

Bible Thoughts

with
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The Epistle of Paul the Apostle to the Ephesians

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Introduction

The Epistle of Paul the Apostle to the Ephesians

WRITER. The Apostle Paul [Eph 1:1](#)

DATE. Ephesians was written from Rome about A.D. 64. It is the first of the Prison Epistles. It was sent by Tychicus, it is believed at the same time as Colossians and Philemon.

[Col 4:16](#) mentions a letter to the Laodicean's. It is thought that this is probably the letter that we now know as "Paul's letter to the Ephesians."

Reason. The doctrine in the letter contains the church truth, however there are no instructions on church order. Paul is referring to the **true Church**, "The Body of Christ," not the local church, as in the other letters such as Philippians, Corinthians, etc.

There are three basic truths given in this letter from Paul:

- 1) The believer's exalted position through grace;
- 2) The truth concerning the body of Christ;
- 3) Walking in accordance with that position.

The letter is broken up as follows:

Greetings. 1:1-2

The Believers position in Christ through Grace. 1:3-3:21

How to live our lives considering our position in that Body. 4:1-6:24

Chapter 1

1:1,2 Greetings to the Church and saints at Ephesus.

Paul is an apostle by the Will of God, "God put me here" Paul is saying.

"Faithful in Jesus," the position of the saints, identified with Christ

Grace first, then peace, from the Father and Jesus, together as one.

God's Plan - The Believers position in Christ.

1:3-14 The purposes of God.

Paul looks in wonder as he sees God pour out his love for us. From the beginning he planned to share his glory with us when we became "in Christ." Jesus is the centre of all his plans, when we believe in Jesus, his death sets us free and we are forgiven. We are also then able to share in his new risen life, we become part of Jesus. [John 14:6,7](#)
v3 Praising God to start with. Then we are told we get "All spiritual blessing," no need to look for anything more. Note the "blessing " is in the past tense - the promise is mainly in the future but it is so certain that it is put in the past.

We are told to "Bless God" after He has blessed us. The power for our daily life is from heaven, "in Christ."

v4 - v6 "Chosen by the Father." The choice took place before the foundations of the earth, before we were born, how come? Because God has always existed and will always exist, time does not mean anything to Him. So he has already seen the past present and future, so He knows who will chose Him. We do not know so we must offer the choice to all who will hear, [Rom 8:29,30](#); [Jude 24,25](#).

v5 The choice is eternal, we have become adopted children through Jesus. [Rom 8:14-17](#); [Gal 4:5](#). Christ is the "First Born" [Rom 8:29](#) and believer's are adopted son's and daughter's in His family. Not by our merit but God's Grace, [Titus 3:5](#); [Eph 2:8-10](#); [Rom 5:21](#).

v6 Through His Grace we are acceptable, [Col 1:13](#); unearned, undeserved. Who is the "Beloved " one? [Matt 3:17](#).

1:7-10 God's plan through Christ.

v7 We "have redemption," that's now, "through His blood," the price has been paid. See [Acts 20:28](#); [1 Cor 6:20](#); [1 Peter 1:18-20](#); [Col 1:14](#).

v8 Jesus has made available all His wisdom, which is unlimited.

v9 God's plans are now revealed, exactly as He wanted, showing He has complete control.

v10 God will bring, when He is ready, all things together in heaven and earth under Christ.

v11 We are chosen to be God's people, exactly as God planned it.

v12 The first to believe, Paul may be referring to the Jewish believers, and bring praise to Him.

v13 Paul now includes the Gentiles, "Ye also trusted," and when we believe we are sealed by the Holy Spirit. Note "believe" and "seal" happen at same time.

v14 Jesus has purchased us and given the Holy Spirit as a confirmation of the future promise.

1:15-23 Paul's Prayer

Paul is very happy to hear of the Ephesians faith and love. He prays, giving continual thanks and praise to God, and that they will learn more of their future and the power of God in them.

v18-19 That they will reach out for and obtain the wisdom, power and understanding of what God has done for us.

v20-22 This power, which is greater than anything else in heaven and earth, which raised Christ from the dead and placed Him in heaven with God the Father. All these are now subject to Christ, [Phil 2:8-11](#).

v23 The Church is the Body of Christ, with Him the head. A complete union of believers and Christ. "The fullness" The revelation of this divine life through the physical church.

It reminds us that we should pray for those who already know Jesus as Saviour, not just for those who do not know Him. Do you pray to be full of all this knowledge and understanding? It is available to us.

Chapter 2

2:1-10 From death to life, God's Grace.

We all were born with a bad nature so could not have friendship or contact with God, being cut off from God means death. But God's plan through Jesus has allowed us to be part of God and His plan. The following Bible passages show us our past, today and the future.

