

# Ephesians – AK 10

## COMMENTER'S GUIDE

### WRITE IT OUT!

(ON SCANNABLE SINGLE PAGE ANSWER SHEETS ONLY)

These 2 additional questions, not found in the exam booklet are designed to make the student dig into the Biblical text and show they understand the Biblical principles studied throughout the course.

#### **Questions 1 – What are the *heavenly places*?**

##### **1 - POSSIBLE ANSWERS**

The heavenly places is described only in Ephesians as the place where believers are united and sharing in spiritual places with Christ. It is the place where Christ rules, where we are secure with Christ, where the angelic principalities and powers exist and their conflict takes place. We, as believers united with Christ, are able to experience the blessing and realities of the heavenly realms.

##### **1 - HELPFUL COMMENTS**

##### **1 - VERSES**

#### **Questions 2 – What are the 4 “graces” of a *worthy walk* in Ephesians 4 and what is their goal?**

##### **2 - POSSIBLE ANSWERS**

The first 2 graces belong together; they are *lowliness* and *gentleness*. The second 2 also go together; they are *long-suffering* and *loving forbearance*. The urgent goal of all of these *graces* in walking worthily of Christ are the build towards the unity of the body of Christ.

##### **2 - HELPFUL COMMENTS**

##### **2 - VERSES**

## WHAT DO YOU SAY?

These questions are designed to help the student express their thoughts, feelings, and opinions about something they have learned from the chapter.

### **EXAM 1 – Which of the spiritual blessings mentioned in this lesson are the most encouraging to you, and why?**

#### **1 - COMMENTS**

- Spiritual blessings mentioned in the first lesson for which we might be thankful:
- **Chosen** in Christ before the foundation of the world **presented holy** and without blame before Him ([Eph. 1:4](#))
- **Predestined** to be adopted as sons, which means spiritual privileges **accepted** in Christ ([Eph. 1:5](#); [Gal. 4:4-7](#))
- **Redeemed** through His blood ([Eph. 1:7](#); [1 Peter 1:18-19](#))
- **Forgiven** of our sins ([Eph. 1:7](#))
- **Made known** to us the mystery of His will and **obtained** an inheritance ([Eph. 1:9, 11](#))
- **Sealed** with the Holy Spirit of promise ([Eph. 1:13](#))

#### **1 - VERSES**

- [Eph. 1:4](#)
- [Eph. 1:5](#);
- [Gal. 4:4-7](#)
- [Eph. 1:7](#)
- [1 Peter 1:18-19](#)
- [Eph. 1:9, 11](#)
- [Eph. 1:13](#)

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### **EXAM 2 – In your own words, rewrite Paul’s prayer for believers who you desire to grow spiritually.**

#### **2 - COMMENTS**

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#### **2 - VERSES**

[Eph. 1:15-20](#) After I heard you had trusted Christ and of your love of other believers, I have not stopped praying for you and thanking God for you. I have been praying that our Father may give you a greater understanding of Him. May you understand to a greater degree all that you have and may you experience His resurrection power in your life.

### **EXAM 3 – What does it mean to you to be made “alive with Christ”?**

#### **3 - COMMENTS**

- It means that though we were dead in sins once, now we are spiritually alive in Christ ([Eph. 2:1](#)) This means that we are positionally seated with Him in glory because of His great love for us ([Eph. 2:4-6](#)) Because we are alive with Christ someday God’s great riches of His kindness towards us will be displayed because of all His grace to us ([Eph. 2:7-9](#)) We now have eternal life ([1 John 5: 11-12](#)) and can respond to spiritual realities.

### 3 - VERSES

[Eph. 2:1](#)

[Eph. 2:4-6](#)

[Eph. 2:7-9](#)

[1 John 5:11, 12](#)

### **EXAM 4 – Which truth about the church in this lesson is the most meaningful to you, and why?**

#### 4 - COMMENTS

- Truths about the church in this lesson are:
- Jews and Gentiles are members of the church in one body and both have access to God ([Eph. 2:13-14](#))
- All differences are done away in the church ([Eph. 2:15-16](#))
- All have access to God ([Eph. 2:18](#))
- All are saints and members of the household of God ([Eph. 2:19](#))
- The foundation the church is the teaching of the apostles and prophets ([Eph. 2:19](#))
- Christ is chief cornerstone ([Eph. 2:20](#))
- The church is the dwelling place or temple of God ([Eph. 2:21-22](#))

#### 4 - VERSES

[Eph. 2:13-14](#)

