my prayers;

¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him.

¹⁸ I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

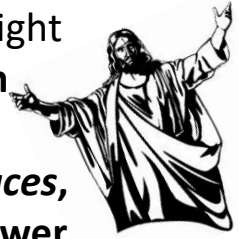
¹⁹ and what is the surpassing greatness of His power toward us who believe. *These are* in accordance with the working of the strength of His might

²⁰ which He brought about in Christ, when He raised Him from the dead and seated

Him at His right hand in the heavenly places, ²¹ far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come.

²² And He put all things in subjection under His feet, and gave Him as head over all things to the church,

²³ which is His body, the fullness of Him who fills all in all.



At that time, news spread of the faith of the believers; this type of "news" is referenced seven times (1 & 2 Thessalonians 1:3; Philemon 1:5; Colossians 1:4; 2 Timothy 2:5; Romans 1:8)

The statement "your love" in Ephesians 1:15 is not in the ancient Greek manuscripts nor the Greek text used by Origen, Jerome, or Augustine; however, it is mentioned in the Colossians parallel passage (Colossians 1:4) and Philemon 1:5.

The "Father of glory" was an Old Testament title of God the Father (Psalm 24:7; 29:3; Acts 7:2) which is also a description of Jesus (1 Corinthians 2:8; James 2:1).

The phrase "the eyes of your heart may be enlightened" moves beyond head knowledge to life changing acceptance of the truth of God's calling with a hope of the of the riches of glory as an inheritance for His people.

Jesus is sitting at the right hand of God (Mark 16:19; Luke 22:69; Acts 7:55; Colossians 3:1; Hebrews 10:12, 12:2), but stands to welcome His faithful servants (Romans 8:34; 1 Peter 3:22).

The testimony of the faith of the Ephesians may have been communicated by Epaphras (Colossians 1:6-8). There were various churches in the Lycus Valley (Laodicea, Hierapolis, and Colossae) where the letters were passed along.

Paul's prayer life was characterized by persistence and gratitude. Paul continually prayed for all of the local churches (Romans 1:9; 2 Corinthians 11:28; Philippians 1:3-4; Colossians 1:3,9; 1 Thessalonians 1:2-3; 2 Timothy 1:3, Philemon 4).

Believers should be grateful for spiritual "wisdom and insight" because these are gifts from the Lord. (Ephesians 1:8; James 1:5, 3:17; Proverbs 2:6)

The strength of God for believers will be victory over death with resurrected bodies according to His power and might.

False gnostic teachers accentuated angelic ranks & levels ("aeons"), but Jesus is superior to angels.

Jewish Scribes taught that there were two ages - the current evil age and the new righteous age that the Messiah would initiate.

Chapter 2 is a summary of "Justification by Faith" that is documented in Romans.

The Christian Calling (Ephesians 2:1-10)

¹ And you were dead in your trespasses and sins,
² in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience.

³ Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.

⁴ **But God**, being rich in mercy, because of His great love with which He loved us,
⁵ even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved),

⁶ and raised us up with Him, and seated us with Him in the heavenly *places* in Christ Jesus,
⁷ so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus.

⁸ For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God;
⁹ not as a result of works, so that no one may boast.

¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.



Three Types of Death	
Spiritual Death	Genesis 3
Physical Death	Genesis 5
Eternal/Second Death	Revelation 20:6, 14

The "you" (hymas ὑμεῖς) references Gentiles (Ephesians 1:13, 2:11) while the "we" (hēmeis ἡμεῖς) represents the Jews (Ephesians 2:3) as all men are included in this call by God.

The "world" is a self-reliant, human society that is organized and functioning apart from God.

Three Spiritual Enemies of Man (Ephesians 2:2-3)	
1. The spirit/system of this present world/age; atheistic humanism	1 Corinthians 3:18-19; 1 John 2:2,15-17; 3:1,13,17; 4:1-17; 5:4,5,19
2. The prince of the air; Satan	John 12:31; 14:30; 16:11; 2 Cor. 4:4; 1 John 5:19
3. The lusts of the flesh	1 John 2:15-17; Colossians 3:5; James 4:4

The Greek term for "lived/walked" (periepatēsate περιεπατήσατε) is a metaphor for "lifestyle." Lifestyle reflects what dominates an individual's life – sin or salvation

The Greek term for "flesh" (sarkos σαρκός) is the propensity of man to pull everything towards itself. Self-seeking and self-serving as snakes twist into themselves (centripetal force)

The term "heavenly realm/places" (epouraniois ἐπουρανίους) is only used in Ephesians (1:3, 20; 2:6; 3:10; 6:12). "Heavenly realm" refers to a spiritual realm that co-exists with our physical realm.

As Jesus is exalted (Ephesians 1:20), the followers of Jesus will also be exalted with Him. Believers are dead to sin and self while being raised with Jesus (Colossians 2:12-13).

God gives faith to His people (Mark 1:15; 2 Peter 1:1; Romans 10:17; Hebrews 12:2; 1 Timothy 1:14), and man acts on that faith (2 Timothy 1:9; Titus 3:5)

The Greek term for "show" (endeixētai ἐνδείξεται) means to put on public display. (Romans 9:22) God desires that His people "be witnesses" (instead of "do witnessing"). (Matthew 5:16; Acts 1:8).

