

Gospel of John
Chapter 6
Daily Bible Study

DAY ONE

1. How do you think Philip did when Jesus tested him as provided in the Gospel of John Chapter 6 verse 6?

2. What miracle had Philip already seen Jesus perform in the Gospel of John that should have helped him believe that Jesus could feed the 5,000?

3. What do we know of Philip from the following verses:

- Matt 10:3 _____
- John 1:44 _____
- John 1:45 _____
- John 14:8 _____
- Acts 1:1-13 _____

DAY TWO

1. Why did Jesus feed the 5,000?

2. From the Gospel of John Chapter 6 verses 26, 27, 30, 33, 34 and 35, what is the crowd persistently seeking from Jesus and what does Jesus keep offering instead?

3. From the following verses in the Gospel of John Chapter 6 characterize the attitudes of those who followed Jesus.

Use the phrase "They were _____" and add 1 word to describe their attitude (e.g. they were curious).

Describe the attitudes from:

- verse 2 _____
- verses 14-15 _____
- verses 26-27 _____
- verses 28-31 _____
- verse 34 _____
- verses 41-42 _____
- verse 52 _____

DAY THREE

1. What is the recurring idea in the Gospel of John Chapter 6 verses 37 and 39?

2. Which of the verses from the Gospel of John Chapter 6 verses 35 to 59 promote the idea of eternal life for the believer?

3. The incident of Jesus walking on water occurs here in the Gospel of John Chapter 6, but also occurs in two other Gospels. What do we learn of the incident of Jesus walking on water from Matthew Chapter 14, verses 22 - 33 and Mark Chapter 6, verses 47-52?

DAY FOUR

1. Why were the Apostles terrified when they saw Jesus walking on the water?

2. Compare the manna of Moses time to the Bread of Life that Jesus offered in the Gospel of John Chapter 6. How are they similar? How are they different?

3. List the grumblings or reasons for the crowds objections to Jesus' teachings in the Gospel of John Chapter 6 verses 30, 41 and 52.

DAY FIVE

1. Why do you think the crowd wanted to make Jesus king as provided in the Gospel of John Chapter 6 verse 14? What is the irony in this?

2. What do we learn about God the Father from the following verses in the Gospel of John Chapter 6:

- Verse 37 _____
- Verses 39-40 _____
- Verse 45 _____
- Verse 46 _____
- Verse 57 _____

3. Why do you think Jesus asked the question "Have I not chosen you" to the 12 disciples at the end of the Gospel of John Chapter 6?

DAY SIX

Why did many of Jesus' disciples leave him after his teaching in the Synagogue at Capernaum as shown in the Gospel of John Chapter 6, verse 66?

Compare Your Answers at:

<http://www.free-online-bible-study.com/gospel-of-john-chapter-6a.html>

**Epistle To The
Ephesians
Daily Bible Study**

EPHESIANS

1

ESV

1:1 Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, 4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, 6 to the praise of his glorious grace, with which he has blessed us in the Beloved. 7 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, 8 which he lavished upon us, in all wisdom and insight 9 making known to us the mystery of his will, according to his purpose, which he set forth in Christ 10 as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

11 In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, 12 so that we who were the first to hope in Christ might be to the praise of his glory. 13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, 14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

HCSB

1:1 Paul, an apostle of Christ Jesus by God's will: To the saints and believers in Christ Jesus at Ephesus. 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens, in Christ; 4 for He chose us in Him, before the foundation of the world, to be holy and blameless in His sight. In love 5 He predestined us to be adopted through Jesus Christ for Himself, according to His favor and will, 6 to the praise of His glorious grace that He favored us with in the Beloved.

7 In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace 8 that He lavished on us with all wisdom and understanding. 9 He made known to us the mystery of His will, according to His good pleasure that He planned in Him 10 for the administration of the days of fulfillment—to bring everything together in the Messiah, both things in heaven and things on earth in Him.

11 In Him we were also made His inheritance, predestined according to the purpose of the One who works out everything in agreement with the decision of His will, 12 so that we who had already put our hope in the Messiah might bring praise to His glory.

13 In Him you also, when you heard the word of truth, the gospel of your salvation—in Him when you believed—were sealed with the promised Holy Spirit. 14 He is the down payment of our inheritance, for the redemption of the possession, to the praise of His glory.

1:1-14 Main point: _____

Make additional notes at left and below:

1. Make a list of all the blessings in Christ. Look at what God has done!
2. Explain: "he chose us in him before the foundation fo the world?" (1:4). What are we chosen to be?
3. How did God "predestine us for adoption?"

