

Book of Ephesians

1. Ephesians 1:1-14

1) Opening Question: Set aside some time (approximately 30-40 minutes without interruptions) to read the entire book of Ephesians. Through this reading, what message did God convey to you?

2) Observation: The book of Ephesians was written to the church located in Ephesus, which was a wealthy port city in present-day Turkey. The city thrived with various pagan religions, emperor worship, the pursuit of pleasure (including large sports arenas and a theater capable of accommodating 25,000 people), and intellectual pursuits (housing one of the three largest libraries in the world). The apostle Paul ministered and preached the gospel there for almost two years. However, Paul wrote this letter while he was either in a Roman prison (around AD 62) or residing in another region of Greece. What led Paul to write this letter? What was the intention and main point of the message he wanted to convey to the Ephesian believers?

3) Interpretation: Verse 1:3 bears witness to "every spiritual blessing" God has given us in Christ. Among the blessings listed from verse 4 onwards, which one do you consider to be the most precious? Why?

4) Application:

4.1(God Loving Us): In verse 1:1, Paul addresses us as "saints who are faithful in Christ Jesus." How is it possible for us to be recognized as God's holy people, sanctified and set apart for Him? Is it the result of our efforts or a gift of God's grace?

4.2(God Meeting Us): Verses 1:2-11 testify to the amazing blessings that God has bestowed upon us in Christ through Christ. Think about which spiritual blessing among them amazes you the most and share your thoughts.

4.3(God Refinding Us): In verses 1:12-13, Paul reminds us of the purpose for which God has bestowed these amazing blessings upon us, to "the praise of His glory" (verse 14). In your daily life, how do you utilize God's blessings according to His will to exalt and praise Him?

4.4(God Inspiring US): When we realize and believe in God's incredible spiritual blessings and strive to live according to His guidance, it becomes impossible with our strength and efforts. Therefore, verses 1:13-14 discuss the "seal of the Holy Spirit" and "the guarantee of our inheritance." How much and in what ways do you rely on the Holy Spirit in your faith journey?

2. Ephesians 1:15-23

1) Opening Question: In verses 1:15-16, Paul, even while in prison in Rome, reveals that he has been continuously praying for the saints who are thousands of miles away, perhaps unaware of

his prayers. Have there been individuals like a mother, Sunday school teacher, or others who prayed tirelessly for you to reach this point?

2) Observation: In verse 1:17, Paul prays for the "eyes of your heart to be enlightened" and in verse 1:18, he prays for "the eyes of your understanding to be enlightened." What aspects of our hearts or understanding need to be enlightened to live today?

3) Interpretation: As Paul prays for our eyes to be enlightened, he provides evidence that it is closely related to our understanding of Christ's death, resurrection, ascension to the heavenly glory, and His appointment as the head of the church. What significance does Christ's death, resurrection, ascension, and His presence through the Holy Spirit have for you as a believer? How might remembering these promises help you during times of conflict or struggle in your faith journey within the church?

4) Application:

4.1(God Loving Us): Behind all our spiritual blessings is the incarnation, death, resurrection, ascension, and presence of God's Son, Jesus Christ. What does the cross of Christ mean to you personally?

4.2(God Meeting Us): In verses 1:18-19, Paul prays that we may know "the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead." Do you believe that the power of Christ's resurrection is still at work in your daily life and the life of your church today?

4.3(God Refinding Us): Verses 1:21-22 declare that all authority in the world is subjected under the feet of the Lord. Do you believe that this promise is still being fulfilled today? How would you meditate on and believe in this promise, especially in times of difficulty within your family, relationships, finances, and health, and when your church faces challenges?

4.4(God Inspiring US): Verse 1:23 states that the church is the body of Christ, the fullness of Him who fills all in all. How does your view of the church relate to Christ and His fullness? Do you see your church building as connected to Christ and His abundance?

3. Ephesians 2:1-11

1) Opening Question: In the passage, Paul testifies to the "amazing transformation" that has occurred in us through Christ. What changes have taken place in your life through Christ? Do you personally feel it? How would those who know you well describe it?

2) Observation: In 2:2-3, Paul contrasts the time when they did not know Jesus ("before") with the time after they came to know Him. He describes how they were once disobedient and children of wrath but now have become "beloved children of God." How is such a remarkable transformation made possible? (2:8-9)

3) Interpretation: Paul explains the remarkable transformation brought about by Christ and urges them to "remember" that they were "dead in trespasses and sins" and have now become children of God, recipients of His promises and hope. What should we remember and practice to live in light of God's grace and transformation?

4) Application:

4.1(God Loving Us): In 2:7, it is stated that God has saved us through Christ, not by our efforts, but by "the exceeding riches of His grace." Sing or recite a hymn or song that speaks of God's love for us before we loved Him and share about the grace of God's love that loved us first.