Although man is not saved by works, good works are a validation of salvation.

Christians were created in Christ Jesus for the purpose of good works. "Christians" are "little Christs" who sacrifice every moment of every day as He did.

Yetzer Hatov / Yetzer Hara

Scripture teaches that man's sinful nature (original sin) brings wrath. (Job 14:1, 6; Psalm 51:5; Romans 5:12)

Jewish Rabbis do not have a doctrine of original sin. Instead, Rabbis believe in *"the two impulses."*



The "Yetzer Hara" is 13 years older than the "Yetzer Hatov."
The yetzer hara begins developing while the child is in the mother's womb; however, the yetzer hatov begins developing at the age of 13 and acts like the conscience.

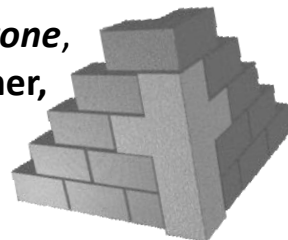
Jewish Rabbis believe that everything is predetermined by God except for the moral (freewill) choices between good and evil.



Jesus has brought unity between the Jews and the Gentiles (Galatians 3:28).

Jesus Removes Barriers (Ephesians 2:11-22)

¹¹ Therefore remember that formerly you, the Gentiles in the flesh, who are called “Uncircumcision” by the so-called “Circumcision,” which is performed in the flesh by human hands—
¹² remember that you were at that time separate from Christ, excluded from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world.
¹³ But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ.
¹⁴ For He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall,
¹⁵ by abolishing in His flesh the enmity, which is the Law of commandments contained in ordinances, so that in Himself He might make the two into one new man, thus establishing peace,
¹⁶ and might reconcile them both in one body to God through the cross, by it having put to death the enmity.
¹⁷ AND HE CAME AND PREACHED PEACE TO YOU WHO WERE FAR AWAY, AND PEACE TO THOSE WHO WERE NEAR;
¹⁸ for through Him we both have our access in one Spirit to the Father.
¹⁹ So then you are no longer strangers and aliens, but you are fellow citizens with the saints, and are of God’s household,
²⁰ having been built on the foundation of the apostles and prophets, Christ Jesus Himself being the corner stone,
²¹ in whom the whole building, being fitted together, is growing into a holy temple in the Lord,
²² in whom you also are being built together into a dwelling of God in the Spirit.



The Jews depended on manmade customs/traditions for salvation (Galatians 2:11-21); they depended on physical circumcision instead of spiritual circumcision of the heart (Colossians 2:11, Philippians 3:3, Deuteronomy 10:16, 30:6; Jeremy 4:4, Romans 2:29).

The Temple was constructed with dividing walls as barriers, so that Gentiles would not move more closely to the Holy place. “No Trespassing” signs warned that any Gentile that went beyond a certain point would forfeit his life. (Matthew 27:51)

Gentiles do not need to become Jews to be right with God. Jews and Gentiles become one (the church) in the Christ’s body.

Greek term for “peace” (eirēnēn εἰρήνην) carries the connotation of “bringing something back together that was broken” or “the reconciliation of brokenness.” (Colossians 2:14)

Circumcision was meant to be an outward symbol of an inner faith. (Romans 2:28-29; Galatians 5:6)
Circumcision was a sign of a right relationship with God. (Leviticus 26:41; Deuteronomy 10:16; Jeremiah 4:4)

Salvation Challenges for the Gentiles

- Gentiles didn’t have a Messiah
- Gentiles were not a part of God’s chosen nation of Israel
- Gentiles did not have knowledge of God’s covenants
- Gentiles had no eternal hope
- Gentiles did not walk with God in this world

Gnostics held the belief that there was a wall between this world and paradise, and only the individuals with the secret knowledge knew how to get through the wall. The Gnostics did not deny the divinity of the Messiah; however, they did deny His humanity. The Gnostics believed that all flesh was naturally wicked. (Colossians 1:22)

Jewish Rabbi’s believed that Gentiles were created to “keep the fires of hell burning” while Gentile antisemitism has always existed.

Functions of the Cornerstone

- The first stone that set the orientation for the entire structure
- The stone on the corner that supported the building
- A Capstone in an arch that held together the entire structure

The body of Christ consisted of all men (both Jew and Gentile).

The Mystery of the Jew/Gentile Church (Ephesians 3:1-13)

¹ For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles—
² if indeed you have heard of the stewardship of God's grace which was given to me for you;
³ that by revelation there was made known to me the mystery, as I wrote before in brief.

⁴ By referring to this, when you read you can understand my insight into the mystery of Christ,

⁵ which in other generations was not made known to the sons of men, as it has now been revealed to His holy apostles and prophets in the Spirit;

⁶ to be specific, that the Gentiles are fellow heirs and fellow members of the body, and fellow partakers of the promise in Christ Jesus through the gospel,

⁷ of which I was made a minister, according to the gift of God's grace which was given to me according to the working of His power.

