

July, 2007



**The Book of
Ephesians**

**Fit for Life Youth Ministries
Devotional Book**

An Explanation of this month's Devo Book

This monthly devotional book is designed for 30 days to go through the book of Ephesians. I trust it will be a personal blessing for you to see the pages of Scripture come alive in your own heart and life.

This month is set up without specific dates to the devotional thought. This way if you wanted to use it for a different month, just make up a new cover and use it that way. There are basically 2 sections in most of the daily studies. The "Explore" section is intended to have the reader gather information that will be helpful in later application. These questions will be of the "who, what, when, where, and how" type questions. Then the "Get It" section will be more for application. These questions will address, "What does that mean, and how does it apply to my life?"

Take time to do the **"Thank God for something He's done within the last 24 hours."** Try to remember on your own to thank God in your prayer time. It works wonders in your life! It does us so much good to remember that we have a living Savior Who can't wait to shower us with blessings daily! Included in the back is a Bible Reading Schedule. This will guide you through the Bible in one year. This is a regular attachment in each of this year's devo books.

I trust this book will be a blessing to all who put the energy into studying it. These devo books are available upon request. Email me at davep@iowafit4life.org to receive them. God bless you as you spend time in His Word!

Through the Bible in a Year

One of the most important things we could do in life is spend time in God's Word. Let's challenge one another to read through the bible this year. Each month, we'll attach this Bible reading schedule put out by Faith Baptist Bible College. Encourage a friend to join you and keep each other accountable!

July

	<u>O.T.</u>		<u>Poetry</u>		<u>N.T.</u>	
1	1 Chron.	21,22				
2	1 Chron.	23,24	Psalm	119:97-104	Romans	14
3	1 Chron.	25,26	Psalm	119:105-112	Romans	15
4	1 Chron.	27,28	Psalm	119:113-120	Romans	16
5	1 Chron.	29	Psalm	119:121-128	1 Cor	1
6	2 Chron.	1,2	Psalm	119:129-136	1 Cor	2
7	2 Chron.	3,4				
8	2 Chron.	5,6				
9	2 Chron.	7,8	Psalm	119:137-144	1 Cor	3
10	2 Chron.	9,10	Psalm	119:145-152	1 Cor	4
11	2 Chron.	11,12	Psalm	119:153-160	1 Cor	5
12	2 Chron.	13,14	Psalm	119:161-168	1 Cor	6
13	2 Chron.	15,16	Psalm	119:169-176	1 Cor	7
14	2 Chron.	17,18				
15	2 Chron.	19,20				
16	2 Chron.	21,22	Psalm	120	1 Cor	8
17	2 Chron.	23,24	Psalm	121	1 Cor	9
18	2 Chron.	25,26	Psalm	122	1 Cor	10
19	2 Chron.	27,28	Psalm	123	1 Cor	11
20	2 Chron.	29,30	Psalm	124	1 Cor	12
21	2 Chron.	31,32				
22	2 Chron.	33,34				
23	2 Chron.	35,36	Psalm	125	1 Cor	13
24	Ezra	1,2	Psalm	126	1 Cor	14
25	Ezra	3,4	Psalm	127	1 Cor	15
26	Ezra	5,6	Psalm	128	1 Cor	16
27	Ezra	7,8	Psalm	129	2 Cor	1
28	Ezra	9,10				
29	Neh.	1,2				
30	Neh.	3,4	Psalm	130	2 Cor	2
31	Neh.	5,6	Psalm	131	2 Cor	3

Day 1

Passage: Introduction to Ephesians

Background: These letters, called “epistles,” were written by Paul to churches or individuals for encouragement and training in the Word. Ephesians was a letter written to a church in Ephesus to be read by them and then passed on to the other churches in Asia Minor. Ephesus was a special place in Paul’s heart, having spent about 3 years there on his 3rd missionary journey. One of the amazing facts of this letter was that Paul wrote this while in prison in Rome! But how could he maintain his joy and dedication to the Lord? I believe it’s in part at least to his perspective of the eternal blessings awaiting Him. Read the following verses and comment on them:

* 1:3 -

* 1:6 –

* 1:11 -

* 1:18 -

* 2:5&6 -

- Thank God for something He did within the last 24 hours!

Day 2

Passage: Ephesians 1:1-3

Explore: - How was Paul made to be an apostle? (1)

- What word is mentioned 3 times in verse 3 (KJV)?

