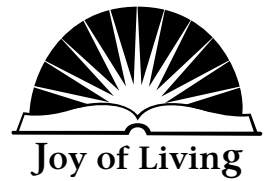


EPHEEL



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# Ephesians

## Youth Bible Study

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by Pat Kampenga

Sample  
Lesson

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*Joy of Living Ephesians Youth Bible Study*

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(800) 999-2703 • (805) 650-0838 • Fax: (805) 650-6730 • E-mail: [info@joyofliving.org](mailto:info@joyofliving.org)

## EPHESIANS - WEEK TWO

### DISCUSSION LESSON ONE

15 - 20 minutes free time — games, fellowship

15 - 20 minutes snack and group recreation: BASE TAG

Use old file folders cut in half or cereal box sides for “bases,” one for each player. Scatter bases around the playing area. Choose IT, who stands on one of the bases near the center of the playing area. Other players each stand on one base. When IT leaves his base, so must the others. IT tries to tag a player before the player reaches a new base. Only one player may stand on a single base. If a player is tagged, he becomes the new IT.

15 - 20 minutes discuss LESSON 1

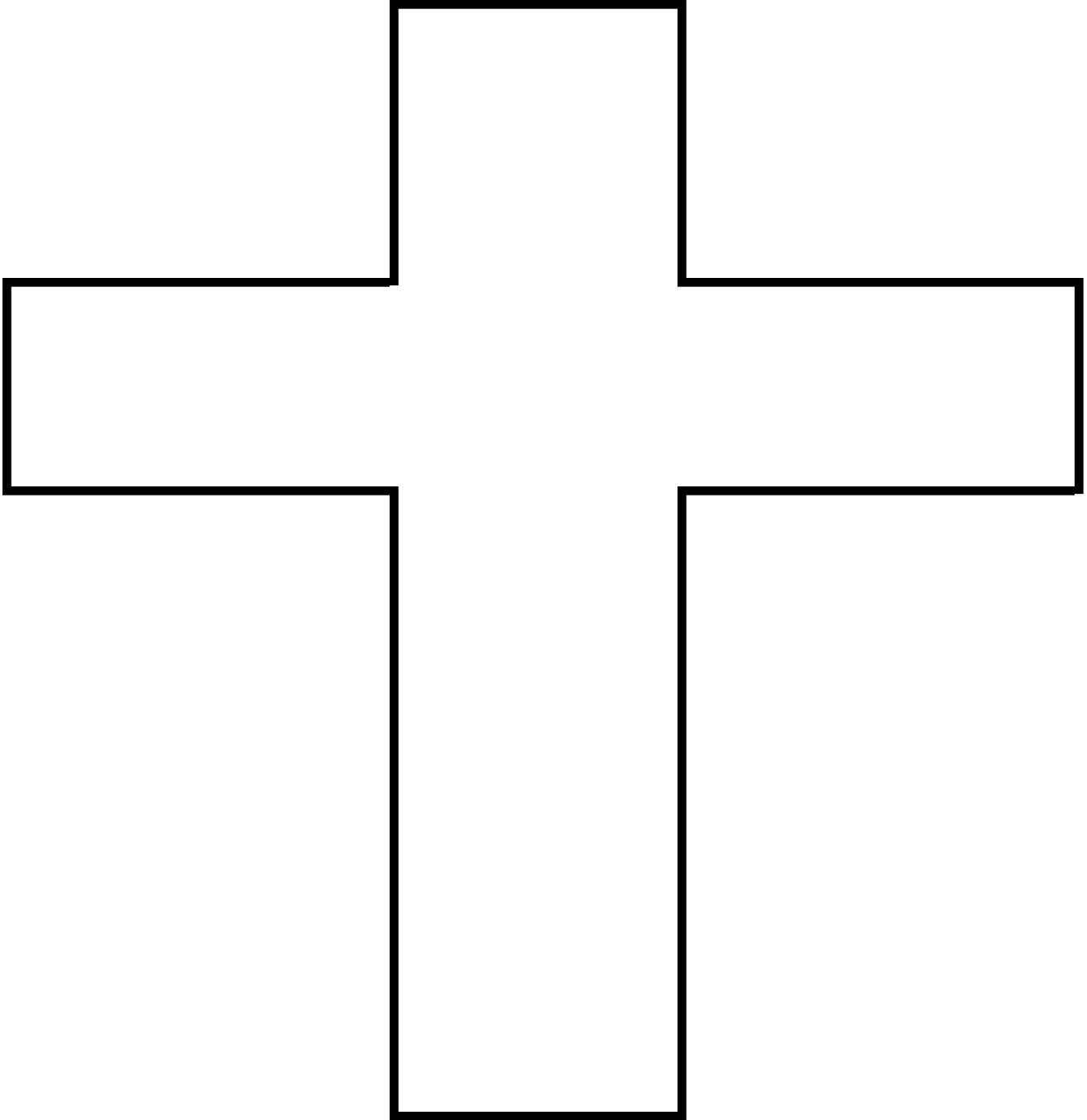
to end of class CRAFT: MANY PARTS CROSS

#### MATERIALS:

poster board or construction paper  
extra fine black markers  
recycled small jigsaw puzzle pieces  
6” length of 1/8” ribbon or yarn

jumbo craft sticks  
glue  
scissors  
spray shellac

Before class, cut one cross for each student out of the poster board or construction paper from the pattern on page 12. Form a cross from two jumbo craft sticks, glue together at the center. Choose one or more of this week’s verses to write around the edges of the poster board cross with the marker. Center the craft stick cross onto the poster board cross and glue together. Glue one layer of puzzle pieces onto craft stick cross. For second layer, choose puzzle pieces that resemble little bodies; if necessary, trim ends of puzzle pieces to resemble people. Draw faces (two dot eyes & a mouth) on top rounded end. When first layer is dry, glue puzzle piece “people” on top of first layer. Let dry. To hang, glue ribbon or yarn ends to top back of poster board. Spray with shellac.



