

Ephesians

Daily Readings

Week Four

Athelstone Uniting Church

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

Greetings Athelstonians!

We are in Week 4 of slowly reading through Paul's letter to the churches in Ephesus (July 11- August 28).

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)*

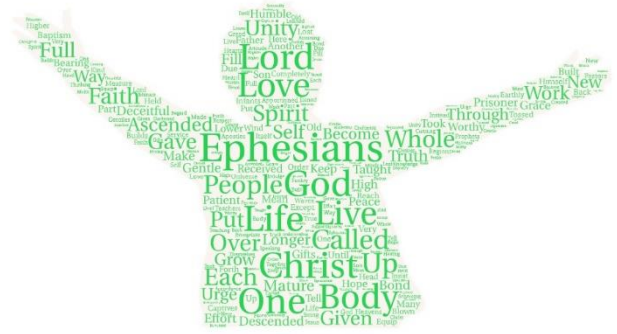
How does the scripture apply to your life right now? Perhaps it is instruction, encouragement, revelation, or correction. Write down how it applies to you today.



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.

Week 4 – Day 1



Ephesians 4:1-3

New International Version

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace.

The Message

¹⁻³ In light of all this, here's what I want you to do. While I'm locked up here, a prisoner for the Master, I want you to get out there and walk—better yet, run!—on the road God called you to travel. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some path that goes nowhere. And mark that you do this with humility and discipline—not in fits and starts, but steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences.

The Inclusive Bible

I plead with you, then, in the name of our Redeemer, to lead a life worthy of your calling. ² Treat one another charitably, in complete selflessness, gentleness and patience. ³ Do all you can to preserve the unity of the Spirit through the peace that binds you together.

Ephesians 4:1-3

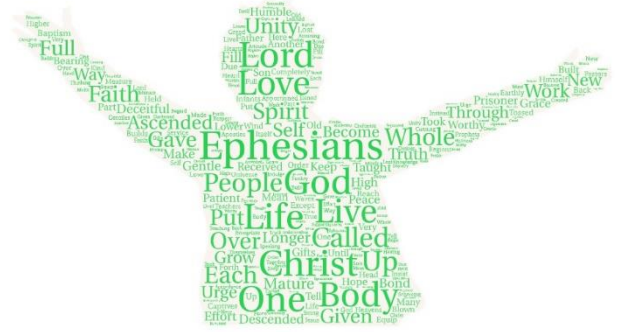
Scripture

Observation

Application

Prayer

Day 2



Ephesians 4:4-6

New International Version

⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

The Message

⁴⁻⁶ You were all called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly. You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. Everything you are and think and do is permeated with Oneness.

The Inclusive Bible

⁴ There is one body and one Spirit – just as you were called into one hope when you were called. ⁵ There is one Saviour, one faith, one baptism, ⁶ one God and Creator of all, who is over all, who works through all and is within all.

Ephesians 4:4-6

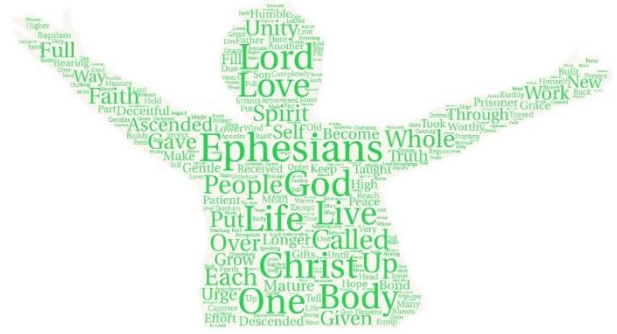
Scripture

Observation

Application

Prayer

Day 3



Ephesians 4:7-10

New International Version

⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it says:

“When he ascended on high,
he took many captives
and gave gifts to his people.”

⁹ (What does “he ascended” mean except that he also descended to the lower, earthly regions]? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

The Message

But that doesn't mean you should all look and speak and act the same. Out of the generosity of Christ, each of us is given his own gift. The text for this is,

He climbed the high mountain,
He captured the enemy and seized the plunder,
He handed it all out in gifts to the people.

Is it not true that the One who climbed up also climbed down, down to the valley of earth? And the One who climbed down is the One who climbed back up, up to highest heaven. He handed out gifts above and below, filled heaven with his gifts, filled earth with his gifts.

The Inclusive Bible

⁷ Each of us has received God's grace in the measure in which Christ has bestowed it. ⁸ Thus you find scripture saying,

“You ascended on high, leading captives in your train,
and giving gifts to people.”

⁹ “You ascended” – what does this mean but that Christ first descended into the lower regions of the earth? ¹⁰ The One who descended is the very One who ascended high above the heavens in order to fill the whole universe.

Ephesians 4:7-10

Scripture

Observation

Application

Prayer

Ephesians 4:11-13

Scripture

Observation

Application

Prayer

Ephesians 4:14-16

Scripture

Observation

Application

Prayer

Ephesians 4:17-24

Scripture

Observation

Application

Prayer

