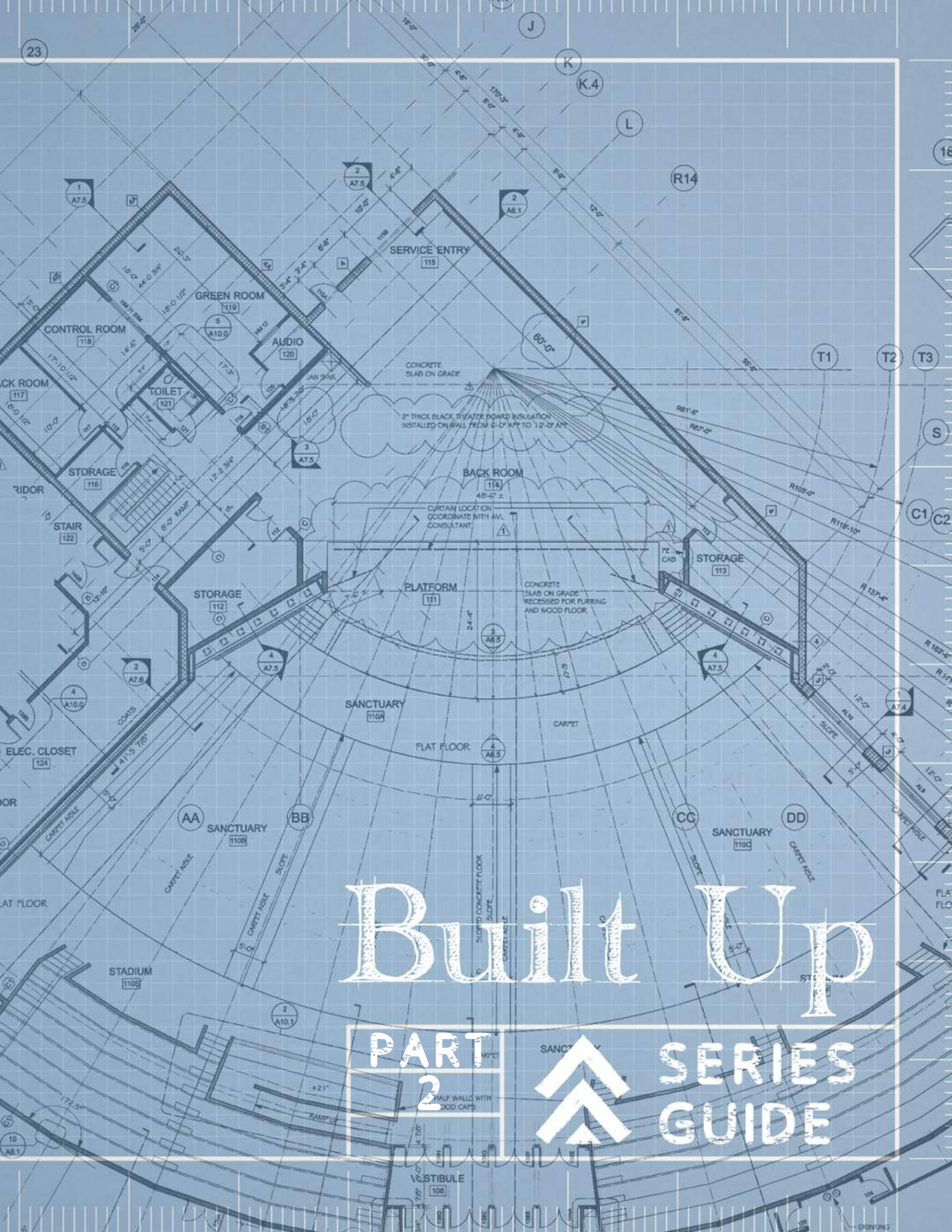
Built Up
PART 2
SERIES GUIDE

BUILT UP, PART 2

OCTOBER 18 - NOVEMBER 29, 2026

SERIES OVERVIEW

As we contiue studying Ephesians, we'll begin to be less remindned about what's true (that was the first three chapters) and now encouraged in how that affects how we live.

It's too easy to think of Christianity as just something we know or believe. Of course, that's a part of what it means to follow Christ. But what we believe has to change how we live and act, as well. And as Christians, we're to follow the example of our Lord and King, Jesus. As we continue in Ephesians, Paul will carefully explain how what we believe then affects how we live in the church, in the world, and in our homes.

