

Ephesians Daily Readings Week Five

Athelstone Uniting Church

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

Greetings Athelstonians!

We are in Week 5 of slowly reading through Paul's letter to the churches in Ephesus (July 11- August

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 August 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.



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 4:25-28

New International Version

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

The Message

²⁵ What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself.

²⁶⁻²⁷ Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.

²⁸ Did you use to make ends meet by stealing? Well, no more! Get an honest job so that you can help others who can't work.

The Inclusive Bible

²⁵ Therefore, let's have no more lies. Speak truthfully to each other, for we are all members of one body.

²⁶ When you get angry, don't let it become a sin. Don't let the sun go down on your anger, ²⁷ or you will give an opening to the Devil.

²⁸ You who have been stealing, stop stealing. Go to work. Do something useful with your hands, so you can have something to share with the needy.

Ephesians 4:25-28

Scripture

Observation

Application

Ephesians 4:29-31



New International Version

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

The Message

- ²⁹ Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift.
- 30 Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted.
- 31 Make a clean break with all cutting, backbiting, profane talk.

The Inclusive Bible

- ²⁹ Be on your guard against foul talk. Say only what will build others up at that moment. Say only what will give grace to your listeners.
- ³⁰ Don't grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, all rage and anger, all harsh words, slander and malice of every kind.

Ephesians 4:29-31

Scripture

Observation

Application

Ephesians 4:32-5:2



New International Version

³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **5** ¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

The Message

Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.

5 1-2 Watch what God does, and then you do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that.

The Inclusive Bible

³² In place of these, be kind to one another, compassionate and mutually forgiving, just as God has forgiven you in Christ.

5 ¹ Try, then, to imitate God as beloved children. ² Walk in love as Christ loved us, and offered himself in sacrifice to God for us, a gift of pleasing sacrifice.

Ephesians 4:32-5:2

Scripture

Observation

Application

Ephesians 5:3-7

New International Version

³ But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. ⁴ Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. 5 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. ⁶ Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. ⁷ Therefore do not be partners with them.



The Message

- 3-4 Don't allow love to turn into lust, setting off a downhill slide into sexual promiscuity, filthy practices, or bullying greed. Though some tongues just love the taste of gossip, those who follow Jesus have better uses for language than that. Don't talk dirty or silly. That kind of talk doesn't fit our style. Thanksgiving is our dialect.
- ⁵ You can be sure that using people or religion or things just for what you can get out of them—the usual variations on idolatry—will get you nowhere, and certainly nowhere near the kingdom of Christ, the kingdom of God.
- 6-7 Don't let yourselves get taken in by religious smooth talk. God gets furious with people who are full of religious sales talk but want nothing to do with him.

 Don't even hang around people like that.

The Inclusive Bible

³ As for lewd conduct or promiscuousness or lust of any sort, let these things not even be mentioned among you, as befitting God's holy people. 4 Nor should there be any obscene, silly or suggestive talk; all that is out of place. Instead, give thanks. ⁵ Make no mistake about this: no promiscuous, unclean or lustful person – in effect an idolator – has any inheritance in the kingdom of Christ and of God. ⁶ Let no one deceive you with worthless arguments: these are sins that bring God's wrath down on the disobedient; ⁷ therefore, have nothing to do with them.

Ephesians 5:3-7

Scripture

Observation

Application

Ephesians 5:8-12



New International Version

⁸ For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰ and find out what pleases the Lord.
¹¹ Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹² It is shameful even to mention what the disobedient do in secret.

The Message

through that murk once, but no longer. You're out in the open now. The bright light of Christ makes your way plain. So no more stumbling around. Get on with it! The good, the right, the true—these are the actions appropriate for daylight hours. Figure out what will please Christ, and then do it.

on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see.

The Inclusive Bible

⁸ There was a time when you were darkness, but now you are light in Christ. Live as children of the light.

⁹ Light produces every kind of goodness, justice and truth. ¹⁰ Be correct in your judgment of what pleases our Saviour. ¹¹ Take no part in deeds done in darkness, which bear no fruit; rather, expose them. ¹² It's shameful even to mention the things these people do in secret;

Ephesians 5:8-12

Scripture

Observation

Application

Ephesians 5:13-14

New International Version

But everything exposed by the light becomes visible— and everything that is illuminated becomes a light.
 This is why it is said:

"Wake up, sleeper,
rise from the dead,
and Christ will shine on
you."

The Message

Rip the cover off those frauds and see how attractive they look in the light of Christ.

Wake up from your sleep, Climb out of your coffins; Christ will show you the light!

The Inclusive Bible

¹³ but when such deeds are exposed and seen in the light of day, everything that becomes visible is light. ¹⁴ That's why we read,

"Awake, O sleeper, arise from the dead, And Christ will give you light."

Ephesians 5:13-14

Scripture

Observation

Application

Sabbath Day of Rest