2 1:3 Our Past.

v1,2 You who were dead in sins a life away from God. Living under the power of Satan and the world. We are children who have disobeyed God so now we had total separation from God.

v3 Our manner or behaviour in life, "flesh" referring to our old nature. "Desires" showing sins of the mind. We can think and do wrong. Under this condition we were under God's anger and judgement, [Rom 1:18](#); [John 3:36](#); [Heb 10:26,27](#).

2:4-6 What we are now.

How sad and frightening are the previous verses, no future but God's anger. "But God," He has stepped in to solve the problem, "rich in mercy." No limit to God's love for us, without anything from us. "quickened us together with Christ" God has made us alive with Christ, as he was raised from the dead so are we.

Not only that but God has raised us up to sit with Jesus in heaven. We are part of the finished work of Christ. It is of interest that the words used are all in the past tense, we are already potentially in heaven.

2:7-10 The future.

v7 God has made us redeemed sinners an eternal object of His grace, [Titus 2:14](#).

v8 God's grace is the source of our salvation, (note it is in the past again, "you have been saved"). "Through faith," the channel, faith is not the cause, just the way salvation comes. Not by any power or ability of us, but only as a Gift of God. [Rom 6:23](#)

v8,9 The Holy Spirit, throughout the Bible, guards the fact that salvation is not by any-

thing we can do, "not works," there will be no boasting in heaven because we do not deserve God's gift of salvation, [Rom 6:23](#); [1 Cor 1:29-31](#).

v10 It is the point that this new creation walk according to God's will, in contrast to v2.

2:11-22 *Broken Barriers, all one in Christ.*

These verses show a very dark position for Gentiles before the coming of Christ, no access to God at all.

v11-13 "in time past Gentiles" in the eye's of man they were still Gentiles, but to God all had become equal once they had accepted Jesus as Saviour. [1 Cor 12:13](#); [Gal 3:28](#); [Col 3:11](#)

v13 "But now." There is a change from before when we were in the world, v12, but now we are all one Body through His blood.

v14,18. Paul now describes the various states and facts which go with this. "peace, made one, broken partition, abolished enmity, make a new man, peace, reconcile to God, through Cross, access to God through Spirit." Note v18, both have access.

v14 Peace in Christ, peace with each other, Jew and Gentile, [Gal 3:28](#).

The partition is best understood as the Law of Moses, this kept Gentiles away from God, [Matt 5:17](#); [Gal 3:10-13](#); [Rom 8:3](#).

v15 "One" man replaces "two." Now at peace.

2:19-22 *The Church as a building.*

v19 No more strangers, now part of the family of God.

v20 The house of God, built upon apostles and prophets, with Jesus the corner stone, the "starting, most important stone." [1 Peter 2:5](#); [Matt 16:18](#); [1 Cor 3:11](#)

v21 Each of us, being part of that building, fit together to make the temple of the Lord. [1 Cor 3:16](#).

v22 The place where God lives through His Spirit. In you!!!

Chapter 3

3:1-13 Paul's mission to the Non Jews (The world Nations)

Paul, who was a prisoner of the Romans was also a slave or prisoner of Jesus, but it is more the fact that he was a Roman prisoner for Christ sake and the Gentile nations, [Rom 15:16](#).

God's promises had normally been to the Jews, the fact He also wanted all the world had been a secret (Eph 3:3 Mystery). But Paul had been told by God to take the message of grace and salvation to the world, they were to be made one in Christ.

v3 Paul points out that he had received the message directly from Jesus not via man, [Gal 1:11,12](#); [Acts 9:15](#).

v3-6 "Mystery." This does not mean 'magical,' it is referring to 'a sacred secret,' which had not been known of before, in this case, when the 'mystery' was revealed only those who are saved can understand the meaning, [2 Peter 1:20,21](#). 'The mystery' was not that the Gentiles would be saved but they would be joined, with the Jews, to be only one body in Christ.

v7 the Greek word for "minister" indicates "deacon," 'one who serves or waits at the tables,' Paul was very humble when referring to his position, [1 Cor 15:9,10](#); [1 Tim](#)

1:15.

v8,9 Paul remembers what he had been before Christ found him. God gave Paul the specific task of preaching to the Gentiles through God's Grace to him.

v10 Good and evil heavenly beings are shown God's plan through the Church.

v11 The eternal purpose, [Rom 8 29](#); [Eph 1:11](#).

v12 Due to faith through Jesus we can enter the presence of God.

v13. See [Acts 20:18-35](#) where Paul talks about his time in Ephesus.

3:14-21 Paul prays again.

