



Week 41: Ephesians

Study Guide for the week of Oct. 5-11

Personal reflection / journaling exercise

This week, spend time with Eph 6:10-17

What are you struggling with these days? List those areas of temptation, trial, frustration. What resources are you using to deal with them? How successful have you been in overcoming your struggles?

What resources has God given us? List those resources found in Eph 6:13-17. How are you employing the resources God gave you? Are there any you've forgotten about? How could you use God's resources to engage your struggles?

Spend time in prayer asking God to show you how he matches his resources to your struggles.

Discussion starters

1. Reread Eph 1:18 and 2:10. What has changed in your life since you began a relationship with Jesus? What hope has God call you to? What good works has God created you for? Be sure to think broadly, outside the usual box of employment and career.
2. What are the roles of a citizen of the US? What are the responsibilities? What are the roles of the members of a family? Responsibilities? How do the roles and responsibilities of a citizen and family member compare to the roles and responsibilities of being a citizen of heaven and a member of God's family?
3. How would you describe your home? Think not just of its physical attributes but also its atmosphere. Reread Eph 2:22. How would you describe yourself as a dwelling place for God?
4. In Eph 4, Paul describes how Christians are to live in community. What characteristics are to govern our interactions (4:1-3)? What is the goal of using our spiritual gifts (4:12-13)? What is the goal of speaking the truth in love (4:14-15)? What behaviors are to be eliminated and which behaviors embraced (4:29-32). What behaviors are the easiest for you? The hardest? How do those behaviors affect your relationship with others?

Bible verse to memorize: Eph 2:8-9