



Introduction

This letter was written by the apostle Paul to believers in Ephesus which is in what we know as central Turkey. They (and we) are encouraged to live consistently with their beliefs.



Questions

1. How do believers show they are walking worthily of their calling?
2. What does the apostle Paul say constitutes the one body?
3. How should we treat each other bearing in mind the forgiveness we have received in Christ?



Summary Points

- **v 1 to 3** Believers are encouraged to walk worthily of their calling and to humbly co-operate together
- **v 4 to 6** They should be united by their one faith (see theme)
- **v 7 to 10** God shows his grace through Jesus Christ who released us from our captivity and gave gifts
- **v 11 to 16** Christ gave various gifts to build up the body of Christ so that it could resist winds of doctrine and develop
- **v 17 to 24** We are encouraged to resist the influence of those around us who are hardened in their ignorance. Instead we are to be renewed in our mind and follow the example of Jesus
- **v 25 to 32** We are to be totally true with each other. We are not to grieve the Holy Spirit of God (see theme) by behaving in an ungodly way. We should forgive one another just as God in Christ has forgiven us

Timeline 60 AD (see below)



Themes

The one faith

A selection of verses showing what the Bible says about the one faith or Good News. In his ministry Jesus preached the Good News of the Kingdom of God.

Belief in his teaching called for a new way of life (repentance):

Mark 1 verses 14 and 15

At the end of his ministry Jesus instructed his disciples to continue to preach this Good News:

Mark 16 verses 15 and 16

Paul emphasises that the Good News is a unified set of teachings:

Ephesians 4 verses 4 to 6

Week 23 Day 1 Ephesians 4 Understand your Bible reading plan



The apostle Paul tells us what the Good News is all about:

Romans 1 verse 16

Paul warns the believers in Galatia that the Good News, as a body of distinctive teachings, is always at risk of being corrupted:

Galatians 1 verses 6 and 7

The apostle John gives similar warnings:

2 John 1 verses 7 to 9

Grieving God's Spirit

The prophet Isaiah tells us that God's Spirit is grieved when he is disobeyed:

Isaiah 63 verses 9 and 10

Stephen in his speech to the Jewish council accuses both them and their ancestors of resisting the Holy Spirit when they killed the prophets and Jesus:

Acts 7 verse 51

When he is confessing the sin of his people, Nehemiah says that God uses his Spirit in the prophets to speak to them:

Nehemiah 9 verse 30

The apostle Paul warns the Ephesians not to grieve God's Holy Spirit by behaving in an ungodly way:

Ephesians 4 verses 30 and 31

? Answers to questions

Verses which answer the questions:

Q 1: v 2 and 3, Q 2: v 4 to 6, Q 3: v 31 and 32



Bible timeline