Paul prays that they are full of love and let Christ take control of their lives.

v14 "Bow the knees," true reverence attitude in prayer. The Bible does not indicate that there is a requirement for any bodily position for prayer.

v15 Probably referring to whole family of redeemed - those who have passed on and those still alive here on earth, all under the Father of Jesus.

v16 "Riches of His glory," reference to what we can get from God, His power, given by His Spirit, [Phil 4:19](#); [Eph 2:4](#).

v17 "That Christ dwell," not just live, but be at home with you. This is what all Christians should pray for, Christ fully at home in your heart.

v18,19,20 A knowledge that every believer should have, and be filled with all of God, God who is infinite, filling us who are finite. "Exceeding abundantly all we ask or think," God is able to do far more than we think or ask.

v21 God's glory being shown through the Church for eternity.

Chapter 4

4:1 - 6:24 The Believer in the world.

4:1-16

The previous chapters of Ephesian were showing the heavenly calling.

Now Paul talks about how to live this life.

Jesus was exalted as king, Jesus now had all power and authority.

In this passage we see the giving of gifts, but this is not the same as given by the Holy Spirit in other passages, [1 Cor 12](#).

Note the gifts were given by Jesus precisely.

v1-3 Harmony - humbleness, peace in the church.

not self - love - oneness - we should pray and work for this situation - this means we may have to give up our personal needs for the church.

v4-6 Unity - this passage is a confession of faith.

One Body - one church in Jesus - this is not referring to a local church. Note there was a tendency to develop a Jewish church or Gentile church. Paul said "all one."

One Spirit - Converts - works - unites the body in Christ.

One Hope - Faith, we will all be in glory one day, some people teach different levels of glory, Paul says there is no difference in glory, for all equally.

One Lord - Calling Jesus Lord was a problem for Christians due to Caesar saying he was divine and should be called "Lord." We have "Lord's" today, but unless they say they are divine there is no problem with the title.

One faith - we all believe in Jesus and all the facts about Him.

One Baptism - The Bible refers to two baptisms, in water and in Spirit. The New Testament. Does not separate them unless the water baptism was due to John the Baptist. Baptism is an outward sign of an inner repentance.

After conversion the New Testament only refers to "filling."

One God - everything to us.

Worth considering these points, does our life reflect these situations.

v7-11 Diversity in the church.

The church is united but it is made up of individual parts. God is building his church from many bits. We may not be the same design but ultimately we shall be like Jesus. The passage is a leader who has just won a battle and as he goes back to his home he passes out gifts and rewards. Jesus gives particular gifts - Paul uses Psalm 68 in this passage but changes "to men."

v9-10 Jesus came from Heaven, humbles himself to become a man so he knows what we need. Died in our place. Went to the grave then returned to heaven.

Jesus is everywhere, fills universe - has all power.

v11 - Gifts of people, not like gifts given by Spirit.

v12-16 One purpose - building of the church.

God has provided all the necessary gifts and abilities for this task. Do you know yours and are you using it?

v14 Sound Doctrine is essential. Do not be blown about from doctrine to doctrine as if by the wind. Know the truth. This passage appears to be referring to the local church and not the whole Body of Christ as it cannot be 'tossed about.'

v15 When you speak do so in love so to help others grow. We are one in Christ and we must grow into Him who is the head of the church -

v16 The "parts of the Body " fitting perfectly together, each part being needed and growing in love for each other. See [1 Cor 12:14ff](#) . The whole body - serving Jesus - but it needs to grow, v14.

The Old Man and the New Man and his walk.

v17-22 **The old man is removed**, this man which was ruled by the old fallen nature is removed [Rom 6:6](#) which was full of self, v17; separated from God, v18; Blind of the things of God, v18; who were wanting to get deeper into wrong things all the time, v19.

We have been able to get rid of this old man through learning of Christ, v20-22. The truth is in Jesus.

The New Man

4:23-39 The New Man put on

v24 The New Man is the man who has been regenerated, remade by the presence of Jesus in their life. God does not see the old man all He can see is the new man with his garment given through Jesus. This New man has a new mind and attitude, v23, unlike the ignorant old man, v18.

This New man has been created through the power of God to be in the likeness of God v24.

v25-29 This new position allows delivery from wrong life, sin, lying, stealing, anger, wrong speaking, etc. and will not allow Satan to take control v27, [Col 1:27](#).

4:30-32 *Holy Spirit and this New Man*

v30 We must not hurt the Holy Spirit by our wrong life, He has sealed you into God's family and every wrong causes Him pain. Our life can bring God's honour into disrepute, dishonour, tarnish, shame.

We must also remember that we are sealed ready for the "day of Redemption," eternity in the presence of God.

Why? v32, God has forgiven you through the blood of Christ.

Chapter 5

5:1-20 Continued New life, Copy of God.