⁸ To me, the very least of all saints, this grace was given, to preach to the Gentiles the unfathomable riches of Christ,

⁹ and to bring to light what is the administration of the mystery which for ages has been hidden in God who created all things;

¹⁰ so that the manifold wisdom of God might now be made known through the church to the rulers and the authorities in the heavenly places.

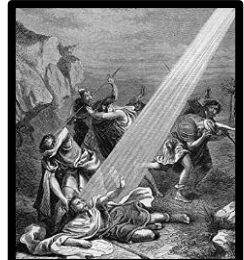
¹¹ This was in accordance with the eternal purpose which He carried out in Christ Jesus our Lord,

¹² in whom we have boldness and confident access through faith in Him.

¹³ Therefore I ask you not to lose heart at my tribulations on your behalf, for they are your glory.



Paul probably wrote the letter of Ephesians while imprisoned in Rome



It may be symbolic (& ironic) that Paul had initially been arrested in Jerusalem for taking Trophimas (a Gentile/Greek from Ephesus) into the Temple grounds (Acts 21:12, 28). In the mystery of God, Paul was actually encouraging all Gentiles to come into presence of God.

The mystery of the Messiah is that Gentiles are included in the gospel message (Romans 16:25, Colossians 1:26). Paul had already written of the mystery (Ephesians 2:11-22).

The Greek term for "mystery" (mystērion μυστήριον) refers to a "secret" that was hidden throughout time. God has included into one body (the saints) the Gentiles with His covenant people, the Jews. (Colossians 1:27)

The concept of "fellow heirs" (synklēronoma συνκληρονόμα) is repeatedly mentioned by Paul. (Romans 8:17; Galatians 2:29, 4:7; Hebrews 11:7; 1 Peter 3:7).

Believers can confidently approach God the Father because of Christ's work and man's faith in him. (Ephesians 2:8-9)

The mystery of the gospel has three consequences as Gentiles are joint heirs, joined in the body of Christ (the church), and sharers/partners of the same promise. (Ephesians 3:6)

Jews often had two names (one Jew and one Greek). While Saul ("asked for") was his Jewish name, Paul actively used his Greek name (Paul). The name, Paul, means "small," but this can also be translated as humble.

God's plan is eternal; the literal translation is the "purpose of ages" (prothesin tōn aiōnōn – πρόθεσις τῶν αἰώνων).

God is Able
(Romans 16:25; Jude 1:24)

A Doxology of Love (Ephesians 3:14-21)

14 For this reason I bow my knees before the Father,
15 from whom every family in heaven and on earth derives its name,



Paul often prayed spontaneously. This time he knelt in prayer as he did repeatedly, to reflect intensity (Matthew 6:5; Mark 11:25; Luke 18:11, 12; 22:41; Acts 7:60; Philippians 2:10).

Different source manuscripts include "of our Lord Jesus" in Ephesians 3:14

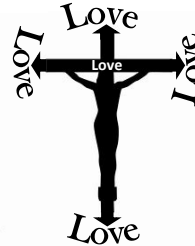
16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man,



The Trinity in Unity (Ephesians 3:14-17)		
Eph 3:14-15	The Father	...from whom the whole family in heaven and on earth is named...that he may grant...
Eph 3:16	His Spirit	...who strengthens in the inner man...
Eph 3:17	The Messiah	...who dwells in hearts through faith

A family name is passed down from the (heavenly) father who has the authority (Matthew 7:11)

17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love,



The Greek term "to dwell" (κατοικῆσαι) means to "reside" (Acts 7:2), so the Spirit resides in God's people (Colossians 1:19).

The Greek term for "hearts" (καρδίας) means "the complete person."

The Greek term for "rooted" (ἑρριζωμένοι) means to be planted, strengthened and fed by love. (Colossians 1:23, 2:7; Jeremiah 17:7-8)

18 may be able to comprehend with all the saints what is the breadth and length and height and depth,

19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.



Paul's Prayer for the Church in Ephesus (Ephesians 3:16-19)		
Eph 3:16-17	Holy Spirit	Be strengthened by the indwelling of the Spirit of Christ
Eph 3:18	Jesus Christ	Can grasp and know the love of Christ (the Gospel)
Eph 3:19	God the Father	Are filled with the fullness of God

20 Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us,

21 to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.



Believers can have "true" knowledge of God; however, believers cannot have exhaustive knowledge. (1 Corinthians 13:12)

Believers have a sense of the breadth of God's love (Ps 103:11) while realizing that Christ's love surpasses knowledge (Romans 8:39)

A "benediction" is a blessing to the worshippers while a "doxology" is an act of praise to God.

The term "Amen" is meant to confirm ("so be it", "I affirm" or "I agree") It is the transliterated word from Hebrew & Greek

Believers have a unified love & purpose in Christ

Unity (Ephesians 4:1-10)

1 Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called,

2 with all humility and gentleness, with patience, showing tolerance for one another in love,

3 being diligent to preserve the unity of the Spirit in the bond of peace.

4 *There is one body and one Spirit*, just as also you were called in **one hope** of your calling;

5 one Lord, one faith, one baptism,

6 one God and Father of all who is over all and through all and in all.