ESV

1:15 For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, 16 I do not cease to give thanks for you, remembering you in my prayers, 17 that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, 18 having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, 19 and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might 20 that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, 21 far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. 22 And he put all things under his feet and gave him as head over all things to the church, 23 which is his body, the fullness of him who fills all in all.

HCSB

1:15 This is why, since I heard about your faith in the Lord Jesus and your love for all the saints, 16 I never stop giving thanks for you as I remember you in my prayers. 17 I pray that the God of our Lord Jesus Christ, the glorious Father, would give you a spirit of wisdom and revelation in the knowledge of Him. 18 I pray that the eyes of your heart may be enlightened so you may know what is the hope of His calling, what are the glorious riches of His inheritance among the saints, 19 and what is the immeasurable greatness of His power to us who believe, according to the working of His vast strength.

20 He demonstrated this power in the Messiah by raising Him from the dead and seating Him at His right hand in the heavens— 21 far above every ruler and authority, power and dominion, and every title given, not only in this age but also in the one to come. 22 And He put everything under His feet and appointed Him as head over everything for the church, 23 which is His body, the fullness of the One who fills all things in every way.

1:15-23 Main point: _____
 Make additional notes at left and below:

9. Summarize Paul's desire for the Christians in Ephesus. What does Paul want them to know? Explain.

10. Where is Christ seated? Explain.

11. Carefully look at verses 22-23. Who is given what exactly and what do these things mean?

ESV

2:1 And you were dead in the trespasses and sins 2 in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— 3 among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. 4 But God, being rich in mercy, because of the great love with which he loved us, 5 even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— 6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus, 7 so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

HCSB

2:1 And you were dead in your trespasses and sins 2 in which you previously walked according to this worldly age, according to the ruler of the atmospheric domain, the spirit now working in the disobedient. 3 We too all previously lived among them in our fleshly desires, carrying out the inclinations of our flesh and thoughts, and by nature we were children under wrath, as the others were also. 4 But God, who is abundant in mercy, because of His great love that He had for us, 5 made us alive with the Messiah even though we were dead in trespasses. By grace you are saved! 6 He also raised us up with Him and seated us with Him in the heavens, in Christ Jesus, 7 so that in the coming ages He might display the immeasurable riches of His grace in His kindness to us in Christ Jesus. 8 For by grace you are saved through faith, and this is not from yourselves; it is God's gift— 9 not from works, so that no one can boast. 10 For we are His creation—created in Christ Jesus for good works, which God prepared ahead of time so that we should walk in them.

2:1-10 Main point: _____

Make additional notes at left and below:

1. Explain what it means that we "were dead in the trespasses and sins in which you once walked." (2:1-2)
2. Explain what is meant in verse 3, that we were "by nature children of wrath."
3. What did God do to correct this problem? Who saves? Why does he save?
4. What does Paul mean in verse 6 that God has "raised us up together and made us sit together in the heavenly places?"
5. What is "not of yourselves" in verse 8?
6. What is meant by "not of works" in verse 9?
7. Explain verse 10. What is God's purpose?

ESV

2:11 Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands— 12 remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. 13 But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. 14 For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility 15 by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, 16 and might reconcile us both to God in one body through the cross, thereby killing the hostility. 17 And he came and preached peace to you who were far off and peace to those who were near. 18 For through him we both have access in one Spirit to the Father. 19 So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, 20 built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, 21 in whom the whole structure, being joined together, grows into a holy temple in the Lord. 22 In him you also are being built together into a dwelling place for God by the Spirit.

HCSB

2:11 So then, remember that at one time you were Gentiles in the flesh—called “the uncircumcised” by those called “the circumcised,” done by hand in the flesh. 12 At that time you were without the Messiah, excluded from the citizenship of Israel, and foreigners to the covenants of the promise, with no hope and without God in the world. 13 But now in Christ Jesus, you who were far away have been brought near by the blood of the Messiah. 14 For He is our peace, who made both groups one and tore down the dividing wall of hostility. In His flesh, 15 He did away with the law of the commandments in regulations, so that He might create in Himself one new man from the two, resulting in peace. 16 He did this so that He might reconcile both to God in one body through the cross and put the hostility to death by it. 17 When Christ came, He proclaimed the good news of peace to you who were far away and peace to those who were near. 18 For through Him we both have access by one Spirit to the Father. 19 So then you are no longer foreigners and strangers, but fellow citizens with the saints, and members of God’s household, 20 built on the foundation of the apostles and prophets, with Christ Jesus Himself as the cornerstone. 21 The whole building is being fitted together in Him and is growing into a holy sanctuary in the Lord, 22 in whom you also are being built together for God’s dwelling in the Spirit.

