



DAILY GUIDE - EPHESIANS, SEPTEMBER 28 – OCTOBER 4

Memory Verse | Ephesians 2:10

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Monday, September 28

Read: Ephesians 1:3–14

Reflect: Paul begins Ephesians in an unusual way. Before telling us what to do, he reminds us of what God has already done. In just a few verses Paul says that, in Christ, we have been chosen, adopted, redeemed, forgiven, included, and given the Holy Spirit.

Notice who is doing most of the action. God is. That’s important because we often begin our spiritual lives with the question, “What should I be doing for God?”

Paul begins somewhere else: **“Do you understand what God has already done for you?”** Our relationship with God doesn’t begin with our performance. It begins with His grace. Before we **walk**, Paul wants us to learn how to **sit**—to receive what Jesus has already accomplished and allow our identity to be rooted in Him.

Act: Read the passage again and write down every phrase describing what God has done for you. Which one is hardest for you to genuinely believe about yourself?

Pray: Father, help me build my identity on what You say is true about me rather than what I accomplish or what other people think of me. Teach me to receive Your grace before I try to earn what You’ve already given.



Tuesday, September 29

Read: Ephesians 2:1–10

Reflect: Paul gives us one of the clearest pictures of grace in the New Testament. We were spiritually dead. **But God** made us alive. We

couldn't rescue ourselves, so God did for us what we could never do for ourselves.

Then Paul says something remarkable: God has **“seated us with Christ.”** Sitting is the posture of someone who knows the work has already been accomplished.

Sometimes we're exhausted spiritually because we're trying to earn something Jesus has already secured... Approval. Forgiveness. Worth. Belonging.

Paul reminds us that salvation is a gift, “not by works, so that no one can boast.” But grace doesn't mean our lives don't matter. Verse 10 says we are God's handiwork, created to do good works. The order matters.

We don't work FOR God's acceptance. We work FROM God's acceptance.

Act: Finish this sentence honestly:

“One thing I keep trying to earn from God is _____.”

Now spend a few minutes simply thanking Him for what Jesus has already done rather than asking Him for anything.

Pray: Jesus, thank You that my relationship with You is built on grace rather than my performance. Help me stop striving for what You've already given me and begin living from the security of being loved by You.



Wednesday, September 30

Read: Ephesians 4:1–6, 17–24

Reflect: Something changes in Ephesians 4. For three chapters Paul has focused primarily on what God has done. Now he says: **“Live a life worthy of the calling you have received.”**

The word translated “live” carries the idea of **walking**. In other words: Now that you know who you are... **walk like it**.

Grace doesn't simply change what we believe about eternity. Eventually it should change the way we actually live.

Paul talks about our thinking, attitudes, habits, relationships, and behavior. Not because good behavior makes God love us. Because people who have experienced God's love begin to live differently. The question isn't perfection. It's direction. **Am I becoming more like Jesus?**

Act: If someone watched your life for seven days but couldn't hear what you said you believed, where would they see evidence that Jesus is changing you? Where would change be harder to see? Choose one specific area where you want to take a step forward.

Pray: Father, thank You for calling me Your child. Help the way I live increasingly reflect who You say I am. Show me one area where I need to stop merely knowing what is right and begin walking in it.

Thursday, October 1

Read: Ephesians 4:25–32

Reflect: Paul gets incredibly practical. Tell the truth. Deal with anger. Work honestly. Be generous. Watch how you speak. Get rid of bitterness. Forgive.



This is where Christianity moves from ideas into everyday life. It's one thing to believe in grace. It's another thing to show grace when someone hurts you. It's one thing to believe God is patient. It's another thing to become patient with the people who frustrate you.

Paul ends the chapter with this challenge:

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Notice the order again. You don't forgive so God will forgive you. You forgive because you've already been forgiven. What God has done for us becomes the pattern for what God wants to do through us.

Act: Is there one relationship where your walk with Jesus needs to become more visible? Maybe through forgiveness, honesty, encouragement, an apology, or releasing bitterness. Write down one action you can take this week.

Pray: Jesus, don't allow Your grace to stop with me. Help me give others the patience, kindness, truth, and forgiveness You have given me. Show me where my faith needs to become visible in the way I treat people.

Friday, October 2

Read: Ephesians 4:1–16

Paul repeatedly uses words like **one body, one Spirit, one hope, one Lord, one faith**. God is building a people, not simply collecting individuals.

We live in a culture that celebrates independence, but spiritual maturity requires relationships. We need people who encourage us. People who pray for us. People who tell us the truth. People who challenge us. And yes, sometimes people who irritate us.



It is difficult to learn patience when nobody ever tests it! Sometimes the people who frustrate us are unintentionally participating in our spiritual formation.

Paul's picture is of a body where every part contributes and every person needs the others. So, one important question isn't simply: "How is my relationship with God?" It's also: **"Who am I walking with?"**

Act: Identify one person who helps you become more like Jesus. Send them a message thanking them.

Then ask yourself whether anyone knows you well enough to challenge you when you're drifting. If not, consider who you could begin inviting into that kind of relationship.

Pray: Father, thank You that I don't have to follow You alone. Give me humility to need other people and courage to allow others to know the real me. Help me become someone who strengthens others as we walk with You together.

Saturday – Sunday, October 3-4

Read: Ephesians 6:10–18

Reflect: Ephesians ends with a very different image. Paul has told us to **sit**. Then to **walk**. Now he tells us to **stand**.

"Put on the full armor of God...so that when the day of evil comes, you may be able to stand your ground."

Paul reminds us that our struggle is not ultimately against "flesh and blood." That's important because we often fight the wrong enemy. We fight our spouse. Our coworker. Our family. The person who hurt us. The person who sees life differently.



Meanwhile, Paul reminds us that there is a deeper spiritual battle taking place. Sometimes the enemy doesn't need to convince us to stop believing in Jesus. He simply needs to leave us distracted, bitter, isolated, exhausted, or fighting one another.

You can't win the right battle while you're fighting the wrong enemy.
And notice Paul's instruction. He doesn't say, "Win."

He says: **Stand.**

- Stand in truth.
- Stand in righteousness.
- Stand in faith.
- Stand in the strength God provides.

There are seasons when faith isn't taking another giant step forward. Sometimes faith is simply refusing to walk away.

Act: Look back over the three words from this week's message:

SIT — What do I need to surrender or receive from God?

WALK — What step of obedience do I need to take?

STAND — Where do I need to remain faithful and refuse to quit?

Choose **one**. Write down the specific decision you are making and tell someone you trust.

Review or memorize **Ephesians 2:10**.

Pray: Father, thank You for everything You've already done for me in Jesus

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