- Where are our spiritual blessings kept? (3)

Get It: - In your words, describe what’s meant by “spiritual blessings.”

- What is the significance when it says “**all** spiritual blessings” in verse 3?

- Thank God for something He did within the last 24 hours!

Day 3

Passage: Ephesians 1:4-6

Explore: - Because of God's grace of choosing us, how should we then live? (4)

- According to whose good pleasure were we chosen? (5) Why is that important?

- According to whose praise were we chosen? (6) Why is that important?

Get It: - What does "according to the good pleasure of His will" mean (5)?
(Look for this phrase to repeat over and over)

- What does "to the praise of His glory" mean (6)?
(Look for this phrase to repeat also in verses to come)

- Thank God for something He did within the last 24 hours!

Day 4

Passage: Ephesians 1:7-10

Explore: - What 2 things in verse 7 does the work of Christ do for the believer?

- What has God given the believer? (8-9)

- One day, all people will be gathered together under who? (10)

Get It: - How have you benefited from the grace of God?

- How can you say "Thank You" to God for what He's done?

- Thank God for something He did within the last 24 hours!

Day 29

Passage: Ephesians 6:18-24

Explore: - How often are we to pray? Or whom? (18)

- What specific prayer did Paul they would pray for him? (19)

- What did Paul think was his reasonable action toward God? (20)

Get It: - Who are some other Christians who might need your prayer support through spiritual battles? (Not just your best buddies)

- Paul prayed for boldness to witness. Write a list below of those you are burdened for and want witness to. Then ask for a fellow Christian to pray for you.

- Thank God for something He did within the last 24 hours!

Day 30

Read: Ephesians 6:1-24 – Review some concepts of the Christian life today:

Prayer – We must pray as Jesus taught us, including **Adoration** (Praising God for who He is), and **Confession** (saying the same thing about our sin as He would), and **Thanksgiving** (Thanking Him for what He's done for us), and **Supplication** (Praying for personal needs and for the needs of others, not forgetting those in spiritual need as well). Those words of prayer spell **ACTS**.

Bible Study – How we need to hear from God in His Word every day. Don't think that you can live without it! We need fresh manna from God every day. As you go through devotional guides like this, don't leave the passage until God has spoken to you in some way. It is in this way that we're transformed by the renewing of the mind (Rom. 12:2). God has one plan for that to be accomplished – the meditation of His Word.

Fellowship and Worship – We need a good local church to help us stay the course. We're instructed in Hebrews 10:25 to not forsake the assembling of ourselves together.

Witnessing – There's something about being an active witness that really helps us stay on fire for the Lord! It's exciting to get out there on the battlefield and talk to someone about Him. A person doesn't have to know everything, just the basics. Also, everyone who has been born again has his/her own story to tell!

- Thank God for something He did within the last 24 hours!

Day 27

Passage: Ephesians 6:10-12

Explore: - Are we to be powerful in our own might? (10)

- How are we going to stand against Satan's attack? (11)

- Why do we not use physical weapons (swords, shields, guns...)? (12)

Get It: - How often are you engaged in spiritual warfare? Are you prepared?

- What needs to happen for you to expect God's power to help you?

- Thank God for something He did within the last 24 hours!

Day 28

Passage: Ephesians 6:13-17

Explore: - What can you expect if you're fully clothed with God's armor? (13)

- What command does God give us? What does that mean? (14)

- What is our sword? How will it work in battle? (17)

Get It: - What spiritual battles are you facing right now in your spiritual life?

- Commit now to take them on in God's power and strength, not your own!

- Thank God for something He did within the last 24 hours!

Day 5

Passage: Ephesians 1:11-14

Explore: - For what purpose is God working "all things"? (11)

- What role does the Holy Spirit play in bestowing blessings? (13-14)

- Look up what word "earnest" means (as used in purchasing property).

Get It: - How can you live today "to the praise of His glory"?

- Because of words like "sealed" and "earnest", why should we confidence in the security of our salvation?

- Thank God for something He did within the last 24 hours!

Day 6

Passage: Ephesians 1:15-18

Explore: - Why did Paul thank God for these people? (15-16)

- Besides writing this epistle, what was Paul's ministry to these people? (16)

- Wisdom, revelation, and enlightenment of God's Word gives us the ability to do what? (17-18)

Get It: - How often do you pray for fellow believers? Are you using your prayer list?