BOOK OVERVIEW

Continue to keep this overarching context in mind as you continue to study Ephesians.

The Book of Ephesians, written by the Apostle Paul around AD 60–62 while under house arrest in Rome, is a letter originally sent to the multicultural city of Ephesus in modern-day Turkey. Known as a city steeped in commerce, magic, and idol worship, Ephesus was home to a young church that Paul spent over two years planting and discipling. Unlike many of Paul's other letters, this one was not written to address a specific local crisis or heresy. Instead, it serves as a grand theological treatise aimed at helping believers understand their new identity in Jesus, the breaking down of ethnic barriers between Jews and Gentiles, the beauty of God's vision for His church, and God's ultimate plan to unite all of creation under Christ.

Structurally, the six-chapter letter splits into two distinct, equal halves that balance theology with practice. This guide is covering the first half. These first three chapters explore what God has done, opening with a celebration of spiritual blessings and declaring that salvation is a gift received purely through grace and faith, not human effort. Paul explains the "mystery" that non-Jewish believers are equal co-heirs in God's family, forming one unified global body. While some of those concepts (Jew/Gentile) might be less compelling in our immediate context, continue to try and place yourself in the shoes of the ancient hearers as we seek to understand these texts.

When reading Ephesians, the key to unlocking its depth lies in recognizing that identity always precedes activity. Paul intentionally gives zero commands in the first three chapters, choosing instead to establish who the believer is "in Christ"—a phrase that appears over thirty times—before demanding any action.

As we continue in this book, consider reading the final three chapters in one sitting to see the relationship between Paul's plea for unity in chapter 4 and his encouragement for families and marriages in chapter 5 and 6.

HOW TO USE THIS GUIDE

This guide is designed to help you engage with some of the discipleship models that are taught at Woodlands through our Core Classes, and then to study the passage that will be preached on Sunday, in preparation for gathering together.

Use this guide during the week leading up to Sunday to study the passage, build spiritual disciplines, reflect on our God who is so worthy of worship, and to take sermon notes on Sunday morning.

WEEKLY GUIDE

If you have taken Bible 101, Faithful Habits, or Knowing the Living God, there are weekly guide pages that help you think intentionally through how you're integrating those concepts into your daily life. Your Life Group might use these pages.

Feel free to fill out as much or as little of these pages as is helpful to you. If you haven't taken these classes, they're offered regularly thoughout the year.

PASSAGE STUDY

Three pages each week are dedicated to the passage study. Tear out the passage sheet, lay it next to the observation sheet, and mark them up with colored pencils and notes. Actively interact with the text! Take your time to make many good observations before moving onto interpretation. Remember, our interpretation will only be as thorough as our observation! And don't skip application.

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1. OBSERVATION		2. INTERPRETATION		3. APPLICATION
What is the context? What does the text say?	→	Why did the author write this? What does it mean?	→	How should the truths of this text change me?

In every step, pray and meditate on God's Word.
Spending time with God in Scripture is the goal. Slow down to marvel at who He is. Ask God to press His truth into you. Prioritize your relationship with Him over finding the right answer or the perfect application.
You change as you spend time with Him.

RESOURCES

Our church research library (in the chapel foyer) has a number of commentaries on Ephesians. Feel free to stop by and reference them for help.

If you're interested in purchasing a commentary, we recommend either *Exalting Jesus in Ephesians (Christ-Centered Exposition Commentary)*, or *Ephesians for You (God's Word for You)*

OCTOBER 12 - 18

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 85	Psalm 86	Psalm 87	Psalm 88	Psalm 89	Psalm 90	Psalm 3
John 6	John 7	John 8	John 9	John 10	Eph. 4:1-6	
Ezek. 10-12	Ezek. 13-15	Ezek. 16-18	Ezek. 19-21	Ezek. 22-24		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 42:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the *Knowing the Living God Catechism*.

Question: Who are we supposed to tell about Jesus?

Answer: In obedience to Christ's commission, we are to make disciples among all people, bearing witness to the gospel in word and deed.

SERMON NOTES:

PASSAGE STUDY
EPHESIANS 4:1-6
WALK THIS WAY

1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the
calling to which you have been called, 2 with all humility and gentleness, with
patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit
in the bond of peace. 4 There is one body and one Spirit—just as you were called to
the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God
and Father of all, who is over all and through all and in all.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

PART 3: INTERPRETATION | WHAT DOES IT MEAN?

