

## A DEVOTIONAL JOURNEY



### EPHESIANS

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**Day 1** *Ephesians 1*

#### **Blessed with Every Spiritual Blessing**

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#### **Chapter Summary**

Paul opens Ephesians with one of the most expansive doxologies in all of Scripture — a single, breathtaking sentence in the original Greek (verses 3-14) that sweeps through the entire story of salvation from eternity past to eternity future. God chose us in Christ before the foundation of the world to be holy and blameless. He predestined us for adoption as sons through Jesus Christ. In Christ we have redemption through His blood, the forgiveness of sins, according to the riches of His grace. God has revealed to us the mystery of His will: to bring all things in heaven and earth together under Christ. We have been given an inheritance, sealed with the Holy Spirit who is the guarantee of our inheritance until redemption is complete. Paul then breaks into prayer, asking God to give the Ephesians a spirit of wisdom and revelation to know Him better — that the eyes of their hearts would be enlightened to know the hope, riches, and incomparably great power available to those who believe, the same power that raised Christ from the dead and seated Him above all authority, far above every ruler and power, for all time.

## ✦ Key Verse

*Ephesians 1:3 — '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.'*

## 💡 Devotional Reflection

Paul begins not with what you need to do but with what God has already done. Every spiritual blessing — not some, not a starter pack, but every blessing — is already yours in Christ. Before you prayed today, before you opened this devotional, before you rose from sleep, you were chosen, redeemed, forgiven, adopted, sealed, and appointed as an heir. This is your identity: not aspirational but actual.

The word 'in Christ' or its equivalent appears over thirty times in Ephesians — it is the letter's heartbeat. Your spiritual wealth is not a reward for faithfulness; it is a gift received through union with Christ. Just as a branch draws life from the vine not by trying hard but by staying connected, your access to every spiritual blessing flows from your position in Him.

Paul's prayer in verses 17-19 reveals something important: you can possess blessings intellectually but not experientially. The Ephesians already had these blessings — yet Paul prays for 'the eyes of their hearts to be enlightened' to see and know what they already possessed. Many believers live spiritually impoverished not because they lack blessing but because they lack revelation. Ask God today to open your eyes to the inheritance that is already yours.

## 🙏 Prayer

*Father of glory, open the eyes of my heart today. I confess I live far below the riches You have placed in me. Teach me what it means to be chosen, redeemed, adopted, and sealed. Let the knowledge of Your power — the power that raised Jesus from the dead — fill me with hope and holy confidence today. All praise to You. Amen.*

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## Day 2 *Ephesians 2*

### From Death to Life, From Strangers to Citizens

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#### Chapter Summary

Paul paints a vivid before-and-after portrait of what salvation means. Before Christ, believers were spiritually dead, following the ways of the world and the ruler of the kingdom of the air, gratifying the cravings of the flesh — deserving of God's wrath like everyone else. But then comes the great pivot of the entire chapter, one of the most celebrated phrases in all Scripture: 'But God.' Because of His great love and rich mercy, God made us alive together with Christ even while we were dead in our sins. By grace we have been saved — raised with Christ, seated with Him in heavenly places. This salvation is entirely a gift — not from ourselves, not of works, so that no one can boast. We are God's craftsmanship (masterpiece), created in Christ Jesus for good works that God prepared in advance for us to do. The second half of the chapter addresses Gentile believers specifically: once excluded, strangers, foreigners, without God and without hope. Now, through Christ's blood, the dividing wall of hostility has been abolished. Both Jew and Gentile are reconciled to God in one body through the cross, fellow citizens in God's household, built together as a holy temple in which God dwells.

#### ◆ Key Verse

*Ephesians 2:8-10 — 'For it is by grace you have been saved, through faith — and this is not from yourselves, it is the gift of God — not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.'*

## **Devotional Reflection**

The phrase 'But God' in verse 4 is among the most powerful two words in the Bible. 'You were dead... but God.' 'You were helpless... but God.' Salvation begins not with human seeking but with divine initiative. God, who is rich in mercy, stepped into a graveyard and called forth the dead. You did not choose life; Life chose you.