## EPHESIANS - LESSON 1

### Before you begin your lesson:

- a. Pray for God's Holy Spirit to help you answer the questions.
- b. Some questions may be too hard; it's ok to write "I don't know."
- c. Think about what God's Word is telling you for today.
- d. With some questions, it might be helpful to write the scripture verses on your paper.

### Read Ephesians chapter 1, verses 1 – 8.

Ephesus was a very rich city. It was a political, religious and commercial centers in Asia Minor. Ephesus was built between two rivers, which made it ideal for shipping, much like Los Angeles, New York, New Orleans, Seattle, or other port cities in the United States. But as the centuries passed, and silt deposited from the river built up, Ephesus was no longer near enough to remain a port city. It is now five to six miles inland. When Paul wrote this letter, Ephesus was the fourth largest city in the world. Its population was about 250,000. At one time, Ephesus was the capital of the Roman province of Asia. Archaeologists have uncovered a public auditorium, gyms, public baths, a 24,000 seat theater or arena, houses, and the head and forearm of a huge statue.

1. What did Paul say about the Christians, or saints, who lived in Ephesus?
2. **CHALLENGE:** When Paul wrote this letter to the Ephesians, he was living somewhere else under difficult circumstances. What are the clues given in Acts 28:16,20 that tell us where and how Paul was living?

The dictionary (HOLT) gives the meaning of the following words:

*blessing* "Something that makes for happiness, health, or good fortune."

*redemption* "Act of redeeming or buying back. Deliverance from sin; salvation."

3. **RISKY:** Many people think the only blessings God gives are giving us things or making us rich. But Paul says something different in Ephesians 1:3. Where and what does Paul say are God's blessings?
4. We must remember Paul is writing to the Christians in Ephesus, not to people who don't know Christ. When did God choose these people to be Christians?

