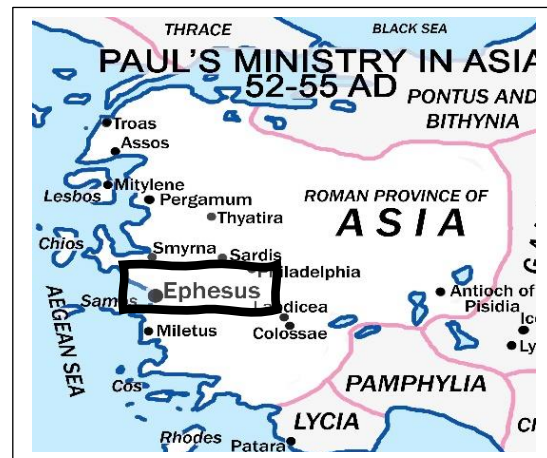


1 **Ephesians: Week 1 – Introduction** (Duration: 19:43) ([www.lighthouseideas.org](http://www.lighthouseideas.org) TAB: Ephesians PW:  
2 ARMOR42) <https://youtu.be/Y71r-T98E2Q> (YouTube: Bible Project: Ephesians)  
3 **House of Mary in Ephesus:** Appropriate the authentic *Queen of Heaven* and *Virgin from Heaven* will  
4 reside in Ephesus where local favorite Greek goddesses of chastity and childbirth was **Artemis**, daughter  
5 of Zeus, also called *virgin from heaven* and **Dianna, queen of heaven**  
6 **Mary:** Mother of Jewish and Gentile believers  
7 **Apostle Paul:** A scholar with dual citizenship (Jewish and Roman), perfectly situated to be apostle to  
8 Gentiles (has education, wisdom); writes as a father and about freedom although he is in prison;  
9 explains their inheritance; writings very applicable to today. Letters are centered to help understand  
10 who they are as Christians, as the Church, who is Jesus. Structure and topics of letters centered on Love  
11 and Inheritance, *walk in love* (Roman 12, 1 Corinthians, 2 Corinthians)  
12 **Ephesus:** SW corner of modern-day Turkey, 4<sup>th</sup> largest city in Roman world; Paul I there for 3 yrs. (Acts  
13 20); Ephesians hostile to message of gospel, a place of magic/worship of Artemis/Diana. Magic included  
14 spells, astrology, ankle bracelets/charms (Similar to today with worship/control of money, power, etc.  
15 (tarot cards, Ouija boards, palm readers – all sins against God, His power/plan for universe; attempt to  
16 control future. **Economy of Ephesus:** Sale of silver amulets, small shrine souvenirs, good luck charms;  
17 Paul challenged them (ACTS 19) and almost lost his life; interesting that Mary goes to live in Ephesus  
18 **Council of Ephesus** (431 AD) determined Mary was theotokos (Mother of God – not pagan goddess,  
19 Artemis) and validates that Jesus was divine, son of God; Jesus was *Prince of Peace* and ushers in good  
20 news for the world, not Caesar  
21 **Amulets:** Paul addresses the good luck charms and magic prevalent in Ephesus (Acts 19) by using  
22 handkerchiefs and apron to counter them. Paul states, *The body of Christ has the real power, and it*  
23 *comes from Jesus Christ.* Our role is to show others the *true* source of power and welcome them into the  
24 TRUE family of God (**Book of Revelation and John:** One of John's letters is addressed to the Ephesians  
25 (Eph 2:1-11); they know their faith well  
26 **Ephesus:** Paul spent three years teaching theology and doctrine to Ephesians, but they lost their *first*  
27 *love*, the life of their city was the port and silt often threatened to close it; cleared twice but not after  
28 that and it closed up leaving city 5 miles from water. **MESSAGE 1:** *Go back and do what you did at the*  
29 *beginning*, you have strayed from your faith.  
30 **Paul in prison:** Sometimes we feel like we are in prison with relationships, finances, jobs, with our  
31 children, physical or mental limitations and God cannot help us. **MESSAGE 2:** Paul uses his suffering for  
32 benefit of Church, Jews and Gentiles, reminded them of their *inexhaustible inheritance* and gifts,  
33 treasure of The Kingdom; members of the *body of Christ*, our communion and unity with each other;  
34 *spousal relationship* between the Church and Christ; difference between being a *fan* of Christ or a  
35 **MESSAGE 3:** Don't let limitations limit you; don't be a *fan* of Christ, but a *follower* of Christ; a new  
36 *people of God*  
37 **Structure of Book of Ephesians:** Ch 1-3, focus on orthodoxy, right-believing (dogma, theology); Ch 4,  
38 focus on *right-living* (behavior, attitude, *practice what you preach*). MESSAGE: Book of Ephesians is an  
39 invitation to you and to all to become part of the *covenant family* of God, to be sons and daughters, to,  
40 to walk not in power of the world but power of the Kingdom, to discover your *inheritance*.  
41 **MESSAGE 4:** Read the whole letter of Paul to the Ephesians, take time to pray to St Paul and to the  
42 Blessed Virgin Mary  
43 **Ephesians: Week 2 – READ: Ephesians 1** (Duration: 21:21)  
44 **Lectio Divina:** How we learn to talk to God, and God talks to us  
45 Ephesians is like a retreat to help us know about God's amazing plan for our lives; *you have died and*  
46 *now you live in Christ*; Christ makes all things new; *It is no longer I who live but Christ who lives in me*;  
47 **MESSAGE 5:** (Eph 1:3-14) Jesus is the place we now live our lives;  
48 Seven-fold blessing: 1. We have been *chosen*, 2. We have been *adopted*, 3. We have been *redeemed*, 4.  
49 We have been *forgiven*; 5. We have been *made to know God's plan*, 6. We have *obtained an inheritance*,  
50 7. We have been *sealed* with God's guarantee by His Holy Spirit within us