Why did the author write this?

1. How does the text and other Scriptures you know of answer your questions?
Consult maps, Bible handbooks, commentaries, concordances,
and study Bible notes as necessary to learn about places, customs and people.

2. Write down any other notes, thoughts, or things you learned from this passage.

Summarize this passage in one sentence. What is the main idea or intent? What would you title this passage?

PART 4: APPLICATION | HOW SHOULD THE TRUTHS OF THIS TEXT CHANGE ME?

1. What is your response to this passage?

2. Are there examples of things you want to follow or avoid?

3. Does this passage change the way you view God?

4. Is there a truth you want to thank God for or follow?

5. Pray that God would help you apply these words and truths.

PART 5: DISCUSS IN COMMUNITY

Gather with your group or a few friends and discuss what you learned.
Listen to what others learned and ask each other questions.

OCTOBER 19-25

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 91	Psalm 92	Psalm 93	Psalm 94	Psalm 95	Psalm 96	Psalm 115
John 11	John 12	John 13	John 14	John 15	Eph 4:7-16	
Ezek. 25-27	Ezek. 28-30	Ezek. 31-33	Ezek. 34-36	Ezek. 37-39		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 43:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the Knowing the Living God Catechism.

Question: How will Jesus return?

Answer: Jesus Christ will return personally, bodily, and gloriously.

SERMON NOTES:

PASSAGE STUDY
EPHESIANS 4:7-16
JOINED TOGETHER

7 But grace was given to each one of us according to the measure of Christ's gift. 8
Therefore it says,

"When he ascended on high he led a host of captives,
and he gave gifts to men."

9 (In saying, "He ascended," what does it mean but that he had also descended into
the lower regions, the earth? 10 He who descended is the one who also ascended far
above all the heavens, that he might fill all things.) 11 And he gave the apostles, the
prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the
work of ministry, for building up the body of Christ, 13 until we all attain to the unity
of the faith and of the knowledge of the Son of God, to mature manhood, to the
measure of the stature of the fullness of Christ, 14 so that we may no longer be
children, tossed to and fro by the waves and carried about by every wind of doctrine,
by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in
love, we are to grow up in every way into him who is the head, into Christ, 16 from
whom the whole body, joined and held together by every joint with which it is
equipped, when each part is working properly, makes the body grow so that it builds
itself up in love.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

PART 3: INTERPRETATION | WHAT DOES IT MEAN?

Why did the author write this?

1. How does the text and other Scriptures you know of answer your questions?
Consult maps, Bible handbooks, commentaries, concordances,
and study Bible notes as necessary to learn about places, customs and people.

2. Write down any other notes, thoughts, or things you learned from this passage.

Summarize this passage in one sentence. What is the main idea or intent? What would you title this passage?

PART 4: APPLICATION | HOW SHOULD THE TRUTHS OF THIS TEXT CHANGE ME?

1. What is your response to this passage?

2. Are there examples of things you want to follow or avoid?

3. Does this passage change the way you view God?

4. Is there a truth you want to thank God for or follow?

5. Pray that God would help you apply these words and truths.

PART 5: DISCUSS IN COMMUNITY

Gather with your group or a few friends and discuss what you learned.
Listen to what others learned and ask each other questions.

OCTOBER 26-NOVEMBER 1

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 97	Psalm 98	Psalm 99	Psalm 100	Psalm 101	Psalm 102	Psalm 92
John 16	John 17	John 18	John 19	John 20	Eph 4:17-31	
Ezek. 40-42	Ezek. 43-45	Ezek. 46-48	Ezra 1-3	Ezra 4-6		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 44:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the Knowing the Living God Catechism.

Question: When will Jesus return?

Answer: Jesus will return at a time known only to God, and it is our reponsibility to wait for His return.

