

EPHESIANS: A TWO-WEEK STUDY WORKBOOK

A chapter-by-chapter companion with original language focus and deep context

Designed for **45–60 minutes per day** of slow, reflective study

HOW THIS WORKBOOK IS STRUCTURED

Each day includes:

- **Primary Scripture Focus** (read aloud if possible)
- **Main Theme** (what Paul is establishing)
- **Historical & Spiritual Context** (why this mattered then)
- **Greek Words to Chew On** (not many, but meaningful)
- **Theological Insight** (what God is revealing)
- **Reflection & Integration** (to move from head to heart)

This is not information-heavy. It is **formation-oriented**.

WEEK ONE: IDENTITY BEFORE INSTRUCTION (EPHESIANS 1–3)

DAY 1: EPHESIANS 1:1–14

Chosen, Adopted, Sealed

Main Theme

Salvation begins with God's initiative, not human effort.

Context

These verses are one long sentence in Greek. Paul is overwhelming the reader on purpose. Identity is meant to *wash over*, not be dissected too quickly.

Greek Words to Study

- *Eulogētos* (blessed): positioned under divine favor, not emotional happiness
- *Eklegomai* (chosen): selected intentionally, not randomly
- *Huiothesia* (adoption): legal placement as a full heir
- *Sphragizō* (sealed): marked with ownership and protection

Theological Insight

Before you act, strive, obey, or improve, God declares who you are.

Reflection

Where have you lived as if God's favor was fragile or conditional?

DAY 2: EPHESIANS 1:15–23

Knowing, Not Just Believing

Main Theme

Revelation, not effort, opens spiritual understanding.

Context

Paul prays for believers, not that they would do more, but that they would see more clearly.

Greek Words to Study

- *Epignōsis* (knowledge): deep, relational knowing
- *Dynamis* (power): active, operative power
- *Exousia* (authority): delegated right to rule

Theological Insight

Spiritual maturity is not self-improvement. It is awakened perception.

Reflection

What do you know intellectually that has not yet settled experientially?

DAY 3: EPHESIANS 2:1–10

From Death to Life

Main Theme

Salvation is resurrection, not self-help.

Context

Paul dismantles any illusion of earning spiritual life. Dead people do not cooperate.

Greek Words to Study

- *Nekros* (dead): unresponsive, powerless
- *Charis* (grace): unearned divine action
- *Poiēma* (workmanship): intentional creation, not accident

Theological Insight

Good works are fruit, not currency.

Reflection

Where do you still act as if spiritual life depends on your consistency?

DAY 4: EPHESIANS 2:11–22

One New Humanity

Main Theme

Christ creates unity without hierarchy.

Context

Ethnic, cultural, and religious division defined the ancient world. Paul announces a new reality.

Greek Words to Study

- *Eirēnē* (peace): wholeness, restored harmony
- *Katargeō* (abolish): render powerless, not erase
- *Oikeios* (household): belonging, not proximity

Theological Insight

Unity is not agreement. It is shared life in Christ.

Reflection

Where do you still define yourself by separation rather than belonging?

DAY 5: EPHESIANS 3:1–13

Mystery Revealed

Main Theme

God's plan was always bigger than one people group.

Context

"Mystery" in Scripture means something once hidden, now revealed.

Greek Words to Study

- *Mystērion* (mystery): revealed truth, not secret knowledge
- *Synklēronomos* (co-heir): equal inheritance

Theological Insight

The gospel expands belonging without diluting holiness.

Reflection

What version of faith have you assumed was exclusive rather than expansive?

DAY 6: EPHESIANS 3:14–21

Strengthened from Within

Main Theme

God's power works inward before outward.

Context

Paul prays for inner stability, not circumstantial change.

Greek Words to Study

- *Krataioō* (strengthen): reinforce, stabilize
- *Katoikeō* (dwell): settle down, make a home

Theological Insight

Spiritual strength begins with rooted love.

Reflection

Where do you seek strength externally instead of internally?

DAY 7: WEEK ONE REVIEW

Sitting with Identity

Re-read Ephesians 1–3 slowly.

Integration Prompt

What identity truth feels hardest to trust?

WEEK TWO: LIVING FROM IDENTITY (EPHESIANS 4–6)

DAY 8: EPHESIANS 4:1–16

Walking Worthy

Main Theme

Behavior flows from belonging.