7 But to each one of us grace was given according to the measure of Christ's gift.

8 Therefore it says, "WHEN HE ASCENDED ON HIGH, HE LED CAPTIVE A HOST OF CAPTIVES, AND HE GAVE GIFTS TO MEN."

9 (Now this *expression*, "**He ascended**," what does it mean except that **He also had descended into the lower parts of the earth?**

10 He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)



CHILDREN ARE A
GIFT
from the Lord.
God's Child is the
greatest "gift"
of all

Psalms 67:18-19



Beyond the moment of salvation to a process of sanctification (1 John 2:6) as believers become more like Christ (Romans 8:29) and share God's light with the world. (Matthew 28:16-20).

Paul encourages unity (not uniformity) as different parts of the "body of Christ" functioning in their individuality in love. The Holy Spirit prompts unity among believers (Colossians 3:14)

Spiritual gifts (1 Corinthians 12:1-13, 28-29; Romans 12:3-8; Ephesians 4:11) were given to those in the body of Christ for the edification of fellow believers (1 Corinthians 12:7, 11).

Ephesians 4:9 could be referencing the incarnation of Jesus on earth or the 3 days in Hades between His crucifixion and resurrection. (Acts 2:31; Romans 10:7; 1 Peter 3:19, 4:6)

Characteristics of the Family of God (Ephesians 4:2)			
1.	Humility	Ταπεινοφροσύνῃς ταπεινοφροσύνης	Meekness & Modesty
2.	Gentleness	πραΰτητος	Strength that has been domesticated; controlled might
3.	Patience	Μακροθυμίας μακροθυμίας	Persistent Tolerance & Allowance
4.	Lovingly Bear Others	Ἀνεχόμενοι ἀνεχόμενοι	Loving Tolerance (Selfless Support)

The Greek term for "hope" (elpidi ἐλπίδι) is used in the New Testament as a reference to the second coming. The "hope" is predicated on a certainty that it will occur without the knowledge of the timing.

A Single Church with a Sevenfold (7 = complete) Nature of Unity (Ephesians 4:4-6)		
1.	One Body	Rom 12:5; 1 Cor 12:12, 27; 2 Cor 4:10; Eph 3:6, 5:23
2.	One Spirit	Acts 10:45; Eph 2:18, 4:3; Gal 3:14; 1 Cor 6:17, 12:11, Phi 1:27
3.	One Hope	Acts 24:15, Rom 8:23-24; 2 Cor 1:10, Eph 1:18; Col 1:27; Titus 1:2, 3:7, 1 Pet 1:3; Hosea 12:6
4.	One Lord	1 Cor 1:9, 8:6; Acts 15:17; Rom 10:9, 15:11; Col 2:6; Rev 22:21
5.	One Faith	Rom 5:2, Gal 2:16, 3:8 & 11, 5:5
6.	One Baptism	Rom 6:3; 1 Cor 12:13, Gal 3:27; Mt 3:11; Mk 1:8, Acts 1:5, 2:38
7.	One God & Father of All	Jude 1:25; Isaiah 9:6; 1 Cor 8:6; Col 1:15-17; Malachi 2:10; Romans 3:29-30; 1 Tim 2:5-6

The three-in-one trinity is active through the entire chapter (Matthew 28:19; 2 Corinthians 13:14). The Holy Spirit – the Spirit of God the Father (Matthew 3:16; Ephesians 2:22) and God the Son indwell believers (Matthew 28:20; Galatians 4:6)



God is the Giver & Chooses
Spiritual "Gifts" for Men

Maturing the Body of Christ (Ephesians 4:11-16)

Spiritual Gifts for Church Leadership

Apostles/Missionaries	Acts 14:4, 14; 1 Thessalonians 2:6; Galatians 1:19
Prophets	Acts 11:28; 15:32; 21:9-11
Evangelists	Acts 21:8; 2 Timothy 4:5
Pastors/Teachers	Acts 20:17, 28; Titus 1:5-7

Apostles extended beyond "The Twelve" to the "ambassadors" of Christianity

"Evangelists" are mentioned only three times in Scripture (Acts 21:8; Ephesians 4:11; 2 Timothy 4:5)

Prophets proclaimed the truth & fulfillment of God's Word

"Pastors & Teachers" are mentioned together as the servant leadership of the local body of believers

New Christians must desire to know God's Word while mature Christians must continue to learn and teach others. Many Christians are currently easily swayed by false teaching (i.e., mass media; perverted societal norms).

The Greek term for "deceit" (πλάνης) is the root word for "planet." Travelers used stars to map their course; however, heavenly lights (planets) that did not behave like "stars" could not be used in the same way.

Believers are to maintain their fervor & love (Rev 2:4) while they mature in their understanding of God's Word & Calling (1 Cor. 3:1-3; Heb. 5:11-14)

"The Lord's servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition" (2 Timothy 2:24-25)

With Jesus as the head (kephalē κεφαλῆ), the body of Christ obeys according to His commands. Believers should teach in selfless love instead of self-serving deceit.

Each believer should lovingly participate in his role towards the edification of the body.

¹¹ And He gave some *as* apostles, and some *as* prophets, and some *as* evangelists, and some *as* pastors and teachers,



¹² for the equipping of the saints for the work of service, to the building up of the body of Christ;

¹³ until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.