5. Who was with Him when God made His choices? See Colossians 1:16,17 for your answer.
  
6. What did God plan before the creation of the world? Read 1 Peter 1:19,20.
  
7. How are Christians adopted as God's sons?
  
8. How do we know God loves us? See Romans 5:8 for your answer.
  
9. **PERSONAL:** Are you God's adopted child? Do you want to be? Read the following scriptures to help you become God's child.  
Romans 3:23 "Yes, all have sinned. All fall short of God's perfect glory."  
Romans 6:23 "Sin makes us die. Through Christ, God gives us life that never ends."  
1 John 1:9 "If we confess our sins, he can be depended on to forgive us. He will cleanse us from every wrong. It is proper for God to do this because Christ died for our sins."  
Romans 10:9 "This is how you will be saved. Tell others with your own mouth that Jesus Christ is your Lord. Also, believe in your own heart that God has raised him from the dead."

**Read Ephesians chapter 1, verses 9 – 14.**

1. In several letters Paul writes about a mystery or secret. What is the mystery or secret in Colossians 1:26,27?
  
2. How will Jesus bring all things together according to Colossians 1:20?

3. *Deposit* is a business term used for money given as a down payment when you buy something. The money you give as a deposit is your promise to pay for an item and take it home. God gave Christians the Holy Spirit as the deposit (promise) for the inheritance promised by Jesus Christ. In 1 Peter 1:4, how does Peter describe this inheritance?

**Read Ephesians chapter 1, verses 15 – 23.**

1. What does Philippians 2:10,11 say will happen when all things will come under Christ's feet, or under His authority?
2. Paul prays for several things for the Ephesian Christians. What are they?
3. **CHALLENGE:** How does Paul describe God's power?
4. What does Jesus say about Himself in Matthew 28:18?
5. What is the church called in Ephesians 1:23?
6. Who is head of the church according to Colossians 1:18?
7. **PERSONAL:** Did you memorize any verses? Memorizing scripture helps us to think about the things of God. Knowing what the Word of God says helps us to quickly find a scripture when we are asked about our faith.

## EPHESIANS LESSON 1 – ANSWERS

### Read Ephesians chapter 1, verses 1 – 8.

Ephesus was a very rich city. It was a political, religious and commercial centers in Asia Minor. Ephesus was built between two rivers, which made it ideal for shipping, much like Los Angeles, New York, New Orleans, Seattle, or other port cities in the United States. But as the centuries passed, and silt deposited from the river built up, Ephesus was no longer near enough to remain a port city. It is now five to six miles inland. When Paul wrote this letter, Ephesus was the fourth largest city in the world. Its population was about 250,000. At one time, Ephesus was the capital of the Roman province of Asia. Archaeologists have uncovered a public auditorium, gyms, public baths, a 24,000 seat theater or arena, houses, and the head and forearm of a huge statue.

1. What did Paul say about the Christians, or saints, who lived in Ephesus? Verse 1a: “This is Paul writing to the Christians at Ephesus who are **loyal to the Lord.**” [“Saints” refers to those set apart for God.]
2. **CHALLENGE:** When Paul wrote this letter to the Ephesians, he was living somewhere else under difficult circumstances. What are the clues given in Acts 28:16,20 that tell us where and how Paul was living? Acts 28:16: “When we got to **Rome**, Paul was allowed to live wherever he wanted to. However, he was **guarded by a soldier** at all times.” Verse 20: “I asked you to come here today so we could meet each other. And I wanted to tell you why I am a **prisoner**. It is because I believe the Messiah has already come!”

The dictionary (HOLT) gives the meaning of the following words:

*blessing* “Something that makes for happiness, health, or good fortune.”

*redemption* “Act of redeeming or buying back. Deliverance from sin; salvation.”

3. **RISKY:** Many people think the only blessings God gives are giving us things or making us rich. But Paul says something different in Ephesians 1:3. Where and what does Paul say are God’s blessings? “Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the **heavenly realms** with every **spiritual blessing** in Christ” (NIV).
4. We must remember Paul is writing to the Christians in Ephesus, not to people who don’t know Christ. When did God choose these people to be Christians? Verse 4: “Long ago, **before he made the world**, God chose us to be his very own. He did this because of what Christ would do for us. He decided then to make us holy in his eyes, without a single fault. We stand before him covered with his love.”