Greek Words to Study

- *Axios* (worthy): aligned, fitting
- *Tapeinophrosynē* (humility): strength under control

Reflection

Where have you tried to walk worthy without first resting in identity?

DAY 9: EPHESIANS 4:17–32

Putting Off and Putting On

Main Theme

Transformation is replacement, not suppression.

Greek Words

- *Apotithēmi* (put off): lay aside intentionally
 - *Enduō* (put on): clothe oneself
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DAY 10: EPHESIANS 5:1–14

Walking in Love and Light

Greek Words

- *Agapē* (love): self-giving commitment
- *Phōs* (light): revealed truth

DAY 11: EPHESIANS 5:15–33

Ordered Love

Greek Word

- *Hypotassō* (submit): willingly order oneself

DAY 12: EPHESIANS 6:1–9

Faith at Home and Work

Theme

Everyday life is spiritual formation.

DAY 13: EPHESIANS 6:10–20

Standing Firm

Greek Words

- *Histēmi* (stand): remain established
- *Panoplia* (armor): full provision

DAY 14: FINAL REVIEW

Re-read Ephesians in one sitting.

Closing Reflection

How has your understanding of God, identity, and spiritual life shifted?

This workbook is meant to be returned to, not completed and shelved. Let truth mature over time.

APPENDIX A: PAUL'S EMOTIONAL POSTURE THROUGH EPHESIANS

Paul's emotional tone shifts intentionally across the letter. Paying attention to this guards against reading Ephesians as abstract theology.

Chapters 1–3: Awe, gratitude, reassurance

Paul's dominant posture is **adoration and settled confidence**.

- Long sentences overflow with praise
- Frequent language of riches, fullness, inheritance
- Repeated prayers for insight, not correction

Paul is calming anxious believers by flooding them with assurance.

Chapter 4: Pastoral urgency without threat

The tone becomes **fatherly and invitational**.

- “I urge you” rather than “I command you”
- Appeals to unity, maturity, shared growth

Paul is guiding, not policing.

Chapters 5–6: Sobriety and steadiness

Paul's posture is **clear-eyed realism**.

- Acknowledges temptation, conflict, spiritual opposition
- Never reintroduces fear or condemnation

The letter ends not in alarm, but in confidence: stand firm.

APPENDIX B: HOW PAUL DISMANTLES HIS PHARISAICAL FRAMEWORK

Paul intentionally reverses the spiritual system that once defined him.

From achievement to gift

Former mindset: righteousness is attained through obedience.

Ephesians response:

- Chosen before action
- Saved while dead
- Sealed apart from performance

From separation to reconciliation

Former mindset: holiness is preserved by distance.

Ephesians response:

- Christ breaks dividing walls
- Gentiles are co-heirs
- Unity reveals God's wisdom

From control to trust

Former mindset: certainty equals faithfulness.

Ephesians response:

- Revelation replaces certainty
- Submission replaces dominance
- Standing replaces striving

Paul is not modifying Pharisaism. He is abandoning it.

APPENDIX C: EPHESIANS COMPARED WITH GALATIANS

Understanding Paul's tone requires comparison.

Galatians

- Written to churches drifting back into law
- Tone: confrontational, urgent, corrective
- Key emotion: alarm

Ephesians

- Written to believers tempted by insecurity and fear
- Tone: expansive, stabilizing, reassuring
- Key emotion: confidence

Same theology. Different pastoral need.

Paul adapts his tone without compromising truth.

APPENDIX D: PAUL'S PRISON CONTEXT AND ITS IMPACT

Paul writes Ephesians from imprisonment.

Externally:

- Restricted movement
- No platform or authority
- Dependent on others

Internally:

- Deepened clarity
- Heightened eternal perspective
- Unshaken confidence in Christ's reign

This explains why Ephesians emphasizes:

- Heavenly seating over earthly power
- Inheritance over circumstances
- Peace over control

Paul's chains authenticate his message.

FINAL SYNTHESIS: HOW TO READ EPHESIANS WELL

Read Ephesians as:

- Testimony before instruction
- Identity before obedience

- Assurance before exhortation

Paul is not recruiting stronger Christians.
He is forming secure ones.

Return often. Read slowly. Let the letter do its work.