¹⁴ As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming;



¹⁵ but speaking the truth in love, we are to grow up in all *aspects* into Him who is the head, *even* Christ,



¹⁶ from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.



Believers are to be clothed in Christ's righteousness
 (Isaiah 61:10; Zechariah 3:3-4;
 2 Chronicles 6:41)

Changeable Heart (Ephesians 4:17-32)

17 So this I say, and affirm together with the Lord, that you walk **no longer just as the Gentiles also walk, in the futility of their mind,**



18 **being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart;**



19 **and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.**

20 But you did not learn Christ in this way, 21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus,



22 that, in reference to your former manner of life, you **lay aside the old self, which is being corrupted in accordance with the lusts of deceit,**



23 **and that you be renewed in the spirit of your mind,** 24 **and put on the new self, which in *the likeness of God* has been created in righteousness and holiness of the truth.**

Believers should not live as the world lives; believers should not have the world's priorities or worries.

Whether Hollywood, sports, politics, or any other worldly distraction - believers should not be consumed by the vain things of the world. (Romans 1:21).

Satan is actively attempting to blind the world from God's truth. (2 Corinthians 4:4) However, God has revealed His truth towards repentance; each time that God's truth is rejected, the heart is hardened against Him.

Salvation implies Jesus as Lord and sacrificial lives as Christ instead of insatiably pursuing self-gratifying addictions. The "King-dom" of Heaven infers a "King" with dominion.

Instead of repenting, the churches of Galatia (including Ephesus) had stopped warring against the flesh – they have surrendered to sin.

The Greek term of "greed" (pleonexia πλεονεξία) infers a lust for more and more (as with any addict); as perversion leads to darker, more frequent perversions – the individual accepts, defends and champions the sinful lifestyle.

Those practicing sinful lifestyles had convinced themselves that it was fine to pursue the things of the world (although it contradicted their teaching).

The Trinity working together in Unity (Ephesians 4:21-24)		
Eph 4:21	Jesus	The truth is in Jesus
Eph 4:23	Spirit	Being renewed in the spirit of your mind ← singular
Eph 4:24	God	The new man is created in God's likeness

Lifestyle reveals a genuine faith

Young Roman boys would wear the "toga praetexta" consisting of a white cloth with purple stripes. When a boy became a man, he would receive his "toga virilis" without the purple stripes. The young man would receive all the rights of an adult male Roman citizen as well as the responsibilities.

Actions should not be dependent on selfish desires or attitudes of others, but a reflection of God's love for you

Controlled Correction (Ephesians 4:25-32)

25 Therefore, laying aside falsehood, **SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR**, for we are members of one another.

Zechariah 8:16



26 **BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,**

Psalms 4:4

27 and do not give the devil an opportunity.

28 He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.



29 Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need of the moment, so that it will give grace to those who hear.



30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.



31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.



Emotions are neutral & reveal an inner attitude; anger is neutral; however, believers should not sin while being angry

The Jewish day began with the setting of the sun, so the thought is not to hold onto anger from day-to-day.

Anger: Motivation & Longevity		
God gets angry	Dt 9:8, 31:17; Ex 15:7, 32:10-11; Nu 11:1-2; 32:13; Job 4:9; Jer 32:29; 2 Ki 13:3, 17:18; Ez 7:8; Is 13:9; Lam 2:6-7; Ps 7:11	"God is a righteous judge, and a God who shows His wrath every day."
Jesus was angry	Mark 3:5	"After looking around at them with anger and sorrow at the hardness of their hearts, He told the man, 'Stretch out your hand.' So he stretched it out, and his hand was restored."
Be resistant to anger	James 1:19-20	"Be slow to anger...For man's anger does not accomplish God's righteousness."
	Psalms 37:8	"Refrain from anger and turn from wrath..."
Do not continue to be angry	Ephesians 4:26	"Be angry and do not sin. Don't let the sun go down on your anger."
	Psalms 4:4	"Be angry and do not sin; on your bed, reflect in your heart and be still. Selah"
	Colossians 3:8	"...now you must also put away all the following: anger, wrath"

Christians should not curse at all – ever; cutting witticisms should not be encouraged (James 3:10). Believers will be held accountable for every word (Matthew 12:36; Colossians 4:6)

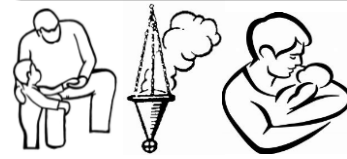
Christian giving (service & submission) is a measurement of a Christian life.

Six actions should be removed from a Christian's life: 1. Bitterness 2. Anger 3. Wrath 4. Insult 5. Slander 6. Wickedness

Christian lives should include three actions: 1. Kindness 2. Compassion 3. Forgiveness

Do not let society & liberal minded theologians convince you that God condones sinful lifestyles

1 Therefore be imitators of God, as beloved children;



2 and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.

3 But immorality or any impurity or greed must not even be named among you, as is proper among saints;



4 and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.



5 For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God.



I'm okay
You're okay

6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

Thoughtful Purity (Ephesians 5:1-6)

Believers should imitate the heavenly Father as a beloved child might imitate their earthly father.

The Greek term for "imitate" (mimētai μιμηταί) is the root word for "mimic."

