

HOLY ESTROGEN!

Lesson 4

Ephesians 2: 1 – 3

Back then ...

Walked ... “peripateo”

According to ... “kata”

Course of this world – “aiona”

“Don’t you remember what you used to be like? Why, back then you habitually walked around trapped and unable to get off the track you were stuck on – totally unaware that you were being dominated and manipulated by the whims of the times, and by whatever society was giving its approval to at that moment ...”

v. 3 –

Ephesians 2: 4 – 6 –

But God!

Syzopoieo – to make alive and together with

Synegeiro – to raise up together with

Synkathizo – to sit down together with

Ephesians 4: 17 – 20

“excluded from the life of God because of the ignorance within them”

HOLY ESTROGEN!

Lesson 4

“the hardness of their heart ...”

Ephesians 4: 26 & 27 –

Diabalos – to throw something all the way through; To penetrate all the way through

An opportunity ... a place

GOING DEEPER QUESTIONS:

DAY 1 – Read Ephesians Chapter 1. Underline the phrase “in Him” every time that you see it. Why do you believe that this is a theme in chapter 1? What does it mean to you to be “in Him”? Choose your favorite verse from this chapter, underline it and read it again.

DAY 2 – Read Ephesians Chapter 2. What are some of the “lusts of the flesh” that you deal with? What is God rich in according to verse 4? What does verse 7 say that He is rich in? Choose your favorite verse from this chapter, underline it and read it again along with your favorite verse from Chapter 1.

DAY 3 – Read Ephesians Chapter 3. Verses 14 – 19 is a beautiful prayer. Pray it for your family today. Underline verses 20 & 21 and read your favorite verses again from Chapters 1 & 2. What is God saying to you through these verses?

DAY 4 – Read Ephesians Chapter 4: 1 – 16. According to verse 2, how are you supposed to treat other people? Verse 15 tells us to “grow up”. How do you “grow up” in your walk with the Lord? Be specific – what are some of the signs that you are maturing in Christ?

DAY 5 – Read Ephesians 4: 17 – end. What excludes you from the life of God (verse 18)? Why is it important not to let the sun go down on your anger? What harm does it do when you hold your anger rather than let it go?

DAY 6 – Read Ephesians 5: 1 – 21. How does verse 19 instruct us to speak to one another? Verse 1 tells us to “imitate God”. How do we do that? You might want to read verse 2 before you answer that question!

DAY 7 – Read Ephesians 5: 22 – end. How are wives supposed to treat their husbands? What does “submit” mean to you? Think of other words that describe how a wife should treat her husband. Even if you are not married, what does this tell you about relationships?