

A 7-SESSION BITE-SIZE BIBLE STUDY
THROUGH THE BOOK OF EPHESIANS

WALK IN
love

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VIDEO SESSION VIEWER GUIDES

SESSION 1: WHO I AM

Video Session 1 is available at everydaytruth.ca/ephesians

Open your Bible to Ephesians 1:3 (ESV) and read along

WALKING IN LOVE BEGINS WITH _____ WHO I AM

1. He _____ my _____

2. My _____ is _____

3. I will _____ to _____ into my identity

Fill in the Blank Answers: alone, determined, identity, identity, secure, continue, grow

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REFLECTION/DISCUSSION QUESTIONS:

To be used following the video with a small group, a friend, or for reflection if you're participating alone.

1. Have you known someone who has modelled a life of love? Describe what you have seen demonstrated in his or her life.

2. The term "walk" used in Ephesians is meant to describe all of life. It's how you conduct yourself in every area with exemption or exception. Currently, which picture better describes your relationship with God: One of many compartments? Or a permeating force affecting everything?



3. What do you currently feel defined by? Past mistakes? A specific role? Your abilities or accomplishments? A relationship or lack of one? A struggle? A circumstance? A tragedy?

Read Ephesians 1 aloud whether you're reflecting alone or discussing with a group. It might seem like a lot, but I promise it'll take just a few minutes. Go ahead... read away!

4. Are there any circumstances or relationships you have experienced that have influenced you toward either *believing* or *doubting* who you are in Christ?
5. We need to be defined by the truth that we are HIS. Look back at your answer to #3. Does this support or contradict the identity description found in Ephesians 1?
6. Are you currently facing any obstacles to believing and living as though you have every spiritual blessing?

WARM UP:

- What was your biggest take away from studying Ephesians 1?
- Read Matthew 7:24-27 and Ephesians 1:18-20 and finish this sentence: *My present tense level of BELIEF is like [sand, water, rock, grass, gravel, other] because...*

SESSION 2: HIS GREAT LOVE

Video Session 2 is available at everydaytruth.ca/ephesians

Open your Bibles to Ephesians 2:4-10 and read along (we are reading from ESV)

WALKING IN LOVE _____ AS I UNDERSTAND _____ I HAVE BEEN LOVED

1. He loved me when there was _____ about me.
2. He loved me because of _____
3. He loves me with great _____

Restoration is a lifelong process. As He does His restoring work in our lives, He wants to use us as restoration tools in the lives of others.

4. He loved me enough to _____ His only Son to bring me _____ to Himself

Fill in the Blank Answers: flows, how, nothing, lovable, Himself, purpose, sacrifice, back

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REFLECTION/DISCUSSION QUESTIONS:

To be used following the video individually for reflection, or for discussion with a friend or small group.

1. Describe a time when you've received mercy. How did you feel? How did you respond to it?

Read Ephesians chapter 2 aloud whether you're reflecting alone or discussing with a group.

2. How does Paul's description of your condition challenge your view of yourself?
3. *"The same mercy and grace that saved me can save anyone."* We've all come from the same place. We were plucked from a state of death when God saved us. How does understanding this level ground empower you to be merciful towards people who don't know Jesus, or who are starting out in their walk with Him?
4. Have you experienced the riches of God's mercy in your life or do you view Him as waiting to pounce and punish?
5. Does understanding "this is NOT your own doing" in terms of your salvation change how freely you share the gospel? (2:8)
6. Are you able to see the "masterpiece" (God's original intent) in yourself and in others or are you easily distracted by the "mud" (sin, struggles, behaviour etc.)?
7. Are you tempted to view the good works certain people do as more important than others?
8. *"The call of God on our lives is about obedience."* Have you been tempted to busy yourself with work He's called other's to do, or have you set out with the primary goal of obeying whatever He specifically asks of you?
9. Do you view yourself as being at peace with God and reconciled to Him, or do you still live feeling like He is hostile towards you?

WARM UP:

- What was your biggest take away from your study of Ephesians 2?