Love as Jesus loved (John 13:34). The concept of "walk" is a pilgrimage (lifestyle) through this world.

In the five Levitical sacrifices of Leviticus, Scripture explicitly states that God was pleased with the aroma of the burnt, thank and fellowship offering. (This is not mentioned for sin and trespass offerings).

The acceptable aroma often represented the act of pleasing God (Genesis 8:21; Exodus 29:18; Leviticus 4:31 – Philippians 4:18)

Sexual sins are linked to "greed" (Colossians 3:5) as these addictions become insatiable as the individual becomes further & further pulled into perversion upon perversion. (Ephesians 5:5)

The Greek term for "sexual immorality" (porneia πορνεία) is the root word for pornography.

Believers should be defined by their gratitude (Philippians 2:5) instead of a bad attitude.

Believers should be known for edifying speech instead of joining in dirty jokes. (Colossians 3:8, 4:29)

"From the same mouth come both blessing and cursing. My brethren, these things ought not to be this way." (James 3:10)

Believers should know this for certain, that a certain type of man who walks in these lifestyles (sexually immoral, impure, greedy) will not inherit the kingdom of Christ and God (Matthew 6:33).

Believers should not let society and liberal minded theologians convince them that God will not judge these sinful lifestyles (Ephesians 5:6-7)

An individual's lifestyle reflects who they are; it will either validate a Christ-centered life or reveal a self-centered life. (Matthew 7:15-20)

Habitual sin that is defended (and championed) characterizes those who are not God's people (1 John 3:6, 9)

The same God that is defined by His love (Ephesians 5:1-2) is also defined by His holiness (and judgment on sin). (Colossians 3:6)

As God's truths are understood & applied, additional light (enlightenment) shines through

Enlightenment (Ephesians 5:7-14)

7 Therefore do not be partakers with them;



8 for you were formerly darkness, but now you are Light in the Lord; walk as children of Light

9 (for the fruit of the Light consists in all goodness and righteousness and truth),



10 trying to learn what is pleasing to the Lord.

11 Do not participate in the unfruitful deeds of darkness, but instead even expose them;



12 for it is disgraceful even to speak of the things which are done by them in secret.



13 But all things become visible when they are exposed by the light, for everything that becomes visible is light.



14 For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."

Isaiah 60:1



Believers should not fellowship with liberal believers who promote sinful lifestyles (Ephesians 3:6).

The term for "light" (phōs φῶς) often conveys the meaning of "enlightenment." (John 8:12)

Believers should be a light (share God's truths) to an unenlightened, sinful world (Matthew 5:14; 1 John 1:7).

Believers should not return to lives of self-seeking sin, but instead walk in the selfless ways of the Lord. (Ephesians 4:1)

The light itself results in fruit (similar to photosynthesis). With insight from God, believers can clearly understand what is "good, righteous and true."

Worldly societies (liberal education and media) tend to define their own morality and "truth" instead of understanding morality established by the Creator (Proverbs 21:2)

The "light" (enlightenment from God) enables believers to understand what genuinely pleases God.

The world often creates their own self-serving ideas that do not please God who will judge every man. (Hebrews 11:6)

Instead of joining in "fruitless deeds," they should be exposed in the light; the actions of the world should be judged according to the Word of God.

Any discussion of sinful lifestyles is shameful (aischron αἰσχρὸν) and improper. So often, the education system creates a tolerant environment for sin while the media promotes and glamorizes sinful lifestyles.

Sinful lifestyles should be contrasted to the Word of God, so that the consequences can be clearly understood.

Ephesians 5:14 (likely a Christian hymn) is possibly based on Isaiah 9:2, 26:19, 40:1, 51:17, 52:1 & 60:1.

The terms "sleeper" and "dead" reference the moral condition of the lost world; there is no conscious understanding of the Creator's truth.

Purposeful Engagement (Ephesians 5:15-21)

Believers should be sensitive to how their walk impacts others
(1 Peter 5:5, Philippians 2:3)

15 Therefore be careful how you walk, not as unwise men but as wise, *Friday*

16 making the most of your time, because the days are evil.

17 So then do not be foolish, but understand what the will of the Lord is.

18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,

19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord;

20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;

21 and be subject to one another in the fear of Christ.



Proverbs 23:30-31



Lifestyles result in consequences; truth cannot be subjective or arbitrary. Mankind will be judged by God's truth as communicated in His word. (Colossians 4:5)

In this fallen world, even the day time (hēmerai hēmérai) which should bring "light" is perverted and evil.

The "filling of the Spirit" is contrasted to intoxication (Luke 1:15; Acts 2:4; Jeremiah 23:9).

All men are "filled" with something which controls and characterizes their lives.

The joy, relief and (sometimes) refuge that individuals find in wine, can (instead) be found in the Holy Spirit. (Acts 2:13-15)

A Spirit filled life includes continual gratitude for all that God has done through the person of the Lord Jesus Christ. (1 Thessalonians 5:18)

Instead of wasting life in self-seeking habits and vain pursuits, believers are encouraged to capitalize on living for God.

Man should strive to understand the will of the Creator God every day (1 Thessalonians 4:3-4; 5:16-18, 1 Peter 2:15, 4:19).