[Eph. 2:15-16](#)

[Eph. 2:18](#)

[Eph. 2:19](#)

[Eph. 2:20](#)

[Eph. 2:21-22](#)

### **EXAM 5 – What do we learn about Paul in this lesson to encourage and help us in our life as a believer?**

#### 5 - COMMENTS

- **Paul considered himself a prisoner of Jesus Christ**, not of Rome and did not blame either the Jews or Romans for his circumstances ([Eph. 3:1](#))  
Paul rejoiced in that God had given to him the mystery of the church, but did not consider himself special, but was conscious of his own unworthiness and the wonder of God's grace in allowing him to serve Him. **He was humble** ([Eph. 3:2-7](#))

#### 5 - VERSES

- [Eph. 3:1](#)
- [Eph. 3:2-7](#)

### **EXAM 6 – How can you experience God's power in a greater way?**

#### 6 - COMMENTS

- Paul requested three primary things in his prayer: power, knowledge, and fullness.

**Power** – to be strengthened with might through the Spirit in the inner man. The Spirit using the Word can strengthen us. He prayed that Christ may be at home in their hearts (becoming conscious of His presence in every aspect of their lives) ([Eph. 3:16-17](#))

- In order to have **knowledge**, they need to be established (rooted and grounded) in love and understand Christ's love more fully. ([Eph. 3:18](#))
- We must be filled with the **fullness** of God (growing in their relationship with the Lord). God's limitless **power** (resurrection power) is the same power that was in Paul and in all believers. In that way we can experience God's power in a greater way ([Eph. 3:20](#))

#### 6 - VERSES

- [Eph. 3:16-17](#)
- [Eph. 3:18](#)
- [Eph. 3:20](#)

#### **EXAM 7 – What are you presently doing to build up the body of Christ? How are you using the gift(s) you have received?**

#### 7 - COMMENTS

- Negative circumstances should not keep us from walking worthy of our calling and doing our part to build up the body of Christ ([Eph. 4:2](#))

##### **Characteristics of a worthy walk are:**

lowliness  
gentleness  
long suffering  
loving forbearance

- In addition to a worthy walk they are to keep the unity of the Spirit. Each believer is united to the other ([Eph. 4:4-6](#))

##### **Uniqueness of the faith is:**

one body  
one Spirit  
one hope  
one Lord  
one faith  
one baptism  
one God and Father

##### **Diversity among the members means:**

- Each has a gift from Christ ([Eph. 4:7-8](#))
- It is given for the purpose of building up the whole body ([Eph. 4:11-16](#))

##### **Gifts are people who communicate God's message:**

- Apostles
- Prophets
- Evangelists
- Pastor-teachers

#### 7 - VERSES

- [Eph. 4:2](#)
- [Eph. 4:7-8](#)

- [Eph. 4:11-16](#)

### **EXAM 8 – What steps can you take this week to actively grow in holiness?**

#### **8 - COMMENTS**

- **Steps to grow in holiness**
- Put off the old man (all you were before they were saved) ([Eph. 4:20-22](#))
- Be renewed in the spirit of your mind, the inner man ([Eph. 4:23](#))
- Put on the new man (new creation in Christ) made in righteousness and true holiness ([Eph. 4:24](#))

#### **Change in these ways:**

- Put away lying and speak the truth ([Eph. 4:25](#))
- Change sinful anger which is self-serving, vindictive, and undisciplined to righteous anger which is against evil ([Eph. 4:26-27](#))
- Do not steal, but share ([Eph. 4:28](#))
- Speak words that build up and not corrupt words ([Eph. 4:29-30](#))
- Let all bitterness, wrath and anger be put away ([Eph. 4:31](#))
- Be kind and tender hearted, forgiving ([Eph. 4:32](#))

#### **8 - VERSES**

[Eph. 4:20-22](#)

[Eph. 4:23](#)

[Eph. 4:24](#)

[Eph. 4:25](#)

[Eph. 4:26-27](#)

[Eph. 4:28](#)

[Eph. 4:29-30](#)

[Eph. 4:31](#)

[Eph. 4:32](#)

### **EXAM 9 – How would you help a believer you observed being influenced by false teachers?**

#### **9 - COMMENTS**

- The best way to help a believer who is influenced by false teachers is to:  
**Warn him** not to tolerate false teaching (p. 82) which would include not responding with an encouraging attitude toward a false teacher. He should be careful to examine what the teacher has said with what the Scriptures teach. Some additional references would be: [Jude 16-23](#); [2 John 5-11](#); [Eph. 5:11](#)).
- **Encourage him** to build himself up in the faith, and this will help him to know how to respond ([2 Tim. 2:14,15](#) ; [3:14-16](#); [Jude 16-23](#)). Do not believe every spirit but test the spirits to see if they are of God ( [1 John 4:1](#)).