2:11-22 Main point: _____
 Make additional notes at left and below:

7. What was the condition of the Gentiles before Christ (2:11-12)?
8. What is the condition of the Gentiles who are in Christ (2:13-22)?
9. What has been broken down (2:14)? What is the hostility being referred to (2:15-16)? Who is being reconciled?
10. What are the people of God built upon?
11. How are the people of God described?

ESV

3:1 For this reason I, Paul, a prisoner for Christ Jesus on behalf of you Gentiles— 2 assuming that you have heard of the stewardship of God’s grace that was given to me for you, 3 how the mystery was made known to me by revelation, as I have written briefly. 4 When you read this, you can perceive my insight into the mystery of Christ, 5 which was not made known to the sons of men in other generations as it has now been revealed to his holy apostles and prophets by the Spirit. 6 This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

7 Of this gospel I was made a minister according to the gift of God’s grace, which was given me by the working of his power. 8 To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, 9 and to bring to light for everyone what is the plan of the mystery hidden for ages in God who created all things, 10 so that through the church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. 11 This was according to the eternal purpose that he has realized in Christ Jesus our Lord, 12 in whom we have boldness and access with confidence through our faith in him. 13 So I ask you not to lose heart over what I am suffering for you, which is your glory.

HCSB

3:1 For this reason, I, Paul, the prisoner of Christ Jesus on behalf of you Gentiles— 2 you have heard, haven’t you, about the administration of God’s grace that He gave to me for you? 3 The mystery was made known to me by revelation, as I have briefly written above. 4 By reading this you are able to understand my insight about the mystery of the Messiah. 5 This was not made known to people in other generations as it is now revealed to His holy apostles and prophets by the Spirit: 6 the Gentiles are co-heirs, members of the same body, and partners of the promise in Christ Jesus through the gospel. 7 I was made a servant of this gospel by the gift of God’s grace that was given to me by the working of His power.

8 This grace was given to me—the least of all the saints!—to proclaim to the Gentiles the incalculable riches of the Messiah, 9 and to shed light for all about the administration of the mystery hidden for ages in God who created all things. 10 This is so that God’s multi-faceted wisdom may now be made known through the church to the rulers and authorities in the heavens. 11 This is according to the purpose of the ages, which He made in the Messiah, Jesus our Lord, 12 in whom we have boldness, access, and confidence through faith in Him. 13 So then I ask you not to be discouraged over my afflictions on your behalf, for they are your glory.

3:1-13 Main point: _____

Make additional notes at left and below:

1. How has the mystery of God be revealed? How can we know the revelation of the mystery?
2. What is the mystery, as explained by Paul?
3. How does Paul perceive himself and his role in the revealing of this mystery?
4. What is revealed through the church? To whom is this revealed?

ESV

3:14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth is named, 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

20 Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

HCSB

3:14 For this reason I bow my knees before the Father 15 from whom every family in heaven and on earth is named. 16 I pray that He may grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 and that the Messiah may dwell in your hearts through faith. I pray that you, being rooted and firmly established in love, 18 may be able to comprehend with all the saints what is the breadth and width, height and depth, 19 and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God.

20 Now to Him who is able to do above and beyond all that we ask or think—according to the power that works in you— 21 to Him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

3:14-21 Main point: _____

Make additional notes at left and below:

5. What is Paul's prayer for the Ephesians?

6. How are we "strengthen with power through his Spirit in your inner being?" (3:16)

7. What does it mean for "Christ to dwell in your hearts?" (3:17)

8. What do we need to come to know? (3:18-19)

9. Explain verse 20. Where are these things at work?

4:1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each one of us according to the measure of Christ’s gift. 8 Therefore it says, “When he ascended on high he led a host of captives, and he gave gifts to men.” 9 (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.) 11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