4.2(God Meeting Us): In 2:8, Paul testifies that they have been saved "by grace through faith." Salvation is God's work of salvation, justification, and making us new in Christ – the "gift of God" through His graciousness. How does faith relate to our salvation compared to works, achievements, and gifts?

4.3(God Refinding Us): Although not explicitly discussed in this passage, we see Paul's concern that the Ephesian believers may fall into false doctrine. Therefore, he urges them to "remember" that they are "God's workmanship, created in Christ Jesus for good works" (2:10). What is your identity that God has given you, which you need to remember and engrave in your heart as you continue to walk with Him?

4.4(God Inspiring US): As a new creation in God's grace, what are the "good works which God prepared beforehand" that God desires and urges you to do in your family, workplace, church, and community?

4. Ephesians 2:12-22

1) Opening Question: Among your friends, family, neighbors, and coworkers, have you ever experienced forgiving and reconciling with someone with whom you had been hurt and saddened? Share about your experience before and after reconciliation.

2) Observation: In 2:13, through expressions such as "the blood of Christ," "by His own body," and "having abolished the enmity," Paul conveys the message of grace he wants to share with us. What is this message?

3) Interpretation: Before we believed, in the eyes of the Jews, we were all Gentiles, considered unclean and excluded from the promises and blessings of God. Gentiles were seen as "unclean" people to be avoided (as seen in Jesus' interaction with the Samaritan woman in John 4), and they were regarded as lowly like dogs (as seen in the encounter with the Syrophenician woman in Mark 7:24-30). However, through Christ, this hostility and contempt have been broken down (2:14). What was the price that Christ paid to reconcile Jews and Gentiles and tear down the dividing wall for our peace?

4) Application:

4.1(God Loving Us): When did you realize that as Gentiles, we have become fellow heirs and recipients of God's love and the blessings of the covenant on equal standing with the descendants of Israel? What joy and grace does this realization bring to you?

4.2(God Meeting Us): Though unseen and unfelt, we are testified to be "a dwelling place for God in the Spirit," built on the foundation of the apostles and prophets, with Jesus Christ as the cornerstone. In Christ, we are connected to the Lord, forming a temple and dwelling place of the Holy Spirit. What power does this faith and assurance provide in overcoming conflicts, difficulties, and stress in your daily life?

4.3(God Refinding Us): In 2:17, it is stated that we, being Gentiles, have become a dwelling place of God in the Spirit through Christ, and we can approach God. How are you living a life of fellowship with God? Do you make good use of this privilege?

4.4(God Inspiring US): Whether you are a layperson, a person with a specific role, or a minister, we are all holy individuals in whom God dwells. How are you being used as an instrument of God's peace and unity (2:17)? Are there people around you who have accepted Christ through you or have chosen the path of forgiveness and reconciliation because of your influence?

5. Ephesians 3:1-13

1) Opening Question: In this passage, Paul talks about "the mystery of God," "secret," and "hidden wisdom." When you hear these words, do you have any specific thoughts or images that come to mind?

2) Observation: When we think of "mystery" or "wisdom," we tend to associate them with something special that has been strictly guarded or hidden, and something profound and complex that only a few exceptionally intelligent individuals or Nobel laureate-like scientists can unravel or find answers to. However, Paul testifies to a simple and ordinary "mystery" that everyone can know and understand: "that the Gentiles should be fellow heirs, of the same body, and partakers of His promise in Christ through the gospel" (3:6). How do you perceive Paul's testimony of this "mystery" or "secret"?

3) Interpretation: Even though this "mystery" or "secret" seems ordinary and straightforward—that through Christ, even Gentiles can be saved—why do some people realize, understand, and accept it, while others reject and ridicule it? When we look at verse 5, what is the channel of God's revelation?

4) Application:

4.1(God Loving Us): Paul is deeply moved by the providence of God, who called him while he was a sinner among sinners on the road to Damascus and entrusted him with the task of proclaiming the gospel to the Gentiles. Regarding the fact that you were able to encounter the church and have a life of faith and worship God after immigrating from a small land like Korea,

where you might have had no knowledge of other religions or God, or being born into a family that passed down the faith to you, do you feel the mystery and wisdom of God?

4.2(God Meeting Us): After encountering God on the road to Damascus, Paul never looked back and dedicated his entire life to testifying to the gospel of the Lord. Even if it wasn't through a vision or divine calling, can you summarize in about one page the personal encounters you had with God, whether it was at a specific time, place, through a particular passage of Scripture, or a pastor's sermon?

4.3(God Refinding Us): In verses 9-10, Paul says that this amazing "mystery" of God is "to make all see what is the fellowship of the mystery, which from the beginning of the ages has been hidden in God who created all things through Jesus Christ." Is the church you know merely a gathering of people, or is it a manifestation of God's mysterious will? What faith do you have as you serve the church?