Salvation is entirely a gift — grace through faith — yet verse 10 immediately makes clear that this grace is not passive. We are God's 'poiema' — the Greek word from which we get 'poem' — His masterwork, His crafted creation. You are not an accident or a mass-produced product; you are an intentional work of art, designed with specific good works in mind that God prepared before you were born. Your life has a divine plot.

The abolition of the 'dividing wall of hostility' in verse 14 was not merely a metaphor — it referred to the literal stone wall in the Jerusalem temple separating Gentiles from the inner courts, with inscriptions warning of death for crossing it. Christ tore that wall down at the cross. Wherever you see walls of race, class, culture, or background dividing the church today, you are looking at rubble from a wall that Jesus already demolished. Building it again is a profound contradiction of the gospel.

## **Prayer**

*God of mercy, thank You for the 'But God' moment in my life — for intervening when I was spiritually dead and beyond self-rescue. I am Your handiwork. Show me the good works You prepared for me today. And where walls of division exist in my heart toward others, tear them down as You tore down the wall between us. Amen.*

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## Day 3 *Ephesians 3*

### The Unsearchable Riches of Christ

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#### Chapter Summary

Paul reveals himself as the steward of a mystery — a sacred secret hidden for ages but now disclosed: that through the gospel, Gentiles are fellow heirs together with Israel, members together of one body, sharers together in the promise in Christ Jesus. This mystery was not known to previous generations but has now been revealed by the Spirit to Christ's apostles and prophets. Paul marvels that he — the least of all God's people — was given the grace to preach the 'unsearchable riches of Christ' to the Gentiles. His mission included making plain to everyone the administration of this mystery that has been kept hidden since before creation. The purpose is cosmic: through the church, the manifold wisdom of God is being made known to the rulers and authorities in the heavenly realms. Paul then moves into one of Scripture's greatest prayers — asking the Father to strengthen believers with power through His Spirit in their inner being, so that Christ may dwell in their hearts through faith, and that they may be rooted and grounded in love, and comprehend the vast dimensions of Christ's love — which surpasses all knowledge — so that they may be filled to the measure of all the fullness of God. The chapter closes with a doxology to God who is able to do immeasurably more than all we ask or imagine.

#### ◆ Key Verse

*Ephesians 3:20-21 — 'Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.'*

## **Devotional Reflection**

Paul's prayer in Ephesians 3 is remarkable not just for its content but for its structure: he prays for inner strengthening, then for Christ's dwelling presence, then for comprehension of love's dimensions, then for fullness of God — each petition building on the one before, like a spiritual staircase ascending toward the unimaginable. Notice what he does not pray for: better circumstances, health, financial blessing, or even church growth. His prayer is entirely about depth of knowing God and being filled with God.

The dimensions of Christ's love — how wide, how long, how high, how deep — are beyond knowledge yet meant to be known experientially. This is not a contradiction; it is an invitation to a lifelong exploration. You will never exhaust it. In ten thousand years of eternity, you will still be discovering new vistas of His love.

Verse 20 is one of the most daring statements in all of Scripture: God is able to do 'immeasurably more than all we ask or imagine.' This means your biggest prayer, your most audacious hope, your wildest expectation — God can exceed it. But notice the qualifier: 'according to His power that is at work within us.' The scale of the miracle is connected to the depth of the Spirit's work in you. Small prayers often reflect small views of the God who lives within.