- Even if You're poor, you are very rich if you're in Jesus Christ! Stop complaining about material things and consider spiritual riches!

- Thank God for something He did within the last 24 hours!

Day 7

Passage: Ephesians 1:19-23

Explore: - To whom is God's "exceeding power" working? (19)

- How does verse 21 agree with Philippians 2:9-11?

- Christ is put in authority of what? (22) Does that include you?

Get It: - Seeing that God's "exceeding power" is working in you, how should you view life differently?

- Since Christ is the head over "all things," how should we live accordingly?

- Thank God for something He did within the last 24 hours!

Day 8

Passage: Ephesians 2:1-7

Explore: - What was our spiritual condition before Christ "made us alive?" (1-3)

- "But God" is a transitional statement. What took place? (4)

- What is our spiritual position today? (6)

Get It: - Why was your position hopeless before becoming a Christian?

- We live spiritually sometimes as if we were poor beggars. We like to have pity parties and complain about this and that – things that don't matter at all for eternity. Because of our spiritual position, what perspective should we have?

- Thank God for something He did within the last 24 hours!

Day 25

Passage: Ephesians 6:1-4

Explore: - Why does a child's obedience at home please the Lord?

- What does it mean to "honor your father and mother?" (2-3)

- How is the Lord to be the center of parent/child relationships?

Get It: - How does honoring your parents bring you blessing?

- Could you be guilty of dishonoring your parents? If so, how? Work it out!

- Thank God for something He did within the last 24 hours!

Day 26

Passage: Ephesians 6:5-9

Explore: - We're to serve our bosses with fear and reverence to Whom? (5)

- Why are we not to do our job only when the boss is looking? (6-7)

- Who will ultimately reward us even when we feel we've been cheated? (8)

Get It: - Why didn't Paul tell the slaves to revolt rather than obey?

- How does the respect we show our boss, who is in authority over us, show our obedience to God?

- Thank God for something He did within the last 24 hours!

Day 23

Passage: Ephesians 5:25-29

Explore: - How did Christ prove His love to the church (believers)? (25)

- How are we to be cleansed? (26)

- What condition are to be in when presented to the Lord someday? (27)

Get It: - How will you allow the Word of God to clean you up?

- What needs to be removed from your life in order to unspotted?

- Thank God for something He did within the last 24 hours!

Day 24

Passage: Ephesians 5:30-33

Explore: - What is the greater bond – Parent/Child or Husband/Wife? (31)

- How does this bond illustrate the love of a husband for his wife? (32)

- What, then, are the responsibilities of a husband and a wife? (33)

Get It: - Marriage may be a ways off, but how are you to treat the Lord?
(It's not too early to be praying for a godly mate, however)

- What areas are there in your life that you haven't honored the Lord?

- Thank God for something He did within the last 24 hours!

Day 9

Passage: Ephesians 8-10

Explore: - Where does salvation come from?

- Why can no one boast in their salvation? (8-9)

- What is the purpose of God's workmanship? (10)

Get It: - Why hasn't anyone deserved God's grace, mercy, or riches?

- Realizing that works for God come after salvation as a "thank you" to God, what can you do for Him this week?

- Thank God for something He did within the last 24 hours!

Day 10

Passage: Ephesians 11-14

Explore: - How were Gentiles viewed compared to the Jews? (11-12)

- How did Christ's death on the cross transform their condition? (13)

- What did Christ do between the Jew and the gentile? (14)

Get It: - How has Christ's sacrifice on Calvary changed things for you?

- How should we respond to someone who hasn't received Christ yet?
Who will you share the gospel with this week?

- Thank God for something He did within the last 24 hours!

Day 11

Passage: Ephesians 2:15-22

Explore: - Reconcile = to make peace. How were we reconciled to God? (15)

- Where is our true citizenship as Christians? (19)

- Compare verse 22 with 1 Corinthians 6:19-20. What do you see?

Get It: - In Christ, what is every Christian's relationship to one another?

- How do you sometimes not act like a citizen of heaven?

- Thank God for something He did within the last 24 hours!

Day 12

Passage: Ephesians 3:1-13

Explore: - How was Paul enabled to be made a servant?

- What was Paul's attitude toward his call? (8)

- Through what organization was God's message to be delivered through?
(10)

Get It: - How are you working along with your local church to proclaim the power of God?

- What is your attitude toward serving God? A duty or a privilege? Explain:

- Thank God for something He did within the last 24 hours!