4:1 I, therefore, the prisoner in the Lord, urge you to walk worthy of the calling you have received, 2 with all humility and gentleness, with patience, accepting one another in love, 3 diligently keeping the unity of the Spirit with the peace that binds us. 4 There is one body and one Spirit, just as you were called to one hope at your calling; 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is above all and through all and in all. 7 Now grace was given to each one of us according to the measure of the Messiah’s gift. 8 For it says: When He ascended on high, He took prisoners into captivity; He gave gifts to people. 9 But what does “He ascended” mean except that He descended to the lower parts of the earth? 10 The One who descended is the same as the One who ascended far above all the heavens, that He might fill all things. 11 And He personally gave some to be apostles, some prophets, some evangelists, some pastors and teachers, 12 for the training of the saints in the work of ministry, to build up the body of Christ, 13 until we all reach unity in the faith and in the knowledge of God’s Son, growing into a mature man with a stature measured by Christ’s fullness. 14 Then we will no longer be little children, tossed by the waves and blown around by every wind of teaching, by human cunning with cleverness in the techniques of deceit. 15 But speaking the truth in love, let us grow in every way into Him who is the head—Christ. 16 From Him the whole body, fitted and knit together by every supporting ligament, promotes the growth of the body for building up itself in love by the proper working of each individual part.

4:1-16 Main point: _____

Make additional notes at left and below:

1. Paul urges the Christians to “walk in a manner worthy of the calling.” What does this mean? How do we do this?
2. Why does Paul point out the seven “ones” in 4:4-7?

ESV

4:17 Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. 18 They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. 19 They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. 20 But that is not the way you learned Christ!— 21 assuming that you have heard about him and were taught in him, as the truth is in Jesus, 22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

HCSB

4:17 Therefore, I say this and testify in the Lord: You should no longer walk as the Gentiles walk, in the futility of their thoughts. 18 They are darkened in their understanding, excluded from the life of God, because of the ignorance that is in them and because of the hardness of their hearts. 19 They became callous and gave themselves over to promiscuity for the practice of every kind of impurity with a desire for more and more. 20 But that is not how you learned about the Messiah, 21 assuming you heard Him and were taught by Him, because the truth is in Jesus: 22 you took off your former way of life, the old man that is corrupted by deceitful desires; 23 you are being renewed in the spirit of your minds; 24 you put on the new man, the one created according to God’s likeness in righteousness and purity of the truth.

4:17-24 Main point: _____

Make additional notes at left and below:

8. What does it mean to “walk as the Gentiles do?” (4:17). How do they walk? How can we avoid this?

9. What does it mean to “put off your old self?” How do we do that?

10. What does it mean to be “renewed in the spirit of your minds?” How do we do that?

11. What does the new self look like?

ESV

4:25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

HCSB

4:25 Since you put away lying, Speak the truth, each one to his neighbor, because we are members of one another. 26 Be angry and do not sin. Don't let the sun go down on your anger, 27 and don't give the Devil an opportunity. 28 The thief must no longer steal. Instead, he must do honest work with his own hands, so that he has something to share with anyone in need. 29 No rotten talk should come from your mouth, but only what is good for the building up of someone in need, in order to give grace to those who hear. 30 And don't grieve God's Holy Spirit, who sealed you for the day of redemption. 31 All bitterness, anger and wrath, insult and slander must be removed from you, along with all wickedness. 32 And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

4:25-32 Main point: _____

Make additional notes at left and below:

12. Write down all the things that must be stopped or must not be done as a Christian (4:25-32). Explain how you will stop each practice.

13. Write down all the things that must be done as a Christian (4:25-32). Explain how you will do each act.

14. How can we grieve the Holy Spirit (4:30)?

5:1 Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

3 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. 5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God.

6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. 7 Therefore do not become partners with them; 8 for at one time you were darkness, but now you are light in the Lord. Walk as children of light 9 (for the fruit of light is found in all that is good and right and true), 10 and try to discern what is pleasing to the Lord. 11 Take no part in the unfruitful works of darkness, but instead expose them. 12 For it is shameful even to speak of the things that they do in secret. 13 But when anything is exposed by the light, it becomes visible, 14 for anything that becomes visible is light. Therefore it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you."

5:1-14 Main point: _____

Make additional notes at left and below:

1. Write down the various things we are to imitate (5:1-2). Look back at 4:32 and write down another aspect we are to imitate.
2. Write down the sins that must stop.
3. Why are we not to be partners with the sons of disobedience (5:7-10)
4. Explain how we obey the commands found in 5:11-14.

5:1 Therefore, be imitators of God, as dearly loved children. 2 And walk in love, as the Messiah also loved us and gave Himself for us, a sacrificial and fragrant offering to God. 3 But sexual immorality and any impurity or greed should not even be heard of among you, as is proper for saints. 4 And coarse and foolish talking or crude joking are not suitable, but rather giving thanks. 5 For know and recognize this: no sexually immoral or impure or greedy person, who is an idolater, has an inheritance in the kingdom of the Messiah and of God.

