

WRITTEN BY FAITH LENIHAN

# EPHESIANS

A study on  
the book of  
Ephesians

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# *Introduction*

## **OUR IDENTITY IN CHRIST**

### **The book of Ephesians**

is a powerful letter in the bible that speaks to who we are, how we are loved, and how we're called to live as followers of Jesus. Paul wrote this while in prison, not out of fear or defeat. But with a heart full of hope, encouragement, and a deep desire to remind believers of the incredible grace we've been given.

Ephesians reminds us that our identity in Christ isn't built on what we've done or what others say about us, it's rooted in Jesus alone. It speaks to us in our everyday lives. How we relate to God, how we love each other, how we live with purpose, and how we stand strong in a world that often pulls us in the wrong direction.

Finally, my brethren, be strong in the Lord and in the power of His might. Ephesians 6:10<sup>1</sup>

As we start this journey through Ephesians together, I want to encourage you not just to read the words of the Bible, but to listen. Let them sink in and take time with each verse. Ask God to not just teach you, but to change you through His Word. It isn't just about gaining more knowledge it's about growing closer to Jesus.

***Let's walk through Ephesians together, expectant and open to what God will do.***

If you haven't subscribed yet, I'd love for you to join us so you don't miss anything. I only ask that if you share this study with others, please mention where it came from.

This Bible study begins at Ephesians 1:1 and works through the book verse by verse. You are always welcome to come back to this introduction and select the section you want to study more deeply at any time.

1) New King James Version (NKJV) Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

# Study 1:1

## EPHESIANS 1:1

### More than head knowledge

As I was writing this study on Ephesians chapter one, I was reminded once again of how personal God's love is. These aren't just ancient words to be forgotten, they are for us today. They're a reminder that Jesus saw us, chose us, and called us His own long before we ever thought about Him. This chapter grounds us in who we are because of who He is. I'm not just studying this to gain knowledge. I'm coming to be reminded of God's grace, my identity in Him, and the deep love Jesus has poured over my life.

### Ephesians 1:1

**Paul, an apostle of Christ Jesus by God's will: To the faithful saints in Christ Jesus at Ephesus.<sup>1</sup>**

### Role and Calling

Paul is identifying himself as the author of this letter Ephesians He is telling us that he was sent by Jesus with authority to teach and lead, especially to the Gentiles. He also goes on to tell us that it was God's will that he was an apostle of Christ Jesus.

This is an important reminder to us today that our purpose and calling are not random, but they are a part of our life from our relationships, jobs, and challenges are all a part of God's purpose.

We are handpicked by God for such a time as this. We are called to live out our faith and who we are. Like Paul we are called to live according to God's will, even if it doesn't look the way we think it should or what we want do.

1) Holman Christian Standard Bible (HCSB) Copyright © 1999, 2000, 2002, 2003, 2009 by Holman Bible Publishers, Nashville Tennessee. All rights reserved.

# *Reflection*

WHAT PART OF GOD'S PLAN ARE YOU WILLING  
TO SAY "YES" TO TODAY?

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ARE YOU WILLING TO TRUST JESUS, EVEN IF WHAT HE'S CALLING YOU  
TO FEELS UNCOMFORTABLE OR UNEXPECTED?

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DO YOU FEEL YOUR WERE HANDPICKED BY GOD  
FOR SUCH A TIME AS THIS? EXPLAIN WHY.

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# Study 1:1

## EPHESIANS 1:1

Continued

### The Ephesians

The people Paul was writing to were the believers living in Ephesus which was a major city in Asia Minor. Today this is in the country of Turkey.

This wasn't just written for the people at that time, it isn't just some ancient letter meant for those people hundred of years ago. It was written to all of God's people which includes us living today.

The city of Ephesus was a very busy, diverse place, it had commerce, culture and spirituality.

I imagine what the city of Ephesus must have looked like in Paul's time. I would love to go back in time and walk its streets lined with marble columns, busy marketplaces, and grand buildings.



I picture the beauty of the city, the stone roads, the sea breeze drifting in from the harbor, and people from all over the world coming and going. Even in its greatness, God was doing something even greater, planting His Church right there.