"He has shown you, O mortal, what is good and what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." (Micah 6:8)

Men are baptized by the Spirit at salvation; however, the filling by the Spirit is on-going and repeatable.

Living a Spirit filled life includes encouraging songs and melodies that are shared with fellow believers while genuinely worshipping the Lord.

All of life is related to God, and should flow from believers as encouragement and praise.



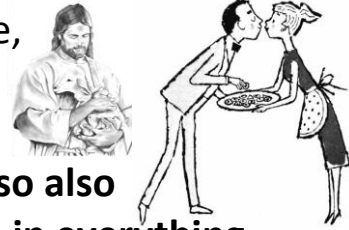
The Greek term for "submit" (hypotassomenoi ὑποτασσόμενοι) means to arrange one self under the authority of another. This is a military term related to a chain of command that military orders are given.

Marriage is a testimony of an individual's walk with the Lord

Family Values (Ephesians 5:22-33)

22 Wives, be subject to your own husbands, as to the Lord.

23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself *being* the Savior of the body.



24 But as the church is subject to Christ, so also the wives *ought to be* to their husbands in everything.

25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her,



26 so that He might sanctify her, having cleansed her by the washing of water with the word,



27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.

28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself;



29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also *does* the church,

30 because we are members of His body.

31 FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH.

32 This mystery is great; but I am speaking with reference to Christ and the church.

33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must *see to it* that she respects her husband.



Submission is not related to the value of an individual, but simply the willingness to yield voluntarily.

Wives should submit to their husbands (Colossians 3:18; Titus 2:5; 1 Peter 3:1).

Husbands are commanded to love their wives

In Scripture, each time the mutual relationship of wife & husband is mentioned, the wife's role is sequenced first (Eph 5:22-30; Col 3:18-19; 1 Peter 3:1-7),

Service Christ is the ultimate authority for every believer (Matthew 10:34-39). Because the wife is a Christian, she should yield to the will of her husband regardless of how he acts as long as it does not transgress the commands of God. **Submission**

God's will for a household is that the man is the spiritual leader (1 Corinthians 11:3).

The term "Christ" is focused on the selfless, sacrificial service of the Messiah who gave His life for His people.

Women are urged to submit to their husbands while men are urged to serve their wives.

Spiritual cleansing comes through the word of God (John 17:17-19).

The church is the body of Christ as it acts according to His thoughts & will. (1 Corinthians 12:27; Romans 12:4-5; Colossians 1:18).

The Greek term for "mystery" (mystērion μυστήριον) refers to God's plan of joining two unlike people into a single construct (ie., Jews & Gentiles into a church; husband & wife into a single person)



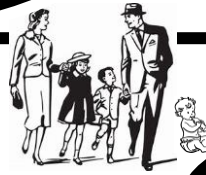
A man should love his wife, and a woman should respect her husband

The relationship of Christians to Christ is reflected in earthly relationships			
Ephesians Reference	Christian	Jesus	Bible References
5:22-32	Wife	Husband	Lk 5:33-35; Is 62:5; Rev 21:2
6:1-4	Child	Parent	Rom 8:14-16; Gal 4:6
6:5-9	Slave	Master	Rev 1:1, 19:10; Lk 12:37

Authorities should not threaten their subordinates.
All men will be judged by our heavenly Father.

Slave to God (Ephesians 6:1-9)

1 Children, obey your parents in the Lord, for this is right.



LONG LIFE
Exodus 20:12;
Deuteronomy 5:16

2 HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise),

3 SO THAT IT MAY BE WELL WITH YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.

4 Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.



5 Slaves, be obedient to those who are your masters according to the flesh, with fear and trembling, in the sincerity of your heart, as to Christ;



6 not by way of eyeservice, as men-pleasers, but as slaves of Christ, doing the will of God from the heart.

7 With good will render service, as to the Lord, and not to men,



8 knowing that whatever good thing each one does, this he will receive back from the Lord, whether slave or free.



9 And masters, do the same things to them, and give up threatening, knowing that both their Master and yours is in heaven, and there is no partiality with Him.

There is no age defined in this verse although Bar Mitzvahs are celebrated at the age of 13 for boys while Bat Mitzvahs are celebrated at the age of 12 for girls.

While obedience may wane with age and maturity, honoring the parent is a lifelong requirement by God. The Greek term for "honor" (Tima Τιμα) is a commercial term in sales transactions which means "to give due weight to." To honor means to recognize value.

Long life might be a societal promise; societies that honor their elderly tend to have more wisdom and are blessed with longevity.

Fathers should train and instruct their children, but not purposefully antagonize them. Children belong to the Lord; as with everything else, parents are simply stewards of the children.

In Paul's day, slavery was commonplace through defeated enemies, impoverished individuals, or those born into slavery. The Master/Slave relationship might be analogous Boss/Employee relationship.



Slaves should be a testimony and witness with their work ethic (Titus 2:9; 1 Peter 2:18; Harriet Beecher Stowe's "Uncle Tom's Cabin" is good example).

Scripture does not condone slavery (Deuteronomy 23:15-16) and goes to great lengths to promote rights and justice for slaves (Job 31:13-15, Colossians 4:1). In Philemon, Paul intervenes for runaway slave Onesimus.