SESSION 3: THE MAIN THING

Video Session 3 is available at everydaytruth.ca/ephesians

Open your Bibles to Ephesians 3:7-10 and read along (we are reading from ESV)

WALKING IN LOVE IS THE _____

1. If you have _____ the gospel, you are now a _____ of the gospel

2. As you receive _____, you are made a minister of _____

3. As you are _____ and _____ in love, you will be the _____

Fill in the Blank Answers: gospel, received, minister, grace, grace, rooted, grounded, the gospel,

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REFLECTION/DISCUSSION QUESTIONS:

To be used following the video individually for reflection, or for discussion with a friend or small group.

1. Which tree better reflects your approach to spiritual life? A Christmas tree or a cherry tree?
2. How can you change your focus from performance to connection?

Read Ephesians 3:1-20 aloud.

3. Think about what the gospel means to you. Jot down 3 words that reflect what it means to you personally.
4. Read 1 Corinthians 15:1-4 and write a scriptural definition of the gospel.
5. For you, was the gospel only the entry for your salvation, or is it the reality that you continually live in?ⁱ
6. Do you see yourself as a minister of the gospel? Why or why not?
7. What gifts of grace has God ministered to you that you've been able to pass on to others? Describe how you felt.
8. Do you view ministering to people as pouring yourself out, or a way that God also pours in to you?
9. The Christian life was meant to bring freedom but often we view it as being restrictive. What is most challenging to you about being a Christian? How might a deeper understanding of the gospel change your outlook?
10. What distracts you from Jesus on a day to day basis?

WARM UP:

- What was your biggest take away from your study of Ephesians 3?

SESSION 4: THE MIRROR

Video Session 4 is available at everydaytruth.ca/ephesians

Open your Bibles to Ephesians 4:1-7 and read along (we are reading from ESV)

WALKING IN LOVE IS A _____ OF A _____
RELATIONSHIP.

1. A loving relationship will _____ a _____ to live
_____ of the call
2. A loving relationship gives us a _____ part in the body
3. A loving relationship will _____ sanctify you

Fill in the Blank Answers: reflection, loving, ignite, desire, worthy, purposeful, continually,

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REFLECTION/DISCUSSION QUESTIONS:

To be used following the video individually for reflection, or for discussion with a friend or small group.

1. *The calling you have received is the divine invitation to embrace the salvation of God and to respond to His grace in obedience.* Are there truths that have filled your heart to overflowing from your study of the first half of Ephesians? In three words, summarize what God has spoken to you about so far. Is there anything still standing between you and embracing all God has made available?

Read Ephesians 4:1-32 aloud whether you're reflecting alone or discussing with a group.

2. The qualities mentioned by Paul will characterize our lives as we receive all He has made available. Why is walking in love only possible when you are presently and continuously walking with God?
3. *What He does in my life is not only for my benefit.* Reflect on your own life story: What challenges and revealed truths have marked your spiritual journey? Who do you feel burdened for? What are you passionate about? What has God delivered you from? How might God want to use your story to encourage and impact the lives of others?
4. The process of putting off the old and putting on the new is bridged by the renewing of the mind. How has God renewed your mind? How can you intentionally position yourself so your mind is available for renewal?

What tools has God used to sanctify you? Is there anything that can be changed in your life so you can better cooperate with this ongoing process?

WARM UP:

- What was your biggest take away from your study of Ephesians 4?

SESSION 5: NOT BY ACCIDENT

Video Session 5 is available at everydaytruth.ca/ephesians

Open your Bibles to Ephesians 5:15-17 and read along (we are reading from ESV)

WALKING IN LOVE IS _____

1. We need to be intentional about _____ our lives to the _____
2. We need to be intentional about _____ God in our _____

Fill in the Blank Answers: living, intentionally, exposing, truth, obeying, relationships,

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REFLECTION/DISCUSSION QUESTIONS:

To be used following the video individually for reflection, or for discussion with a friend or small group.

1. *When travelling in unfamiliar territory, without careful attention to direction, and progress being made, you will never arrive at the destination.* When have you lived intentionally or carefully? When have you felt more like a drifting boat? Explain.
2. When we do not live intentionally, we can slowly lose ground without realizing it. Can you identify any areas of your life that have been fallen prey to the "slow fade"?

Read Ephesians 5:1-6:9 aloud whether you're reflecting alone or discussing with a group.

3. *Time is a valuable resource. We can always find time for the things we deem important.* What currently occupies the majority of your free time? Do you find yourself saying, "I don't have time" when it comes to spiritual disciplines? What can you rearrange in your life in order to prioritize exposing your life to truth?
4. *Our relationship with God will always manifest itself in our relationships with others.* Are there any relationships in which you struggle to obey God? What is the difference between acting in faith (obeying even when you don't see how it will work) and acting fake (loving when you don't feel like it)?