***It must have been amazing to see the message of Jesus starting to spread in such a powerful and beautiful place.***



[Click here for more information on the city of Ephesus](#)



[Where is the city of Ephesus located at today.](#)

# *Reflection*

ARE YOU TRULY LIVING OUT THE CALLING HE'S PLACED ON YOUR LIFE?  
IF SO, HOW?

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ARE YOU STEPPING INTO HIS BIGGER PLAN, OR JUST WATCHING FROM  
THE SIDELINES? IF SO,  
HOW CAN YOU STEP OUT?

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# Study 1:1

## EPHESIANS 1:1

Continued

### The Saints/Holy People

When Paul calls the believers saints or holy people in some translations he isn't referring to people who have it all together or are faithful all the time.

*The original Greek word for holy is ἅγιος (hagios).  
It means holy, set apart, consecrated, or sacred.*

Paul is stating that God set them apart. You and I today are also set apart for God's purposes. Our holiness isn't about our own strength or being perfect it's about being covered by what Jesus did for us on the cross and walking in the identity He gave us.

**So how do we live that out? It means choosing to belong to Jesus in our everyday lives. How we speak, how we love, how we serve others, and how we spend time with Him.**

Being set apart doesn't mean we're better than others; it means we live differently because we are deeply loved by Jesus. It's choosing to say **"yes"** to God when the world says **"do your own thing."** It's about leaning into grace, not performance or works, and letting our lives reflect the One who called us holy.

# *Reflection*

DO YOU TRULY SEE YOURSELF AS SOMEONE GOD HAS CALLED HOLY  
AND SET APART?

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IN WHAT AREAS OF YOUR LIFE IS HE INVITING YOU TO LIVE  
DIFFERENTLY, MORE FULLY ALIGNED WITH HIS PURPOSE AND GRACE?

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TAKE A MOMENT TO ASK JESUS TO HELP YOU WALK IN THE IDENTITY  
HE HAS GIVEN YOU, NOT STRIVING FOR PERFECTION, BUT RESTING IN  
HIS LOVE AND CHOOSING TO LIVE SET APART FOR HIM TODAY.

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# Study 1:1

## EPHESIANS 1:1

Continued

### The Faithful in Christ Jesus

The faithful saints reminds us of something powerful, that being faithful doesn't mean being perfect. It means staying connected to Jesus, even when life is hard, messy, or overwhelming.

**There will be days when we feel too busy, too broken, or too far gone, but even in those times, we can keep walking with Him.**

Just like the Ephesians, our identity is rooted in something that is unshakable. That is Jesus Himself. He is our foundation, and that changes everything for us. When we know who we are in Him, it gives us strength, direction, and purpose. Faith isn't about having it all together; it's about showing up each day, choosing to let Jesus define who we are and how we live.

*No matter what you're facing today, remember, you are His, and that truth is enough to carry you through everyday, week, month, and year.*

### Final Thoughts

When Paul called the Ephesians *"faithful in Christ Jesus,"* he wasn't speaking to perfect people. He was speaking to a community of believers doing their best to stay rooted in Christ in the middle of real life.

That same invitation is extended to us today. What does it truly mean to be faithful today, in the chaos, the questions, our work, our family, and in the routines that sometimes leaves us feeling empty?

*Maybe it's not about doing more, but about resting more deeply in who Jesus says we are.*

Can we let go of striving and instead let our identity be in Him become the foundation beneath us?

*What would change if we believed. Really believed, that being in Christ is enough? Let that truth sink in. Let it challenge you. Let it bring peace.*

**Because your identity isn't something you have to earn, it's a gift from the one who gives us life.**



# *Reflection*

WHERE DO YOU FIND YOUR DENTITY? IS IT IN YOUR PERFORMANCE,  
CIRCUMSTANCES, OR IN CHRIST?

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TAKE A MOMENT TO REFLECT ON WHAT VOICES OR PRESSURES MIGHT  
BE SHAPING HOW YOU SEE YOURSELF.

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WHAT DOES FAITHFULNESS TO JESUS LOOK LIKE IN THIS CURRENT  
SEASON OF YOUR LIFE?

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TAKE A MOMENT TO REFLECT ON WHAT VOICES OR PRESSURES MIGHT  
BE SHAPING HOW YOU SEE YOURSELF.

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# *Study 1:2*

**EPHESIANS 1:2**

**Coming Soon**