SERMON NOTES:

PASSAGE STUDY
EPHESIANS 4:17-32
HOUSE RULES OF THE CHURCH

17 Now this I say and testify in the Lord, that you must no longer walk as the Gentiles
do, in the futility of their minds. 18 They are darkened in their understanding, alienated
from the life of God because of the ignorance that is in them, due to their hardness of
heart. 19 They have become callous and have given themselves up to sensuality, greedy
to practice every kind of impurity. 20 But that is not the way you learned Christ!— 21
assuming that you have heard about him and were taught in him, as the truth is in
Jesus, 22 to put off your old self, which belongs to your former manner of life and is
corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24
and to put on the new self, created after the likeness of God in true righteousness and
holiness.
25 Therefore, having put away falsehood, let each one of you speak the truth with his
neighbor, for we are members one of another. 26 Be angry and do not sin; do not let
the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief
no longer steal, but rather let him labor, doing honest work with his own hands, so
that he may have something to share with anyone in need. 29 Let no corrupting talk
come out of your mouths, but only such as is good for building up, as fits the occasion,
that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by
whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and
anger and clamor and slander be put away from you, along with all malice. 32 Be kind to
one another, tenderhearted, forgiving one another, as God in Christ forgave you.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

PART 3: INTERPRETATION | WHAT DOES IT MEAN?

Why did the author write this?

1. How does the text and other Scriptures you know of answer your questions?
Consult maps, Bible handbooks, commentaries, concordances,
and study Bible notes as necessary to learn about places, customs and people.

2. Write down any other notes, thoughts, or things you learned from this passage.

Summarize this passage in one sentence. What is the main idea or intent? What would you title this passage?

PART 4: APPLICATION | HOW SHOULD THE TRUTHS OF THIS TEXT CHANGE ME?

1. What is your response to this passage?

2. Are there examples of things you want to follow or avoid?

3. Does this passage change the way you view God?

4. Is there a truth you want to thank God for or follow?

5. Pray that God would help you apply these words and truths.

PART 5: DISCUSS IN COMMUNITY

Gather with your group or a few friends and discuss what you learned.
Listen to what others learned and ask each other questions.

NOVEMBER 2-8

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 103	Psalm 104	Psalm 105	Psalm 106	Psalm 107	Psalm 108	Psalm 15
john 21	1 Cor. 1	1 Cor. 2	1 Cor. 3	1 Cor. 4	Eph. 5:1-21	
Ezra 7-8	Ezra 9-10	Neh. 1-3	Neh. 4-6	Neh. 7-9		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 45:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the Knowing the Living God Catechism.

Question: How should we wait for Jesus?

Answer: The return of Jesus demands constant expectancy and faithful living in every aspect of our lives.

SERMON NOTES:

PASSAGE STUDY
EPHESIANS 5:1-21
WALKING IN LOVE

1 Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved
us and gave himself up for us, a fragrant offering and sacrifice to God.
3 But sexual immorality and all impurity or covetousness must not even be named
among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor
crude joking, which are out of place, but instead let there be thanksgiving. 5 For you may
be sure of this, that everyone who is sexually immoral or impure, or who is covetous
(that is, an idolater), has no inheritance in the kingdom of Christ and God. 6 Let no one
deceive you with empty words, for because of these things the wrath of God comes upon
the sons of disobedience. 7 Therefore do not become partners with them; 8 for at one
time you were darkness, but now you are light in the Lord. Walk as children of light 9 (for
the fruit of light is found in all that is good and right and true), 10 and try to discern what
is pleasing to the Lord. 11 Take no part in the unfruitful works of darkness, but instead
expose them. 12 For it is shameful even to speak of the things that they do in secret. 13
But when anything is exposed by the light, it becomes visible, 14 for anything that
becomes visible is light. Therefore it says,
"Awake, O sleeper,
and arise from the dead,
and Christ will shine on you."
15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of
the time, because the days are evil. 17 Therefore do not be foolish, but understand what
the will of the Lord is. 18 And do not get drunk with wine, for that is debauchery, but be
filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs,
singing and making melody to the Lord with your heart, 20 giving thanks always and for
everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one
another out of reverence for Christ.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

PART 3: INTERPRETATION | WHAT DOES IT MEAN?

Why did the author write this?

1. How does the text and other Scriptures you know of answer your questions?
Consult maps, Bible handbooks, commentaries, concordances,
and study Bible notes as necessary to learn about places, customs and people.

2. Write down any other notes, thoughts, or things you learned from this passage.

Summarize this passage in one sentence. What is the main idea or intent? What would you title this passage?

PART 4: APPLICATION | HOW SHOULD THE TRUTHS OF THIS TEXT CHANGE ME?

1. What is your response to this passage?

2. Are there examples of things you want to follow or avoid?

3. Does this passage change the way you view God?

4. Is there a truth you want to thank God for or follow?

5. Pray that God would help you apply these words and truths.

PART 5: DISCUSS IN COMMUNITY

Gather with your group or a few friends and discuss what you learned.
Listen to what others learned and ask each other questions.