## **Prayer**

*Father, strengthen me in my inner being through Your Spirit today. Let Christ be so at home in my heart that His presence shapes every room of my life. Root me deep in love that I cannot be shaken. And let my prayers be worthy of a God who can do immeasurably more than I dare to ask. To You be glory. Amen.*

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## Day 4 *Ephesians 4*

### One Body, Many Gifts — Growing Up in Christ

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#### Chapter Summary

Having laid three chapters of theological foundation, Paul now turns to the practical implications of the gospel for Christian living, beginning with a passionate appeal to live a life worthy of the calling received. The basis of Christian unity is theological — one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father. Yet this unity must be actively maintained through humility, gentleness, patience, and love. Christ gave gifts to His church in the form of people — apostles, prophets, evangelists, pastors and teachers — to equip the saints for works of service, building up the body until all reach maturity in Christ. Paul warns against being tossed about by every wind of false teaching and calls believers to speak the truth in love, growing up in every way into Christ who is the head, from whom the whole body is joined and grows. The chapter closes with a sharp contrast between the old way of life — futile thinking, hardened hearts, sensuality, impurity — and the new self created to be like God in true righteousness and holiness. Specific applications follow: put away lying and speak truth; do not let the sun go down on your anger; stop stealing and work honestly to give to others; use words that build up; put away bitterness, rage, slander, and malice, replacing them with kindness, compassion, and forgiveness.

#### ◆ Key Verse

*Ephesians 4:15 — 'Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.'*

## **Devotional Reflection**

Paul's vision for the church is breathtaking in its ambition and practical in its requirements. The church is not merely a weekly meeting or a social support group — it is the body of Christ, designed to grow up into the full stature of its Head. This growth is not automatic; it requires every part doing its work. The gifts Christ gave to the church — apostles, prophets, evangelists, pastors and teachers — are not celebrity positions but service roles, whose entire purpose is to equip ordinary believers for ministry.

Speaking the truth in love is one of the most difficult of all Christian disciplines, because we tend to err on one side or the other: either we speak truth without love (brutal honesty that wounds) or we speak love without truth (soft reassurance that never challenges). The gospel holds both together because it comes from a God who is simultaneously utterly truthful and utterly loving. A community that practices this becomes a place of both safety and transformation.

The anger principle — 'do not let the sun go down on your anger, and do not give the devil a foothold' — is deeply practical. Unresolved anger left overnight becomes a landing strip for the enemy. It hardens into bitterness, resentment, and eventually, the slander and malice Paul warns against. Deal with conflict quickly. Forgive completely. This is not weakness — it is the spiritual maturity of someone who has been forgiven immeasurably.

## **Prayer**

*Lord, I want to be part of a body that is truly growing up into You. Give me gifts not for my glory but for service. Teach me to speak truth with love — to be honest without being harsh, and tender without being dishonest. Where I carry anger or bitterness today, help me to release it before the sun sets. Amen.*

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## Day 5 *Ephesians 5*

### Walking in Love, Light, and Wisdom

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#### Chapter Summary

Paul continues his practical teaching with a call to imitate God as beloved children, walking in love just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice. He contrasts the old life of sexual immorality, impurity, greed, and foolishness with the new life of thankfulness and light. Those who live in darkness must be exposed by the light — believers are to have nothing to do with fruitless deeds of darkness but rather expose them. Instead of being drunk with wine, believers are to be filled with the Spirit — singing psalms, hymns, and spiritual songs, always giving thanks for everything in the name of Jesus Christ. The chapter then turns to one of Paul's most discussed passages: the mutual submission and complementary roles of husbands and wives. Wives are to submit to their own husbands as to the Lord, as the church submits to Christ. Husbands are to love their wives as Christ loved the church — giving Himself up for her, sanctifying and presenting her as a glorious church, without stain or wrinkle or any other blemish. The husband-wife relationship is a living parable of the Christ-church relationship — a mystery of breathtaking depth.

#### ◆ Key Verse

*Ephesians 5:1-2 — 'Follow God's example, therefore, as dearly loved children 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.'*

## **Devotional Reflection**

Paul's opening command — 'imitate God' — is the most audacious possible standard for human conduct. Yet he immediately qualifies how: 'as dearly loved children.' Children imitate their parents not through gritted effort but through natural affection and proximity. When you are immersed in the love of God, you begin to reflect it without trying. The source of loving others is being deeply loved by God.

