

The Book of Ephesians

10

Morning Devotions

In your devotions this morning, read **Psalm 90**. As you read, talk to the Lord about the content of this psalm. When you have finished, go back and find one or two verses and meditate prayerfully on them.

Morning Study

The third section of Ephesians falls between **Ephesians 4:17** and **6:20** (with salutations ending the letter between **6:21** and **6:24**. Read each of the three subsections below and answer for yourself the questions associated with them. Jot the answers down on a piece of paper and file the paper together with your morning study.

Read Ephesians 4:17-5:20

- What is it that Paul insists cannot continue any longer?
- In **4:22**, what does Paul say corrupts the “old self”?
- In **4:24**, what does Paul say the “new self” is created by God to be like?
- According to **5:1-2**, what should our natural response as God’s children be?
- List the three things that are the fruit of light.

Read Ephesians 5:21-6:9

- In this subsection, Paul deals with seven specific relationships. What are they?
- Put next to each relationship you have listed the particular word or phrase Paul gives to describe the attitude you should have in that relationship.

Read Ephesians 6:10-20

- In **6:10**, where does it say your strength and power and protection to face the Enemy is found?
- Having put on God’s armor, what are you to stand firm against? (see **6:11**).
- Make a list of the different types of natural armor and next to them put their spiritual equivalents (see **6:14-17**).
- After listing the spiritual armor available to us, Paul then says we are to do what “on all occasions”?

MEMORY VERSE

Be imitators of God, therefore, as dearly loved children, and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5:1-2

Here are a few suggestions that may help you to memorize your memory verse:

- ➡ Ask the Lord to help you remember his Word (see [John 14:26](#)).
- ➡ Use the version of the Bible you are most familiar with. What you normally read in your Bible is what you need to be memorizing.
- ➡ Don't just memorize the contents of the verse; memorize its "address" (the verse reference) as well. You can do this by following this pattern: Step 1: **reference**; Step 2: **verse content**; Step 3: **reference**. Then repeat steps 1-3. Note that you are quoting the reference twice as many times as you quote the actual verse content. This gives the verse a clear "reference tag."
- ➡ After you have read your memory verse out aloud several times, try going through your memory verse *without* reading your computer screen.
- ➡ Look up your memory verse in your Bible. Look at its immediate context and read the verses that come before and after your memory verse.
- ➡ Print out your memory verse or jot it down on a piece of paper. Take this paper with you when you go to work or do other daily activities. Meditate on the meaning of the verse throughout the day.
- ➡ During your noon appointment with the Lord, take out your memory verse and go over it again. Talk to the Lord about what this verse means to you personally.
- ➡ In the evening (at either your evening study or your evening devotions), see if you can quote your memory verse from memory. Then, without looking at the memory verse itself, see if you can find it in your Bible.
- ➡ The next day, before you begin committing a new verse to memory, rehearse your previous day's memory verse and see if you can remember it (without cheating!).
- ➡ Finally, at the end of the week (possibly on the Sunday), collect all your week's memory verses, rehearse them and see if you can recall them without reading them. Spend a little extra time on any verses you have difficulty recalling.
- ➡ Remember: Don't just memorize a verse. Put it into practice ([James 1:22](#)). It is not being able to quote a verse from memory that counts. It is His Word *abiding* in your heart that counts ([John 15:7](#)). When you actually apply a verse consistently to your daily life, that is when you *truly* know that verse!