

# THE BOOK OF EPHESIANS







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# CEDAR

**At Bow Church many of us meet weekly or fortnightly in Cedar groups to look together at God's Word, the bible.**

**This Cedar series looks at Ephesians and provides daily readings for personal use integrated with our Sunday sermons and our Cedar group discussions. Together we seek to grow as followers of Jesus, as strong in our faith as the great Cedars of Lebanon.**

# INTRODUCTION TO EPHESIANS

Ephesus was an important city in western Asia Minor at the time of Paul's letter (AD 60). It had a river harbour and sat on two key trading routes. It boasted a pagan temple to the Romans goddess Diana and many of its inhabitants were devoted to idolatry. The ruins of Ephesus can still be visited in Turkey today.

"On his second missionary journey, Paul visited Ephesus (Acts 18: 19–21). He returned two years later and ministered for three years, reaching much of the province of Asia with the good news of Jesus (Acts 19). Some years later when Paul was a prisoner in Rome (3: 1; 4: 1; 6: 20), he wrote this letter to the believers in Ephesus.

A major theme of the letter is that God is working through His church, to bring the whole world to unity. Paul explains this is the work of redemption (Ch.1), resurrection (2:1–10), and reconciliation (2:11–3: 21). In chapters 4–6, Paul states the responsibilities of believers in the light of God's great purpose. The letter to the Ephesians calls today's believers to a balance in the Christian life between doctrine (chaps. 1–3) and duty (chaps. 4–6), divine sovereignty and human responsibility.

In chapter 2.20 Paul describes Jesus as the chief cornerstone in the church... a term picked up in the Hillsong worship song and significantly foundational for today's church, just as it was for the first readers of this important letter.

# INTRODUCTION TO 4 SERMONS

**As together, Sunday by Sunday, we read and preach through Ephesians we will hear what God is saying to his Church today and in particular to us here in Bow.**

**Weeks one and two we'll unpack what it means to be the church: God's holy people, no longer strangers to God but citizens of heaven.**

**Weeks three, four and five we will consider what it means to live as the children of God: through whom God reveals his wisdom to the world, by calling us to live in unity as children of the light.**

**Week six we will land in the famous passage that tells of how we can equip ourselves for the spiritual battle that is forever raging around us.**

1	9th June	To God's Holy People in Ephesus	Ephesians 1.1-10
2	16th June	No longer strangers but citizens	Ephesians 2.11-22
3	23rd June	Through the church the manifold wisdom of God	Ephesians 3.7-21
4	30th June	One body, one Spirit, one hope, one Lord	Ephesians 4.1-13
5	7th July	Live as children of light	Ephesians 5.1-12
6	14th July	Finally, be strong in the Lord and pray in the Spirit	Ephesians 6.10-20










8 June 2024	Saturday	<i>Read ahead for tomorrows sermon</i>	Ephesians 1.1-10
9 June 2024	Sunday	<b>To God's Holy People in Ephesus</b>	Ephesians 1.1-10
10 June 2024	Monday	From an Apostle to some faithful Saints -are we saints?	Ephesians 1.1-2
11 June 2024	Tuesday	Blessed, chosen, adopted, loved, lavished & gathered!!	Ephesians 1.3-10
12 June 2024	Wednesday	The word of truth is the gospel of our salvation...	Ephesians 1.11-14
13 June 2024	Thursday	What a great prayer! One we might use for the church.	Ephesians 1.15-19a
14 June 2024	Friday	Jesus, far above all rule, authority, power & dominion!	Ephesians 1.19a-23



15 June 2024	Saturday	<i>Read ahead for tomorrows sermon</i>	Ephesians 2.11-22
16 June 2024	Sunday	<b>No longer strangers but citizens 'Cornerstone'</b>	<b>Ephesians 2.11-22</b>
17 June 2024	Monday	God made us alive in Christ when we were dead!	Ephesians 2.1-5
18 June 2024	Tuesday	Created in Christ Jesus to do good works...	Ephesians 2.6-10
19 June 2024	Wednesday	You who were once far away, have been brought near!	Ephesians 2.11-13
20 June 2024	Thursday	Christ has reconciled us and given us His peace	Ephesians 2.14-18
21 June 2024	Friday	We are no longer aliens... but God's people.	Ephesians 2.19-22