Regardless of one's position in life, God expects Christian principles to be foremost in response. (Matthew 6:24; Lk 16:13; Philippians 2:7, Romans 6:19, 1 Peter 2:16, 1 Corinthians 7:22, Galatians 4:7)



Behavior towards others is not dependent on their behavior or role; humble service is based on the individual's relationship with God (regardless of the actions of others).

The spiritual battle is daily
"heart-to-heart combat"

The Armor of God (Ephesians 6:10-17)

¹⁰ Finally, be strong in the Lord and in the strength of His might.



STRENGTH

¹¹ Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.

¹² For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

GOD IS MY STRENGTH AND POWER
2 Samuel 22:33



¹³ Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.



¹⁴ Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,



¹⁵ and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;

Isaiah 52:7

¹⁶ in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.



Testudo

¹⁷ And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.

Three different Greek words emphasize the power of the Lord in believers (Ephesians 1:19; 1 Corinthians 16:13). Believers need to face every day: 1 Empowered (endynamousthe ἐνδυναμοῦσθε) 2. Strength (kratei κράτει) 3. Might (ischyos ἰσχύος).

Although God provides these different protections to believers, the believer must take action to put on the full (seven-fold: truth, righteousness, gospel, faith, salvation, God's word, prayer) armor of God without leaving gaps (Rom 13:14; Isaiah 59:17; 2 Kings 6:17; Heb 11:27)

The equipment is listed in the order that a soldier would dress himself as he prepared for battle. These are defensive weapons with only the sword of the Spirit as an offensive weapon.

Truth is represented as a belt that other tools can hang on; truth makes other tools/weapons available and accessible.

Romans would stand in circle (a testudo) and cover sides and head with shields as each soldier was protected from flaming arrows (Ps 7:10-14) by his brothers (Psalms 3:12).

Romans used a large shield (4ft x 2ft) that was made of wood overlaid with linen and then leather, and finally covered with metal. Before battle, the shields would be soaked in water, so that they would extinguish incoming flaming arrows. Enemy arrows were often incendiary as they had been dipped in pitch to burn and wound the soldier.

The "Testudo" (Latin for "turtle") was similar to a manmade tank that was used as a defense while under fire; this was especially effective when attacking the enemy on higher ground.

The vulnerability for the soldier was his back; however, as long as his fellow warriors stood together with him, both were defended well. Believers should protect each other from wicked attacks.

The imagery of the feet represents the readiness to go and share the good news as well as having sure footing to "stand firm" in the faith.



STAND FIRM



The helmet protects thoughts by the hope of salvation while faith protects the heart; there is an assurance in Jesus Christ.

Paul concludes with Prayer, Encouragement, and God's Love

18 With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,



19 and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel,

20 for which I am an ambassador in chains that in proclaiming it I may speak boldly, as I ought to speak.



21 But that you also may know about my circumstances, how I am doing, Tychicus, the beloved brother and faithful minister in the Lord, will make everything known to you.



22 I have sent him to you for this very purpose, so that you may know about us, and that he may comfort your hearts.



23 Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.

24 Grace be with all those who love our Lord Jesus Christ with incorruptible love.



Conclusion (Ephesians 6:18-24)

Pray continually (Psalms 72:15; Acts 1:14; Exodus 30:7-8; Ephesians 5:17). The Spirit indwells the believer, and the believer can actively pray in the name of Jesus according to His will (Romans 8:26-27; Jude 1:20).

Prayer goes beyond the individual to "all of the saints." The Greek term for "God's people" (hagios ἀγίου) is the term for "saints" which originated with the term "holy" (to be set apart for God's service – as in "sanctuary").

Paul, the "mighty evangelist," asked for prayer that God would use his words to convey the good news boldly and effectively. (Colossians 4:5; 1 Thessalonians 5:25; 2 Thessalonians 3:1)

The "mystery" would be including Jew & Gentile into a unified church

Although Paul was writing this book of Ephesians while incarcerated in Rome; he was still an apostle (ambassador; envoy) of Christ. (2 Corinthians 5:20)



The conclusions of Ephesians:21-22 and Colossians 4:7-9 share 29 words that are nearly identical in Greek

Tychicus ("casual; by chance") is the messenger bringing the letter just as Tychicus did with Colossians (and probably Philemon).

Tychicus traveled with Paul on his third mission trip from Macedonia to Jerusalem (Acts 20:4; Ephesians 6:21-22; Colossians 4:7; Titus 3:12; 2 Timothy 4:12)

Paul utilizes the full title of the Lord (deity) Jesus (humanity) Christ (Messiah) which reflects the aspects of the Savior.

The root of "charitos" ("grace") is "chairō" which means to rejoice. This is also the root of the English word "charity."

The term "grace" (charitos χάριτος) means unmerited favor. This favor occurred because of who believers are in Jesus, His beloved Son. (Matthew 3:17, 17:5; Ephesians 1:6).

The final word in the book of Ephesus is "incorruptibility" (aphtharsia ἀφθαρσία) which means "unchanging" and "eternal." (1 Corinthians 9:25, 15:32; 1 Timothy 1:17).