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GOSPEL  
TABERNACLE

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## C.A.R.E. SMALL GROUP MINISTRY

# C.A.R.E. Study Material

# Book of Ephesians

*And daily in the temple, and in every house,  
they ceased not to teach and preach Jesus Christ.*  
(Acts 5:42 (KJV))



For more information on the C.A.R.E. Ministry  
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Christ-Like Approach in Reaching Everyone  
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## Notes

# 1. Ephesians 1:1-23

Right at the beginning of his letter to the Ephesians, Paul started praising God for all the rich blessings God showers on Christians. Paul reminded the Ephesians of all the advantages they enjoy in this life, as well as in the next. Paul's prayer of praise can serve as an encouragement to all who have grown weary in their faith.

## **OPEN**

1. Who would you say has been the greatest blessing in your life? Why?

## **EXPLORE**

2. What type of blessings does God give to believers? (1:3)
3. When did Christ choose us to be his people? (1:4)
4. What does God's grace provide for the believer? (1:6-7)
5. What is the special mark of ownership that God reserves for believers? (1:13)

## **GET IT**

6. What is significant about the fact that God's blessings are described as heavenly and spiritual?
7. What does it mean to you to be "chosen" by God to be his child?
8. Why is it good practice for Christians to count their blessings?
9. What does this passage teach you in your understanding of God's grace?

## **APPLY**

10. For which of God's blessings can you be especially thankful for this week?



## 2. Ephesians 2:1-22

Paul painted a gloomy picture of life before a person has a relationship with the Savior of all humanity, Jesus Christ. Paul made it clear that the extent of sin's power makes it impossible for anyone to rescue themselves. It is a job only God can remedy: Jesus Christ, our Savior.

### **OPEN**

1. How would you respond if you came upon a wreck and encountered someone needing emergency medical attention?

### **EXPLORE**

2. How does this passage describe a person's spiritual state without Christ? (2:1, 4)
3. Who gets the credit for saving a person and why? (2:8-9)
4. What was a non-Jewish person's status apart from the work of Christ? (2:12)
5. How are all people enabled to come near to God? (2:13)

### **GET IT**

6. In what ways do people try to take credit for the good in their lives?
7. Why do you think the Bible describes salvation as a gift?
8. Based on this passage, how would you respond to someone who claimed they were entitled to heaven because they were a "good person"?
9. How would you describe to a nonbeliever the seriousness of sin?

### **APPLY**

10. How can express your gratitude for Christ's work of salvation this week?

### 3. Ephesians 3:1-21

Paul reminded the Corinthians that God designed a plan for the salvation of all humanity long ago and orchestrated everything to fall into place according to his timing. What in the past was a secret is now the Good News—the message that Jesus—wants to save everyone who believes in him.

#### **OPEN**

1. How difficult is it for you to keep a secret?

#### **EXPLORE**

2. With what group of people was Paul assigned to share God's plan? (3:1)
3. What is the secret to which Paul refers? (3:6)
4. When did God's plan first originate? (3:9)
5. Through whom was God's plan accomplished? (3:11)

#### **GET IT**

6. What is significant to you about the length of time it took for God's plan to be fully revealed?
7. Why do you think the Bible refers to God's plan as a "secret"?
8. In the same way Paul explains his role in this passage, what do you think is your own role in the scope of God's plan?
9. How does this passage encourage you concerning God's plan for your life?

#### **APPLY**

10. When can you set aside some time to learn more about God's plan as it is revealed in Scripture?

## 4. Ephesians 4:1-16

In this passage, Paul underscored the importance of Christian unity. The ultimate purpose of the church is to serve Christ and his kingdom. The reason God gives people spiritual gifts is to build up the church. God's goal for his people, as Paul instructs, is that we should be unified in Christ. When Christians are working together to serve Christ, the church becomes a strong witness for God in the world.