#### **9 - VERSES**

- [Jude 16-23](#); [2 John 5-11](#)
- [Eph. 5:11](#)
- [2 Tim. 2:14, 15](#); [3:14-16](#); [Jude 16-23](#)

- [1 John 4:1](#)

### **EXAM 10 – How can we know if we are filled with the Spirit?**

#### **10 - COMMENTS**

- We can know that we are filled with the Spirit if the actions and attitudes mentioned in verses 19-29 are true of us (pages 88-89):

**Fellowship with other believers** whereby we teach and admonish one another. This can be done in hymn singing and other means of fellowship in the meetings of the Church ([Eph. 5:19; Col. 3:16](#))

**Worshiping in our hearts to the Lord** which is a private exercise and involves our intellects, wills, and emotions ([Eph. 5:19; Col. 3:16](#))

**Thankfulness to God the Father** in all circumstances ([Eph. 5:20; 1 Thess. 5:17](#)).

**Submitting to one another in love** and taking the attitude of a servant ([Eph. 5:21](#))

#### **10 - VERSES**

- [Eph. 5:19-29](#)
- [Eph. 5:19; Col. 3:16](#)
- [Eph. 5:20; 1 Thess. 5:17](#)
- [Eph. 5:21](#)

### **EXAM 11 - What have you learned from this lesson that you can apply to relationships that you are in?**

#### **11 - COMMENTS**

- This lesson has this to teach us about relationships with others:

**Wives submitting to their husbands** in the Lord ([Eph. 5:22, 33; Col. 3:18](#)) The reason given is that the husband is the head of the wife as Christ is head of the Church.

**Husbands loving their wives** as themselves ([Eph. 5:23, 28, 33; Col. 3:19](#)). The reason given is that Christ loved the Church and gave Himself for her.

**Children obeying and honoring their parents** because it is right ([Eph. 6:1-2; Col. 3:20](#))

**Fathers not to provoking their children** but bringing them up in the fear and admonition of the Lord ([Eph. 6:4](#)).

**Employees obeying their employers** as to the Lord ([Eph. 6:5-8](#)).

**Employer not threatening** because they have a master in heaven ([Eph. 6:9](#))

#### **11 - VERSES**

- [Eph. 5:22, 33; Col. 3:18](#)
- [Eph. 5:23, 28, 33; Col. 3:19](#)
- [Eph. 6:1-2; Col. 3:20](#)
- [Eph. 6:4](#)
- [Eph. 6:5-8](#)
- [Eph. 6:9](#)

### **12 - What particular piece of the Christian armor do you find is such a help to you in your own spiritual warfare?**

#### **12 - COMMENTS**

- The pieces of Christian armor that are mentioned are:  
**The belt of truth** We are to learn and practice the truth ([Eph. 6:14a](#)).  
**The breastplate of righteousness** which refers to righteousness of character ([Eph. 6:14b](#))  
**Feet shod with the preparation of the Gospel of peace** which means we should be ready to share the Gospel ([Eph. 6:15](#)).  
**Shield of Faith** which means we are to trust His resources to stand against the enemy (Ephesians 6:16).  
**Helmet of Salvation** which is being assured of salvation ([Eph. 6:17a; 1 Thess. 5:7-8](#))  
**Sword of the Spirit** which is God's Word ([Eph. 6:17b](#))
- Prayer is not listed as a piece of the armor, but is the atmosphere in which truth, righteousness and peace can flourish ([Eph. 6:18](#))
- The belt speaks of a sound grasp and practice of truth. The breastplate speaks of righteous words and acts. Shoes speak of peace and reconciliation that the gospel brings to believers. The shield speaks of our resolute trust and confidence in God. The helmet speaks of full assurance of salvation. And the sword speaks of the power of the skilled use of the Word of God. “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds...” ([2 Cor. 10:4](#))

## 12 - VERSES

[Eph. 6:14](#)

[Eph. 6:15](#)

[Eph. 6:16](#)

[Eph. 6:17a; 1 Thess. 5:7-8](#)

[Eph. 6:17b](#)

[Eph. 6:18](#)

[2 Cor. 10:4](#)