The contrast between drunkenness and Spirit-filling is striking. Both alter your state, change your mood, and affect your behavior. But alcohol diminishes control, distorts perception, and leaves a hangover of regret. The Spirit's filling brings clarity, joy, worship, and the capacity for self-giving love. The command is in the present continuous tense — 'keep being filled' — suggesting this is not a one-time event but a daily, ongoing choice of surrender.

The marriage teaching is profoundly countercultural in every direction. Wives are not commanded to be doormats — submission here is a voluntary, loving response to a husband who is laying down his life for her. Husbands are not commanded to lead — they are commanded to love sacrificially, to nourish and cherish, to give up their own preferences for the spiritual flourishing of their wives. This is not power over but power for. If every husband loved his wife the way Christ loves the church, submission would never be a burden.

## **Prayer**

*Heavenly Father, I want to imitate You — not as a fearful obligation but as a child who loves their parent. Fill me afresh with Your Spirit today. Where I have settled for the dullness of self-indulgence, awaken me to the joy of a Spirit-filled life. And where love is required — at home, at work, in my community — give me the courage to love as Christ loves. Amen.*

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## Day 6 *Ephesians 6*

### The Armor of God — Standing Firm

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#### Chapter Summary

Paul concludes Ephesians with two final practical sections. First, he addresses family and workplace relationships: children are to obey their parents in the Lord, and fathers are not to provoke their children but to bring them up in the training and instruction of the Lord. Workers are to serve with sincerity of heart as to Christ, not to impress people but God, knowing that the Lord will reward everyone for whatever good they do. Employers are to treat workers well, remembering that God shows no favoritism. Then Paul delivers his famous 'armor of God' passage — one of the most memorable sections in all of his letters. The battle Christians face is not against flesh and blood but against rulers, authorities, powers of this dark world, and spiritual forces of evil in the heavenly realms. To stand firm, believers must put on the full armor of God: the belt of truth, the breastplate of righteousness, feet fitted with the gospel of peace, the shield of faith, the helmet of salvation, the sword of the Spirit (the word of God), and above all — prayer. Paul closes with personal requests for prayer and a benediction of peace, love, faith, and grace.

#### ◆ Key Verse

*Ephesians 6:10-11 — 'Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes.'*

## **Devotional Reflection**

The armor passage is often treated as a children's object lesson, but it carries the weight of Paul writing from a Roman prison, having lived through shipwrecks, beatings, imprisonments, and constant opposition. He knew better than almost anyone that the Christian life is a war. Not a metaphorical struggle with difficult emotions — a real, spiritual conflict with intelligent, malevolent opponents who have studied your weaknesses and crafted schemes around them.

Notice what the armor is made of: truth, righteousness, the gospel, faith, salvation, Scripture, and prayer. Every piece is relational — your standing with God, your trust in God, your knowledge of God. You cannot manufacture armor; you can only receive and wear what God provides. The one offensive weapon — the sword of the Spirit — is the Word of God, which Jesus Himself used against Satan's temptations in the wilderness. Scripture is not just comfort literature; it is a weapon in skilled hands.

The call to 'pray in the Spirit on all occasions with all kinds of prayers and requests' is the closing command of the entire practical section of Ephesians. After all the rich theology, the sweeping vision of the church, the ethical instructions for every relationship — the final word is prayer. Everything Paul has taught requires prayer to sustain it. Armor that is never worn provides no protection. Stand up, put it on, and stay in step with the Spirit through prayer.

## **Prayer**

*Lord of angel armies, I acknowledge that I am in a spiritual war that I cannot win in my own strength. Today I choose to put on Your armor — to stand in truth, to trust Your righteousness, to advance in the gospel of peace, to lift the shield of faith. Let Your Word be sharp in my hands. Keep me alert in prayer, standing firm in Your mighty power. Amen.*

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