### **OPEN**

1. What do you think of the message of the popular bumper sticker, "Visualize World Peace?"

### **EXPLORE**

2. How does this passage say believers are joined together? (4:3)
3. What three truths does Paul say that Christians should unite around?(4:4-6)
4. For what overarching reason did Christ give believers spiritual gifts? (4:12)
5. What illustration does Paul give to describe the strength of the church? (4:16)

### **GET IT**

6. What is your definition of "unity"?
7. What are some common reasons for disharmony among Christians?
8. What is the best way, in your opinion, to counter disunity among Christians?
9. What do you think a "strong" church looks like?

### **APPLY**

10. How can you use your spiritual gift in the coming weeks to help build up the church and encourage unity among believers?

## 5. Ephesians 4:17 - 5:21

This passage gives many insights into the distinctives that characterize a true believer. The way a Christian talks is a theme throughout this passage. Paul warns against the temptation to lie, criticize, and speak foolishly. Instead, he encourages Christians to be careful with their words, to make sure they use their speech to encourage others in their Christian faith.

### **OPEN**

1. How do you feel about giving a public speech?

### **EXPLORE**

2. How can a Christian guard against criticizing others? (4:29)
3. What boundaries does Paul place on a person's expression of anger? (4:26, 31)
4. What specific behaviors does Paul say a Christian should not do? (5:4)
5. How does Paul say Christians should speak to each other? (5:19)

### **GET IT**

6. How easily do you control what you say?
7. When was a time you benefited from thinking before you spoke?
8. In what ways are Christians tempted to let down their guard around other Christians concerning questionable remarks?
9. How can a believer properly express their anger without disobeying God's instructions in this passage?

### **APPLY**

10. In what ways are you willing to try to be more positive and less critical in what you say this week?

## 6. Ephesians 5:22 - 6:9

Paul used the marriage relationship as an illustration of the unique relationship between the church and Jesus Christ. He encouraged a loving, caring bond between husbands and their wives. Paul instructed husbands and wives to look to the relationship Christ has with the church as a model for the love, respect, and concern they should have for each other.

### **OPEN**

1. In your view, what is the most meaningful part of a typical wedding ceremony?

### **EXPLORE**

2. What instructions does Paul have for a husband and a wife respectively? (5:22, 25)
3. What loving actions did Christ demonstrate toward his church? (5:25, 27)
4. What is Paul's measure for how much a man should love his wife? (5:28)
5. What illustration does Paul use to describe how much Christ cares for the church? (5:29)

### **GET IT**

6. In what ways does Paul's parallel between Christ's relationship with the church impact your understanding of the marriage relationship?
7. How does picturing the church like the bride of Christ impact your understanding of the value of the church?
8. How can churches and small groups help couples with their marriage relationship?
9. What is difficult about loving someone as much as you love yourself?

### **APPLY**

10. How can you demonstrate in a practical way your love and respect for the church?

## 7. Ephesians 6:10-24

Paul concluded his letter to the Ephesians with an analogy that compares the Christian life with the armor of a soldier. Paul explained to the Ephesians that they were in a spiritual battle with the forces of evil. Using the specific parts of a soldier's armor, Paul outlined what it meant to be prepared for spiritual combat.

### **OPEN**

1. What do you think are good reasons for a country to go to war?

### **EXPLORE**

2. Against whom do believers fight? (6:12)
3. What does God promise the person who properly prepares for spiritual conflict? (6:13)
4. What are the elements of the armor of God? (6:14-17)
5. What instructions does Paul give Christians concerning prayer? (6:18)

### **GET IT**

6. What is difficult about seeing our struggles as part of the spiritual realm?
7. What happens when we try to fight spiritual battles with earthly means?
8. How does a person "put on" the armor of God?
9. What to you is the most meaningful element of the armor? Why?

### **APPLY**

10. How will you incorporate Paul's instructions concerning spiritual preparation as part of your daily morning routine to get ready for the day?

# Notes

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