22 June 2024	Saturday	<i>Read ahead for tomorrows sermon</i>	Ephesians 3.7-21
23 June 2024	Sunday	<b>Through the church the manifold wisdom of God</b>	<b>Ephesians 3.7-21</b>
24 June 2024	Monday	Not in prison for following Jesus but a prisoner to Jesus	Ephesians 3.1
25 June 2024	Tuesday	Gentiles and Jews together are heirs to God's promise.	Ephesians 3.2-6
26 June 2024	Wednesday	Paul's gift was to preach – what gift has God given you?	Ephesians 3.7-13
27 June 2024	Thursday	A great bible prayer – Why not pray it for Bow Church?	Ephesians 3.14-19
28 June 2024	Friday	...to Him who is able to do immeasurably more...	Ephesians 3.20-21

29 June 2024	Saturday	<i>Read ahead for tomorrows sermon</i>	Ephesians 4.1-13
30 June 2024	Sunday	<b>One body, one Spirit, one hope, one Lord</b>	<b>Ephesians 4.1-13</b>
1 July 2024	Monday	Bear with one another and keep the unity of the Spirit.	Ephesians 4.1-6
2 July 2024	Tuesday	To each of us a grace has been given, to be apostles, prophets, evangelists, pastors, and teachers. You?	Ephesians 4.7-13
3 July 2024	Wednesday	We'll grow up, into Him who is the head on the church.	Ephesians 4.14-16
4 July 2024	Thursday	Put off the old and put on the new Christlike self.	Ephesians 4.17-24
5 July 2024	Friday	Don't give the devil a foothold or grieve the Holy Spirit.	Ephesians 4.25-32



6 July 2024	Saturday	<i>Read ahead for tomorrows sermon</i>	Ephesians 5.1-12
7 July 2024	Sunday	<b>Live as children of light</b>	<b>Ephesians 5.1-12</b>
8 July 2024	Monday	Be imitators of God!	Ephesians 5.1-2
9 July 2024	Tuesday	Be an inheritor of the Kingdom of Christ and of God!	Ephesians 5.3-7
10 July 2024	Wednesday	Live as children of light.	Ephesians 5.8-14
11 July 2024	Thursday	Be filled with the Spirit and always give thanks.	Ephesians 5.15-21
12 July 2024	Friday	Submit to one another out of reverence for Christ.	Ephesians 5.21-33



13 July 2024	Saturday	<i>Read ahead for tomorrows sermon</i>	Ephesians 6.10-20
14 July 2024	Sunday	<b>Finally, be strong in the Lord and pray in the Spirit</b>	<b>Ephesians 6.10-20</b>
15 July 2024	Monday	Establish strong godly families.	Ephesians 6.1-4
16 July 2024	Tuesday	Serve in the workplace as if you are serving the Lord	Ephesians 6.5-9
17 July 2024	Wednesday	Put on the full armour of God.	Ephesians 6.10-17
18 July 2024	Thursday	Pray in the Spirit on all occasions.	Ephesians 6.18-20
19 July 2024	Friday	Grace to all who love our Lord Jesus Christ.	Ephesians 6.21-24



# CEDAR SESSIONS



## BEGIN

with a prayer, why not use the great Ephesian Prayer in chapter 3 verses 14-21 personalising it to pray for your group, our church and each other.

## READ

the whole chapter set for that week.

## REVIEW

the Sunday reading and the Sunday sermon – you can catch up on our podcasts.

## REACT

to the chapter, and to the section we looked at on Sunday perhaps around the following three questions.

1. What does this passage say about the identity and purpose of the church?
2. What is God saying through this passage about our role(s) in the church?
3. What does this passage say to me about my own faith and faith journey?

## RESPOND

What are you taking away from this evening's time with this part of Paul's letter to the Ephesians? You may choose to set a group target to think about or do before you next meet.

## PRAY

As you finish the evening, giving thanks for what you have discussed and for each other in the week ahead.

## OTHER RESOURCES

**‘With the Word’ by Warren Weirsbe is a book by book commentary to the whole bible.**

**‘What the bible is all about’ by Henrietta Mears is another whole bible commentary.**

**Both are great resources, easy to read and available in paperback and kindle.**

**The Bible project is a great online resource and has a great 9-minute film introduction to Paul’s letter to the Ephesians – you will want to watch this together in your group.**

**‘Paul is for Everyone – The prison letters’ by Tom Wright is a great way to go a little deeper yet in an easy-to-read way, treat yourself to this fascinating guide to Pauls letters from prison to the Ephesians, Philippians, Colossians and Philemon.**



