



Ephesians

Daily Readings

Week One

Athelstone Uniting Church

We have a heart for connecting:
with God, our community, our world and each other.

Greetings Athelstonians!

Over the next 7 weeks (July 11- August 28), you are invited to join me in slowly reading through Paul's letter to the churches in Ephesus.

In this resource you will find brief daily readings and space to journal, using the SOAP method.

You might choose to engage with the readings daily or a few times a week. Feel free to adapt this resource as much as you like.

For your information, the following videos provide an introduction to Ephesians:

BibleDex: <https://youtu.be/l7QE5l3XbF8>

BibleProject: <https://youtu.be/Y71r-T98E2Q>

The Bible Effect: <https://youtu.be/6FfIE2jS7-k>

Rick Steve: <https://youtu.be/mvPCtrZ1K00>

Blessings,

Rev Linda Driver

July 2021

Reading Your Bible with SOAP!

SOAP is a helpful way to read and reflect on a Bible passage



S for SCRIPTURE: *(TELL ME)*

Take your time reading today's scripture in the 3 translations provided. Allow God to speak to you. Next, look for a verse that particularly spoke to you. Write it down. Feel free to make it a work of art.



O for OBSERVATION: *(SHOW ME)*

What is God saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Be curious!

If you want to go deeper, research the passage further. Look up meanings in the original Greek or Hebrew. Consider who the author is addressing and the cultural context at the time it was written.

Bible Hub has some helpful tools for this: <https://biblehub.com/>

Write the scripture in your own words.



A for APPLICATION: *(HELP ME)*

How does the scripture apply to your life right now? Perhaps it is instruction, encouragement, revelation, or correction. Write down how it applies to you today.



P for PRAYER: *(LET ME)*

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what God may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Spend some time in silent contemplation. Write down the words that come.

Ephesians 1:1-2

Scripture

Observation

Application

Prayer

Day 2



Ephesians 1:3-8a

New International Version

³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷ In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸ that he lavished on us.

The Message

³⁻⁶ How blessed is God! And what a blessing he is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in him. Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son.

⁷⁻¹⁰ Because of the sacrifice of the Messiah, his blood poured out on the altar of the Cross, we're a free people—free of penalties and punishments chalked up by all our misdeeds. And not just barely free, either. *Abundantly* free!

The Inclusive Bible

³ Praised be the Maker of our Savior Jesus Christ, who has bestowed on us in Christ every spiritual blessing in the heavens! ⁴ Before the World began, God chose us in Christ to be holy and blameless and to be full of love; ⁵ God likewise predestined us through Christ Jesus to be adopted children – such was God's pleasure and will – ⁶ that everyone might praise the glory of God's grace which was freely bestowed on us in God's beloved, Jesus Christ.

⁷ It is in Christ and through the blood of Christ that we have been redeemed and our sins forgiven, so immeasurably generous is God's favour ⁸ given to us with perfect wisdom and understanding.

Ephesians 1:3-8A

Scripture

Observation

Application

Prayer

Day 3



Ephesians 1:8b-12

New International Version

With all wisdom and understanding, ⁹ he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

¹¹ In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, ¹² in order that we, who were the first to put our hope in Christ, might be for the praise of his glory.

The Message

He thought of everything, provided for everything we could possibly need, letting us in on the plans he took such delight in making. He set it all out before us in Christ, a long-range plan in which everything would be brought together and summed up in him, everything in deepest heaven, everything on planet earth.

¹¹⁻¹² It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

The Inclusive Bible

⁹ God has taken pleasure in revealing the mystery of the plan through Christ, ¹⁰ to be carried out in the fullness of time; namely, to bring all things – in heaven and on earth – together in Christ.

¹¹ In Christ, we were willed an inheritance; for in the decree of God – and everything is administered according to the divine will and counsel – we were predestined ¹² to praise the glory of the Most High by being the first to hope in Christ.

Ephesians 1:8B-12

Scripture

Observation

Application

Prayer

Day 4



Ephesians 1:13-14

New International Version

¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

The Message

¹³⁻¹⁴ It’s in Christ that you, once you heard the truth and believed it (this Message of your salvation), found yourselves home free—signed, sealed, and delivered by the Holy Spirit. This down payment from God is the first installment on what’s coming, a reminder that we’ll get everything God has planned for us, a praising and glorious life.

The Inclusive Bible

¹³ In Christ you too were chosen. When you heard the Good News of salvation, the word of truth, and believed in it, you were sealed with the promised Holy Spirit, ¹⁴ who is the pledge of our inheritance, the deposit paid against the full redemption of a people who are God’s own – to the praise of God’s glory.

Ephesians 1:13-14

Scripture

Observation

Application

Prayer

Day 5



Ephesians 1:15-19a

New International Version

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, ¹⁶ I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe.

The Message

¹⁵⁻¹⁹ That's why, when I heard of the solid trust you have in the Master Jesus and your outpouring of love to all the followers of Jesus, I couldn't stop thanking God for you—every time I prayed, I'd think of you and give thanks. But I do more than thank. I ask—ask the God of our Master, Jesus Christ, the God of glory—to make you intelligent and discerning in knowing him personally, your eyes focused and clear, so that you can see exactly what it is he is calling you to do, grasp the immensity of this glorious way of life he has for his followers, oh, the utter extravagance of his work in us who trust him—endless energy, boundless strength!

The Inclusive Bible

¹⁵ From the time I first heard of your faith in Christ Jesus and your love for all of the holy ones, ¹⁶ I have never stopped thanking God for you and remembering you in my prayers. ¹⁷ I pray that the God of our Saviour Jesus Christ, the God of glory, will give you a spirit of wisdom and of revelation, to bring you to a rich knowledge of the Creator.

¹⁸ I pray God will enlighten the eyes of your mind so that you can see the hope this call holds for you – the promised glories that God's holy ones will inherit, ¹⁹ and the infinitely great power that is exercised for us who believe.

Ephesians 1:15-19A

Scripture

Observation

Application

Prayer

Day 6



Ephesians 1:19b-23

New International Version

That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.

The Message

²⁰⁻²³ All this energy issues from Christ: God raised him from death and set him on a throne in deep heaven, in charge of running the universe, everything from galaxies to governments, no name and no power exempt from his rule. And not just for the time being, but *forever*. He is in charge of it all, has the final word on everything. At the center of all this, Christ rules the church. The church, you see, is not peripheral to the world; the world is peripheral to the church. The church is Christ's body, in which he speaks and acts, by which he fills everything with his presence.

The Inclusive Bible

You can tell this from the strength of God's power at work in Jesus, ²⁰ the power used to raise Christ from the dead and to seat Christ in heaven at God's right hand, ²¹ far above any sovereignty, authority, power or dominion, above any name that can be named – not only in this age, but also in the age to come. ²² God has put all things under Christ's feet and made Christ, as the ruler of everything, the head of the church, ²³ and as the church is Christ's body; it's the fullness of the One who fills all of creation.

Ephesians 1:19B-23

Scripture

Observation

Application

Prayer

Day 7

Sabbath Day of Rest