NOVEMBER 9-15

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 109	Psalm 110	Psalm 111	Psalm 112	Psalm 113	Psalm 114	Psalm 24
1 Cor. 5	1 Cor. 6	1 Cor. 7	1 Cor. 8	1 Cor. 9	Rom. 6:1-11	
Neh. 10-13	Esther 1-3	Esther 4-6	Esther 7-8	Esther 9-10		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 46:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the Knowing the Living God Catechism.

Question: How should we feel about Jesus' return?

Answer: Jesus' return is our blessed hope.

SERMON NOTES:

PASSAGE STUDY
ROMANS 6:1-11
BAPTISM SUNDAY

This upcoming Sunday is baptism Sunday, and we will be stepping away from Ephesians for a week. Take some time and study this beautiful passage on baptism and newness of life in Christ.

1 What shall we say then? Are we to continue in sin that grace may abound? 2 By no means! How can we who died to sin still live in it? 3 Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? 4 We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

5 For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. 6 We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. 7 For one who has died has been set free from sin. 8 Now if we have died with Christ, we believe that we will also live with him. 9 We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. 10 For the death he died he died to sin, once for all, but the life he lives he lives to God. 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

PART 3: INTERPRETATION | WHAT DOES IT MEAN?

Why did the author write this?

1. How does the text and other Scriptures you know of answer your questions?
Consult maps, Bible handbooks, commentaries, concordances,
and study Bible notes as necessary to learn about places, customs and people.

2. Write down any other notes, thoughts, or things you learned from this passage.

Summarize this passage in one sentence. What is the main idea or intent? What would you title this passage?

PART 4: APPLICATION | HOW SHOULD THE TRUTHS OF THIS TEXT CHANGE ME?

1. What is your response to this passage?

2. Are there examples of things you want to follow or avoid?

3. Does this passage change the way you view God?

4. Is there a truth you want to thank God for or follow?

5. Pray that God would help you apply these words and truths.

PART 5: DISCUSS IN COMMUNITY

Gather with your group or a few friends and discuss what you learned.
Listen to what others learned and ask each other questions.

NOVEMBER 16-22

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 115	Psalm 116	Psalm 117	Psalm 118	Psalm 119	Psalm 120	Psalm 100
1 Cor. 10	1 Cor. 11	1 Cor. 12	1 Cor. 13	1 Cor. 14	Eph 5:22-6:9	
Dan. 1-3	Dan. 4-6	Dan. 7-9	Dan. 10-12	Haggai 1-2		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 47:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the *Knowing the Living God Catecism*.

Question: How should Jesus' return affect our lives?

Answer: The return of Jesus motivates the believer to godly living, sacrificial service, and energetic mission.

SERMON NOTES:

PASSAGE STUDY
EPHESIANS 5:22-6:9
KEY RELATIONSHIPS

22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head
of the wife even as Christ is the head of the church, his body, and is himself its Savior.
24 Now as the church submits to Christ, so also wives should submit in everything to
their husbands.
25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26
that he might sanctify her, having cleansed her by the washing of water with the word,
27 so that he might present the church to himself in splendor, without spot or wrinkle
or any such thing, that she might be holy and without blemish. 28 In the same way
husbands should love their wives as their own bodies. He who loves his wife loves
himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as
Christ does the church, 30 because we are members of his body. 31 "Therefore a man
shall leave his father and mother and hold fast to his wife, and the two shall become
one flesh." 32 This mystery is profound, and I am saying that it refers to Christ and the
church. 33 However, let each one of you love his wife as himself, and let the wife see
that she respects her husband.
6:1 Children, obey your parents in the Lord, for this is right. 2 "Honor your father and
mother" (this is the first commandment with a promise), 3 "that it may go well with you
and that you may live long in the land." 4 Fathers, do not provoke your children to
anger, but bring them up in the discipline and instruction of the Lord.
5 Bondservants, obey your earthly masters with fear and trembling, with a sincere
heart, as you would Christ, 6 not by the way of eye-service, as people-pleasers, but as
bondservants of Christ, doing the will of God from the heart, 7 rendering service with a
good will as to the Lord and not to man, 8 knowing that whatever good anyone does,
this he will receive back from the Lord, whether he is a bondservant or is free. 9
Masters, do the same to them, and stop your threatening, knowing that he who is both
their Master and yours is in heaven, and that there is no partiality with him.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

PART 3: INTERPRETATION | WHAT DOES IT MEAN?