5. Who was with Him when God made His choices? See Colossians 1:16,17 for your answer. “Christ created everything in Heaven and earth. He created the things we can see and the things we can’t see. All kings and kingdoms, rulers and powers were made by Christ. He made them for his own use and glory. He was before all else began. His power holds everything together.”
6. What did God plan before the creation of the world? Read 1 Peter 1:19,20. “But he paid for you with the precious **blood of Christ**. He was the sinless, spotless Lamb of God. God **chose** him for this purpose long before the world began. Only recently was he brought into public view as a blessing to you.”
7. How are Christians adopted as God’s sons? Verses 4b,5: “We stand before him covered with his love. His plan has always been to adopt us into his own family. He would do this by sending Jesus Christ to die for us. And he did this because he wanted to!”
8. How do we know God loves us? See Romans 5:8 for your answer. “But God showed his great love for us. He sent Christ to die for us while we were still sinners.”
9. **PERSONAL:** Are you God’s adopted child? Do you want to be? Read the following scriptures to help you become God’s child.

Romans 3:23 “Yes, all have sinned. All fall short of God’s perfect glory.”

Romans 6:23 “Sin makes us die. Through Christ, God gives us life that never ends.”

1 John 1:9 “If we confess our sins, he can be depended on to forgive us. He will cleanse us from every wrong. It is proper for God to do this because Christ died for our sins.”

Romans 10:9 “This is how you will be saved. Tell others with your own mouth that Jesus Christ is your Lord. Also, believe in your own heart that God has raised him from the dead.”

### **Read Ephesians chapter 1, verses 9 – 14.**

1. In several letters Paul writes about a mystery or secret. What is the mystery or secret in Colossians 1:26,27? “He has kept this secret for centuries and generations past. But now he is pleased to tell it to the brothers and sisters. The riches and glory of his plan are for you Gentiles, too. This is the secret: Christ in your hearts is your only hope of glory.”
2. How will Jesus bring all things together according to Colossians 1:20? “Because of what his Son did, God cleared a path for everything to come to him. Everything means all things in Heaven and on earth. Christ’s death on the cross has made peace with God for all by his blood.”



3. *Deposit* is a business term used for money given as a down payment when you buy something. The money you give as a deposit is your promise to pay for an item and take it home. God gave Christians the Holy Spirit as the deposit (promise) for the inheritance promised by Jesus Christ. In 1 Peter 1:4, how does Peter describe this inheritance? “God has reserved for his children the priceless gift of eternal life. It is kept in Heaven for you. It is pure and spotless. It is beyond the reach of change and decay.”

**Read Ephesians chapter 1, verses 15 – 23.**

1. What does Philippians 2:10,11 say will happen when all things will come under Christ’s feet, or under His authority? “At the name of Jesus every knee shall bow in Heaven and on earth and under the earth. Every tongue shall confess that Jesus Christ is Lord. This is to the glory of God the Father.”
2. Paul prays for several things for the Ephesian Christians. What are they? Verses 17-19a: “I ask God, the Father of our Lord Jesus Christ, to give you **wisdom**. Then you will see and **understand[ing]** who Christ is and what he has done. I pray that your hearts will be flooded with **light**. Then you can see something of the future he has called you to share. You can see that God is rich because we have been given to him! I pray you will **know** how great his **power** is for those who believe him.”
3. **CHALLENGE:** How does Paul describe God’s power? Verses 19b,20: “It is that same mighty power that raised Christ from the dead. It seated him in the place of honor at God’s right hand in Heaven.”
4. What does Jesus say about Himself in Matthew 28:18? “He told his disciples, ‘I have been given all power in Heaven and earth.’”
5. What is the church called in Ephesians 1:23? “The Church is his body. It is filled with himself. He is the Author and Giver of everything everywhere.”
6. Who is head of the church according to Colossians 1:18? “He is the Head of the body which is his Church. He is the beginning. He is the Leader of all those who rise from the dead. So he is first in everything.”
7. **PERSONAL:** Did you memorize any verses? Memorizing scripture helps us to think about the things of God. Knowing what the Word of God says helps us to quickly find a scripture when we are asked about our faith.