Day 21

Passage: Ephesians 5:18-21

Explore: - Filled means controlled, so how would drunkenness be a good comparison?
(18)

- How is music supposed to be used in ministry? (19)

- Why are we to submit ourselves to one another? Explain. (21)

Get It: - What evidence is in your life that you're Spirit controlled?

- In what way can you be more submissive to others?

- Thank God for something He did within the last 24 hours!

Day 22

Passage: Ephesians 5:22-24

Explore: - What is the word of action for wives toward their husbands? (22)

- Why were they to do that? (23)

- How is the church's relationship to Christ an example for the wives? (24)

Get It: - Would "submission" describe your relationship to God? Why or why not?

- If Christ is the head, what do I need to surrender to Him today?

- Thank God for something He did within the last 24 hours!

Day 19

Passage: Ephesians 5:1-14

Explore: - How are Christians to imitate God? (1-2)

- What are some things Christians are to avoid? (3-6)

- God wants us to avoid these type of people, too. Why? (7-8)

Get It: - As others observe you, is your life consistent with the Christian walk?

- Every day someone is watching you. Be a good ambassador of Jesus Christ.

- Thank God for something He did within the last 24 hours!

Day 20

Passage: Ephesians 5:15-17

Explore: - How does God want us to walk? (15)

(Circumspectly is a compound word; circum = all around; spect = to see)

- Why are we to make every moment count? (16)

- We are to understand what? Can you know it for sure? (17)

Get It: - How can you use your time more wisely this week?

- How can you be wise concerning God's plan for your life?

- Thank God for something He did within the last 24 hours!

Day 13

Passage: Ephesians 3:14-21

Explore: - What things does Paul pray for in verses 16-19?

- What is God able to for us when we pray in faith? (20b)

- According to what power? Where is it located?

Get It: - Often times, we get together to pray, and the requests include: Prayer for Aunt Martha's broken pinky, Cousin Billy's bout with gout, and so on. How do you think your prayers compare to what Paul prays for here?

- Does God have limits? Let's exercise faith and ask for something big, shall we?

- Thank God for something He did within the last 24 hours!

Day 14

Passage: Ephesians 4:1-11

Explore: - What does "walking worthy of Christ" include? (2-3)

- "One" is used 7 times. What is Paul emphasizing here? (4-6)

- God has given us spiritual gifts. Are all the same? (7,11)

Get It: - How can you exercise God's method of peace-keeping?

- What specific thing in the church is God preparing you for, do you think?

- Thank God for something He did within the last 24 hours!

Day 15

Passage: Ephesians 4:12-16

Explore: - Why were the gifts of verse 11 given, according to verse 12?

- Maturity in Christ is the key of verses 14-15. What's involved in that?
- What 2 keys of communication are given in verse 15?

Get It: - What sign do you see in your life of becoming more like Christ?

- Who do you need to practice loving truth to this week?
- Thank God for something He did within the last 24 hours!

Day 16

Passage: Ephesians 4:17-22

Explore: - How were the Ephesians instructed not to live? (17-19)

- How does this lifestyle relate to Christianity? (21)
- What needs to be done with this lifestyle? (22)

Get It: - How does "being past feeling" relate to one's conscience? Has the Spirit been prompting you to do something?

- What aspects of your old nature do you need to discard today?
- Thank God for something He did within the last 24 hours!

Day 17

Passage: Ephesians 4:23-29

Explore: - There's three steps included in getting rid of sin:

1. Put off the old sin – get rid of it
 2. Renew the mind (See Romans 12:2)
 3. Put on the new man – replace old sins with new truth
- What should we do about anger, lying and stealing? (25-28)
 - How should believers speak? (29)

Get It: - Renewal can only happen as we focus on God's Word and renew our minds by it. Have you been faithful in your devotions? How can you do even better?

- What old habits do you need to conquer yet?
- Thank God for something He did within the last 24 hours!

Day 18

Passage: Ephesians 4:30-32

Explore: - How can the Holy Spirit be hurt (29-30)

- What 5 areas are Christians to especially avoid? (31)
- By who's pattern are we to forgive? How did Christ forgive? (32)

Get It: - Have you grieved the Holy Spirit in any way? Confess it now and start afresh!

- Is there someone you are harboring unforgiveness toward? It will turn to hatred and bitterness, and it will affect you more than anyone else. Take care of it today!
- Thank God for something He did within the last 24 hours!