51 **Eph 1:1-2: Salutation; Eph 1:3-8: Spiritual Blessing:** See richness of our inheritance as adopted  
 52 sons/daughters of God; His family on Earth. **MESSAGE 6:** We are free to love as Christ loved AND have  
 53 wisdom/insight into purpose of God's *PLAN* of *sheer goodness* to unite *all* humanity into His family **CCC:**  
 54 **p236:** Important to know *THEOLOGY*, the mystery of the Trinity-knowing our *Father's heart*=knowing His  
 55 *PLAN=TRUSTING* Him = **foundation of HOPE: Eph 1:11 – 12:** Foundation of Hope: We are  
 56 destined/appointed to live for His praise and glory based on the Father's heart, His words and His deeds;  
 57 You are in His heart, He has a *PLAN* for your life  
 58 **Eph 1:13-14:** God places His *seal* upon us, (the Holy Spirit as *guarantee* of our inheritance); we receive  
 59 our inheritance to be His family AND as God's children, we are His inheritance through the Holy Spirit  
 60 (like an *engagement ring*; Holy Spirit a *reminder* that we belong to the Father; we are redeemed and  
 61 liberated until in *full possession* of our inheritance to the *praise of His glory*.  
 62 **Eph 15-23:** Word of God teaches us how to pray; Psalms=great *school of prayer* (Read Psalm 18:46, *burst*  
 63 *of praise*); Paul has *burst of prayer* to express gratitude for his brand-new life...*for this reason* (what is  
 64 this "reason"? *I have heard of your faith in the Lord Jesus*)...*glorious inheritance of the saints* (the  
 65 Church), ...immeasurable greatness of His power? (raised from dead, seated at right hand, above all  
 66 authority and dominion, above every *NAME* forever, Body of Christ)  
 67 **Body of Christ:** We are an *expression* of Christ; gain our *identity* as body of Christ from the head; we  
 68 recognize the *Face of Christ*, wherever we go we are Christ's heart, we live His plan for the world  
 69 **QUESTION:** Does your *conduct/talk* identify you as *belonging to Christ*? Do they see *His face* in your  
 70 words and actions? Do you recognize *His plan* in *your life*?

71  
72 **Outline of Letter of St Paul to Ephesians**

- 73 **1. Eph 1:1-2: Opening Address**  
 74 **2. Eph 2:3 – 3:21: Doctoral Exposition**  
 75 A. Divine Origin of the Church (1:3 – 14)  
 76 B. Prayer for the church (1:15 – 23)  
 77 C. Building Up the Church (2:1 – 22)  
 78 D. Mystery of the Church (3:1 – 13)  
 79 E. Prayer for the Church (3:14 – 21)  
 80 **3. Eph 4:1-6:20: Moral Exhortation**  
 81 A. Unity of the Church (4:1-16)  
 82 B. Moral Maturity in the Church (4:17 – 5:20)  
 83 C. Household Life in the Church (5:21 – 6:9)  
 84 D. Spiritual Warfare in the Church (5:10 – 20)  
 85 **4. Eph 6:21-24: Closing/Farewell**



86 <sup>1</sup>Lectio Divina is Latin for "divine reading," "spiritual reading," or "holy reading" and represents a method  
 87 of prayer and scriptural reading intended to promote communion with God and provide special spiritual  
 88 insights. **1. Lectio - Reading** the Bible passage gently and slowly several times. The passage itself is not  
 89 as important as the savoring of each portion of the reading, constantly listening for the "still, small  
 90 voice" of a word or phrase that somehow speaks to the practitioner. **2. Meditatio - Reflecting** on the  
 91 text of the passage and thinking about how it applies to one's own life. This is considered to be a very  
 92 personal reading of Scripture and a very personal application. **3. Oratio – Responding** to the passage by  
 93 opening the heart to God. This is not primarily an intellectual exercise but is thought to be more of the  
 94 beginning of a conversation with God. **4. Contemplatio - Listening** to God. This is a freeing of oneself  
 95 from one's own thoughts, both mundane and holy, and hearing God talk to us. Opening the mind, heart,  
 96 and soul to the influence of God. The Old and New Testaments are words from God to be studied,  
 97 meditated upon, prayed over, and memorized for the knowledge and objective meaning they contain  
 98 and the authority from God they carry, and not for the mystical experience or feeling of personal power  
 99 and inner peace they may stimulate. Sound knowledge comes first; then the lasting kind of experience  
 100 and peace comes as a byproduct of knowing and communing with God rightly. As long as a person takes this  
 101 view of the Bible and prayer, he/she is engaging in the same kind of meditation and prayer that Bible-believing  
 102 followers of Christ have always commended.