Why did the author write this?

1. How does the text and other Scriptures you know of answer your questions?
Consult maps, Bible handbooks, commentaries, concordances,
and study Bible notes as necessary to learn about places, customs and people.

2. Write down any other notes, thoughts, or things you learned from this passage.

Summarize this passage in one sentence. What is the main idea or intent? What would you title this passage?

PART 4: APPLICATION | HOW SHOULD THE TRUTHS OF THIS TEXT CHANGE ME?

1. What is your response to this passage?

2. Are there examples of things you want to follow or avoid?

3. Does this passage change the way you view God?

4. Is there a truth you want to thank God for or follow?

5. Pray that God would help you apply these words and truths.

PART 5: DISCUSS IN COMMUNITY

Gather with your group or a few friends and discuss what you learned.
Listen to what others learned and ask each other questions.

NOVEMBER 23-29

WOODLANDS IN THE WORD:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 121	Psalm 122	Psalm 123	Psalm 124	Psalm 125	Psalm 126	Psalm 98
1 Cor. 15	1 Cor. 16	2 Cor. 1	2 Cor. 2	2 Cor. 3	Eph 6:10-24	
Zech. 1-3	Zech. 4-6	Zech. 7-9	Zech. 10-12	Zech. 13-14		

FAITHFUL HABIT:

I will seek to be intentional in _____ by _____.
[category] *[practice summary].*
It will take _____ every _____. I'll need to stop _____.
[amount of time] *[frequency]* *[takeaway].*
In order to help build this habit, I'll _____.
[hack].
I'll share my habit goals with _____, and I'll keep track of it by _____.
[unprivate] *[log].*

KNOWING THE LIVING GOD; WEEK 48:

Reflect on and pray over this question and answer from our catechism.
More context can be found in the *Knowing the Living God Catecism*.

Question: What should be our response to Christ's death and resurrection?

Answer: Everyone everywhere is commanded by God to believe the gospel, to turn to God in repentance and to receive the Lord Jesus Christ.

SERMON NOTES:

PASSAGE STUDY
EPHESIANS 6:10-6:24
THE ARMOR OF GOD

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole
armor of God, that you may be able to stand against the schemes of the devil. 12 For we
do not wrestle against flesh and blood, but against the rulers, against the authorities,
against the cosmic powers over this present darkness, against the spiritual forces of
evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may
be able to withstand in the evil day, and having done all, to stand firm. 14 Stand
therefore, having fastened on the belt of truth, and having put on the breastplate of
righteousness, 15 and, as shoes for your feet, having put on the readiness given by the
gospel of peace. 16 In all circumstances take up the shield of faith, with which you can
extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and
the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit,
with all prayer and supplication. To that end, keep alert with all perseverance, making
supplication for all the saints, 19 and also for me, that words may be given to me in
opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an
ambassador in chains, that I may declare it boldly, as I ought to speak.

21 So that you also may know how I am and what I am doing, Tychicus the beloved
brother and faithful minister in the Lord will tell you everything. 22 I have sent him to
you for this very purpose, that you may know how we are, and that he may encourage
your hearts.

23 Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus
Christ. 24 Grace be with all who love our Lord Jesus Christ with love incorruptible.

PART 1: OVERVIEW

Read the entire passage a few times.
You can listen to it or read it out loud.

PART 2: OBSERVATION; EPISTLE | WHAT DOES THE TEXT SAY?

Circumstances What is the context of the passage, and what questions or tensions is the author addressing?	**Terms** What theological terms are being used or highlighted, and what do they mean?
Themes What is the overall theme of the passages, and are there sub themes as well? Are there other passages in Scripture that address similar themes?	**Causality** What are the causes and connections that show cause or intention? What are the arguments that are being argued for or against; why?

Q: What questions do you have after observing the themes, terms, and concept relationships in this passage?
Remember, every observation can be turned into a question.

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SERIES WRAP-UP

Take some time to reflect on the things God taught you as you studied the book of Ephesians. What has stood out or helped shape your understanding of who God is, what He has done, and what He calls us to?

1. What are the overarching themes found in these passages?

2. What have you learned or been reminded about who God is and how He would have you live?

3. What are some important things God is teaching you?

4. Reflect on your application worksheets. How will you work on applying what you entered there?