Which best describes your current reality: Disobedient? Obedience from discipline? Obedience from desire? Or obedience from delight? How might a person transition from disobedience to obedience born from delighting in God?

WARM UP:

- What was your biggest take away from your study of Ephesians 5?

SESSION 6: HARD FIGHT

Video Session 6 is available at everydaytruth.ca/ephesians

Open your Bible to Ephesians 6:10-13 and read along (we are reading from ESV).

WALKING IN LOVE IS A _____

- The battle is inescapable
- The weapons are effectual
- The victory is secured

Our Spiritual Uniform: Meant to be worn at ALL times

1. Belt of _____: THE standard that we measure everything against in our lives
2. Breastplate of _____: Upright living that aligns with God's standards
3. Readiness given by the gospel of _____ (shoes)
4. Shield of _____: Faith is what fills the gap between what we can see with our own perspective and the truth of God's Word
5. Helmet of _____: Eternally in heaven and our liberation in this life
6. Sword of the Spirit: The _____ of _____ (our _____ offensive weapon)

The thing that continually empowers the armor is _____ at _____ times

Fill in the Blank Answers: battle, truth, righteousness, peace, faith, salvation, Word, God, only, praying, all

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REFLECTION/DISCUSSION QUESTIONS:

To be used following the video individually for reflection, or for discussion with a friend or small group.

1. Does your spiritual story thus far read as one of victory or defeat?
2. Is your spiritual mindset more offensive or defensive in nature? Intimidated or victorious? One of surviving or thriving?
3. What picture comes to mind when you hear, "Stand firm!"? Does it include pressing forward? Why or why not?

Read Ephesians 6:10-24 aloud whether you're reflecting alone or discussing with a group.

4. *"The battle is inescapable. The weapons are effectual. The victory is secure."* Which part of this statement is most challenging for you to believe in your day-to-day living: there is always a battle raging, that the armor of God works, or that God has already won the victory?
5. Is there any part of your spiritual uniform (truth, righteousness, or peace) you have not been in the habit of wearing consistently that has left you vulnerable?
6. Which of the weapons we are called to "take up" are you the most and least comfortable putting to use?
7. Why are all the pieces of the armor so essential to take up together? Is there any one piece that is more difficult for you to take up?
8. How can you be both an offensive and defensive spiritual player, pushing back darkness and advancing the kingdom?

¹ Gospel Revolution, J.D. Greear,

WARM UP:

What was your biggest takeaway from your study of Ephesians 6?

SESSION 7: WALKING IN LOVE

Video Session 7 is available at everydaytruth.ca/ephesians

- Walking in love begins with _____
- Walking in love _____ as I understand _____ I have been _____
- Walking in love is the _____
- Walking in love is a _____ of a _____ relationship
- Walking in love is _____
- Walking in love is a _____

REFLECTION/DISCUSSION QUESTIONS:

To be used following the video individually for reflection, or for discussion with a friend or small group.

1. Walking in love is to encompass and affect all of life. What areas of your life have been most affected as you've studied Ephesians?
2. Do you view spiritual growth more like the growth of a tree or an extreme makeover show? Which do you think is a more realistic picture of spiritual growth and why?
3. Has your understanding deepened or changed in the following areas?
 - a. Who you are in Christ? What implications has this had on your life?
 - b. God's love for you? If so, how?
 - c. The gospel?
 - d. Has your motivation for obedience to God changed? How so?
 - e. Your intentions? Priorities?
4. Has God opened up your eyes to the spiritual reality behind a current challenge? How have you exchanged physical weapons for spiritual ones? What difference has this made?
5. Are you putting on and taking up the full armor of God? Are there any areas of your life that are unprotected and vulnerable to spiritual attack?
6. John 15:5 reminds us that apart from Jesus Christ, we can do nothing. What would you like to see God do in your life that you know you can't already do on your own?

REFLECT, REMEMBER & RESPOND:

HOW HAS GOD MARKED YOUR LIFE? WRITE IT DOWN AND RESPOND BELOW.

“BE TRANSFORMED BY THE RENEWING OF YOUR MIND.” (ROMANS 12:2)

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