Salvation is a free gift but we must still live in a way which pleases God. V 1 tells us we are His children. God is love, [1 John 4:7ff](#) so we must copy our Father.

v2 Christ, in love, gave Himself for us, an example of what our life should be like.

v3,4,5 we find a list of those who will not enter the kingdom of God, we have become saints through Christ, (v3), so they should not be part of our life. [Rom 1:18](#). If a believer has any of the above list in their lives then see [1 Cor 3:12-16](#); [1 Cor 6:9-12](#).

5:8-17 *Children of light.*

God is light, [1 John 1:5](#). Then we should be full of light like Him. [1 Thess 5:5](#). We should be full of the fruit of the Spirit, v9, [Gal 5:22-23](#). Doing what pleases the Lord, v10.

Have no contact with things dark and evil v11, working against them v11-13

Do not sleep but be awake for Christ will give you the power and energy to go v14.

Also He will show you things wrong in your life as His light shines in.

v15-18 Do not waste time in living in a way that is wrong in God's sight, always trying to know and carry out the Will of God. [Col 4:5](#); [Rom 12:2](#).

5:18-20 *A Spirit filled Life .*

Paul warns against the worldly ways which may give short time of happiness, v18a, but be filled with the Spirit, letting Him take full control of our life and out of this will come a life pleasing to God, [Phil 4:6](#).

5:21-6:9 The Christian Family and house holds

The filling of the Holy Spirit must also be shown in our relationship to each other and our families.

The Christian wife must give respect and loyalty to her husband. But the Christian husband must also care more for his wife than himself, a love which does not expect reward. Each must live a Christ like life. This must be the way the church relates to Christ.

Parents must have good rules for their children and children must happily obey them. This passage does not say there are different positions for husbands and wives, we are told in God's kingdom there is no such thing, [Gal 3:28](#).

v21 We must all be willing to submit to one another, not self seeking in all we do, this is done in reverence, awe to God.

v22 Wives submit to your husband as to the Lord, v23-31 The husband is the head of the wife just as Christ is head of church, that means joined, united as one body. In [Genesis 2:24](#) we are told that Eve was actually Adam's flesh and blood, she was made out of what God took from the side of Adam. They are "One Flesh" [Matt 19:5,6](#). Note v25, v28-29 Husband's must love their wives as Christ loves the Church, He went to the cross for the church. Husbands must also love their wife as they love themselves.

v32 We have been told for the reason for marriage from the Old Testament but now is shown what God had in His mind, the Mystery, when he set it up, it was to be like the future Christ and His Church.

Chapter 6

6:1-9 Christian family relationships.

v1 "Obey" is much stronger than "submit" as given for the wife. Children are told to obey parents "in the Lord." This indicates that this obedience must not violate worship and obedience of God. "For this is right" shows it was part of God's eternal plan.

v2,3 shows that God's Law, as given to Moses, is part of this family relationship from the beginning, however, a believer should be looking for eternity with Christ, not a long life on earth.

v4 conditions also given to fathers, no unreasonable demands, [Col 3:20,21](#) but teach discipline and love of the Lord.

6:5-9 Servants and Masters.

Paul now moves on to a third set of relationships. Slavery was part of the life during New Testament times. It was not the job of the Gospel, at the time, to remove slavery, this was to happen as a by product as the message spread. See [Col 3:22](#) notes. Servants was usually talking about slaves but the idea's apply to any employer and employee.

v5 Obedience to be real, not pretend. "Unto Christ," [1 Peter 2:18](#), behave as if you are working for Jesus. Doing God's Will with all your heart.

v8 Paul reminds us that there will be a reward for all, slave or free, from the Lord in heaven, [Col 3:24-25](#); [1 Cor 3:11-16](#).

v9 Masters and employers, are reminded to behave in a Christ pleasing way, not threatening in any way, bearing in mind that in heaven there is no respect of position, [Col 4:1](#); [Acts 10:34](#).

6:10-24 Spiritual weapons and protection.

We are up against powerful spiritual forces and we need special spiritual weapons to fight with. God has given us a spiritual armour to use.

v10-12 "Be strong in the Lord." Use His power. [John 15:5](#); [Phil 4:13](#). When we think of our position in Christ we have access to His protection, His armour. The Holy Spirit gives power to resist Satanic attack.

6:13-20 Our weapons.

We need this type of armour because we are not fighting people but spiritual powers.

Note, we have to "take it," v13, we have some responsibility.

The armour is described under the figure of a Roman soldier's equipment. All the weapons are there for us to use but we need to take them in faith, [Col 1:13](#); [2:15](#). The shield of faith, breastplate of rightness, shoes of peace through Gospel, dress of truth, helmet of salvation. The only weapon of attack is the sword, the Word of God, nothing can resist this.

v18 Finally prayer, always praying, message up to God, open your heart to message down from Him.

6:21-24 Closing greetings.

v23 God the Father gives these, v24. The grace is to all believers, "all who love the Lord."