6 Let no one deceive you with empty arguments, for because of these things God's wrath is coming on the disobedient. 7 Therefore, do not become their partners. 8 For you were once darkness, but now you are light in the Lord. Walk as children of light— 9 for the fruit of the light [results] in all goodness, righteousness, and truth— 10 discerning what is pleasing to the Lord. 11 Don't participate in the fruitless works of darkness, but instead, expose them. 12 For it is shameful even to mention what is done by them in secret. 13 Everything exposed by the light is made clear, 14 for what makes everything clear is light. Therefore it is said: Get up, sleeper, and rise up from the dead, and the Messiah will shine on you.

ESV

5:15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil. 17 Therefore do not be foolish, but understand what the will of the Lord is. 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another out of reverence for Christ. 22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands. 25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26 that he might sanctify her, having cleansed her by the washing of water with the word, 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. 28 In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, 30 because we are members of his body. 31 “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.”

32 This mystery is profound, and I am saying that it refers to Christ and the church. 33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

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5:15 Pay careful attention, then, to how you walk—not as unwise people but as wise— 16 making the most of the time, because the days are evil. 17 So don’t be foolish, but understand what the Lord’s will is. 18 And don’t get drunk with wine, which leads to reckless actions, but be filled with the Spirit: 19 speaking to one another in psalms, hymns, and spiritual songs, singing and making music to the Lord in your heart, 20 giving thanks always for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another in the fear of Christ. 22 Wives, submit to your own husbands as to the Lord, 23 for the husband is head of the wife as also Christ is head of the church. He is the Savior of the body. 24 Now as the church submits to Christ, so wives should submit to their husbands in everything. 25 Husbands, love your wives, just as also Christ loved the church and gave Himself for her, 26 to make her holy, cleansing her in the washing of water by the word. 27 He did this to present the church to Himself in splendor, without spot or wrinkle or any such thing, but holy and blameless. 28 In the same way, husbands should love their wives as their own bodies. He who loves his wife loves himself. 29 For no one ever hates his own flesh, but provides and cares for it, just as Christ does for the church, 30 since we are members of His body. 31 For this reason a man will leave his father and mother and be joined to his wife, and the two will become one flesh.

32 This mystery is profound, but I am talking about Christ and the church. 33 To sum up, each one of you is to love his wife as himself, and the wife is to respect her husband.

5:15-33 Main point: _____

Make additional notes at left and below:

5. What can you do to obey the commands in verse 15-16?

6. What is Paul calling for us to do and not to do (5:18-20)?

7. Who is to submit to whom, according to verse 21? Define submission.

8. In verses 22-24, Paul writes to wives. Explain what they are supposed to do. What does these things look like in practice?

9. In verses 25-31, Paul writes to husbands. Explain what they are supposed to do. What does these things look like in practice?

10. How does this mystery relate to Christ and the church (5:32)?

11. What is the summary of Paul's commands (5:33)? Explain the meaning.

ESV

6:10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

21 So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. 22 I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

23 Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all who love our Lord Jesus Christ with love incorruptible.

HCSB

6:10 Finally, be strengthened by the Lord and by His vast strength. 11 Put on the full armor of God so that you can stand against the tactics of the Devil. 12 For our battle is not against flesh and blood, but against the rulers, against the authorities, against the world powers of this darkness, against the spiritual forces of evil in the heavens. 13 This is why you must take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.

14 Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, 15 and your feet sandaled with readiness for the gospel of peace. 16 In every situation take the shield of faith, and with it you will be able to extinguish the flaming arrows of the evil one. 17 Take the helmet of salvation, and the sword of the Spirit, which is God's word.

18 With every prayer and request, pray at all times in the Spirit, and stay alert in this, with all perseverance and intercession for all the saints. 19 Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. 20 For this I am an ambassador in chains. Pray that I might be bold enough in Him to speak as I should.

21 Tychicus, our dearly loved brother and faithful servant in the Lord, will tell you everything so that you also may know how I am and what I'm doing. 22 I am sending him to you for this very reason, to let you know how we are and to encourage your hearts.

23 Peace to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all who have undying love for our Lord Jesus Christ.

6:10-24 Main point: _____

Make additional notes at left and below:

5. Why do we need the whole armor of God?

6. How do we take up each piece of the armor of God?