

The Book of Ephesians

Chapter Four Workbook

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This Bible Study Workbook is designed to facilitate your study of Chapter Four of the Book of Ephesians. Upon completion of the study, it is recommended that you discuss your answers and insights with other Bible Students who also completed the workbook. Further information is available at www.free-online-bible-study.com

Workbook – Ephesians Chapter 4

Ephesians 4 (New International Version)

1As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. **2**Be completely humble and gentle; be patient, bearing with one another in love. **3**Make every effort to keep the unity of the Spirit through the bond of peace. **4**There is one body and one Spirit—just as you were called to one hope when you were called— **5**one Lord, one faith, one baptism; **6**one God and Father of all, who is over all and through all and in all.

7But to each one of us grace has been given as Christ apportioned it. **8**This is why it says:

"When he ascended on high,
he led captives in his train
and gave gifts to men."

9(What does "he ascended" mean except that he also descended to the lower, earthly regions? **10**He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) **11**It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, **12**to prepare God's people for works of service, so that the body of Christ may be built up **13**until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

14Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. **15**Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. **16**From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

17So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. **18**They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. **19**Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

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20You, however, did not come to know Christ that way. 21Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. 22You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23to be made new in the attitude of your minds; 24and to put on the new self, created to be like God in true righteousness and holiness.

25Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. 26"In your anger do not sin": Do not let the sun go down while you are still angry, 27and do not give the devil a foothold. 28He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

29Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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DAY ONE

1. What are the 4 things Paul exhorts the Ephesians to do in verses 1-3?

2. List the seven reasons for Paul’s call to unity in verse 3 that are provided in verses 4-6.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

3. Listed to the right are 12 major Christian denominations from the World Almanac and Book of Facts. Not listed are hundreds of smaller churches not affiliated with a particular denomination and divisions amongst the different major denominations. Seeing the seven aspects of oneness to Christianity in verses 4 through 6, why do you think there are so many different denominations today? Why do you think there was division in the early church?

1. Baptists
2. Church of Christ (Disciples)
3. Episcopalians
4. Jehovah’s Witnesses
5. Latter-day Saints (Mormons)
6. Lutherans
7. Methodists
8. Orthodox
9. Pentecostal
10. Presbyterians
11. Roman Catholics
12. United Church of Christ

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DAY TWO

1. What are the two aspects of Christian doctrine does Paul contrast in verses 4 through 13?

2. What does it mean when it states that Jesus “*led captives in his train*”?

3. Jesus gave us the gifts of apostles, prophets, evangelists, pastors and teachers. These gifts progressively benefit the church. What are the 4 stated purposes for these gifts that build upon one another described in verses 11, 12 and 13? Also, describe in your own words what the end result of the gifts on the church should be.

1 _____

2 _____

3 _____

4 _____

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DAY THREE

1. Describe the two results or benefits of spiritual maturity provided in verses 14 and 15?

2. The Living Bible translation of Col 3:10-11 says: *You are living a brand new kind of life that is continually learning more and more of what is right, and trying constantly to be more and more like Christ who created this new life within you.*

What do you think are the four habits we need to develop as individual believers to reach our spiritual maturity?

The Four Habits:

1 _____

2 _____

3 _____

4 _____

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DAY FOUR

1. Who were the people in the following verses that were considered spiritually mature? Why?

John 1:43-46

Acts 17:10-11

2. Describe the 7 aspects of the life of the Gentiles provided in verses 17 through 19 in this Chapter of Ephesians.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

3. Paul states that the Ephesians were taught certain things in verses 22 through 24. What were they taught?

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DAY FIVE

List all the fifteen things we should do as Christians as provided in the following verses from this chapter.

Verse 15 – _____

Verse 15 – _____

Verse 16 – _____

Verse 17 – _____

Verse 25 – _____

Verse 25 – _____

Verse 26 – _____

Verse 26 – _____

Verse 27 – _____

Verse 28 – _____

Verse 28 – _____

Verse 29 – _____

Verse 30 – _____

Verse 31 – _____

Verse 32 – _____

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DAY SIX

How are we to put off the old man and put on the new self? What can we do to renew our minds as it says in Romans 12:2?

Rom 12:2

2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will.