4.4(God Inspiring US): Testifying to the mystery and secret of God, Paul encourages us not to be discouraged by his present "tribulations" (imprisoned in Rome) and assures us that his sufferings become a "glory" for the saints. Have you experienced any hardships or criticisms while believing in the Lord and serving Him through the church? Have you prayed for God's will and glory to be revealed through those difficulties?

6. Ephesians 3:14-21

1) Opening Question: Despite being in a situation where Paul didn't know when he would be executed in the Roman prison while writing this letter, he reflects on the mystery of God redeeming both Israel and the Gentiles through Christ and His blood. At that moment, he kneels (as I imagine) and praises God with uplifted hands (3:14). Have you ever experienced a time when you were driving alone or taking a walk, and suddenly felt the overwhelming warmth and gratitude of God's love, causing you to burst into spontaneous praise without even realizing it?

2) Observation: Paul's prayer, Paul's praise, sought for our inner being to be strengthened (16), to have faith in Christ's indwelling, to be rooted in His love (17), to comprehend the width, length, depth, and height of God's love towards us (18), and to be filled with the fullness of God (3:19). Among these prayer topics, which one do you feel is the most needed spiritual asset for you?

3) Interpretation: In concluding his prayer in verses 20-21, Paul testifies to the faithfulness and greatness of God, who can do exceedingly abundantly above all that we ask or think. This passage is densely packed with complex and lengthy phrases, making it difficult to interpret. As you read this passage, reflect on the nature of the God who comes to mind and discuss what God's purpose through the church might be.

4) Application:

4.1(God Loving Us): Are there any current challenges or doubts in your faith and personal life? Financial struggles, relationships, work, children's future, elderly parents' health—have you experienced moments when you felt the indwelling and guidance of God's presence and love amid these challenges?

4.2(God Meeting Us): Tribulations can either weaken our faith as a "threat" or become an "opportunity of grace" for us to draw closer to Christ. How do you think Paul turned the trials he faced, even in prison, into opportunities for drawing closer to God through prayer and praise?

4.3(God Refinding Us): We often tend to think that faith can grow overnight. However, Paul's prayer speaks of a process of "being rooted, growing, and becoming strong, and knowing." Are you currently on a journey of faith growth? How are you actively nurturing your faith to continue growing?

4.4(God Inspiring US): Many people have left the church or criticized it due to factors such as COVID, economic crises, wars, social injustices, various acts of violence, and internal conflicts within the church. Some churches are aging and declining or even closing their doors. What was the plan and potential of God's salvation through the church according to verses 14-21? What kind of faith and action does God desire from us? What are some aspects of God's ministry that we should dream and pray for?

7. Ephesians 4:1-16

1) Opening Question: After mentioning the magnificent work that God can accomplish through prayer and supplication in the church, Paul exhorts the unity and maturity of the church as the body of Christ in Ephesians 4:1-16. Why do you think Paul proclaimed the church's potential beyond our imagination and immediately spoke about the unity of the church?

2) Observation: When we look into a mirror, it shows us the reality of what is on our faces or any blemishes. Ephesians 4:1-3, like a mirror, lists the areas that need to be corrected one by one for the Ephesian believers. "Lead a life worthy of the calling you have received" (1), "Be humble, gentle, patient, bearing with one another in love" (2), and "Make every effort to keep the unity of the Spirit through the bond of peace" (3). Which item on this list do you think is a necessary word for you personally or for the fellowship or church you belong to right now?

3) Interpretation: Ephesians 4:4-6 testifies to the things that unite all saints in the church—the one body of Christ, one faith, one baptism, one God, etc. Reflect on which of these items holds particular significance for you and discuss how you can remember and respect it.

4) Application:

4.1(God Loving Us): Have you received baptism, whether as an infant or as an adult? Consult with your pastor or read a book (such as the United Methodist Hymnal's baptismal liturgy) to learn about what God has done and the gifts given through baptism. Share your understanding of baptism as a channel of grace.

4.2(God Meeting Us): When we are baptized, God grants each of us the grace to serve God, His church, and the world. (4:7) "But to each one of us grace has been given as Christ apportioned it." "Some are apostles, some prophets, some evangelists, some pastors, and teachers." This applies to all baptized individuals, rather than only those officially ordained. What is the grace that God has given you? If it's not clear, consider using a spiritual gifts assessment to explore further.

4.3(God Refinding Us): God has given each person gifts not to boast about being better or having superior faith but for "building up the body of Christ, his church" and serving others (12-13). How are you using the gifts that God has given you to serve and build up the church?

4.4(God Inspiring US): In summarizing his message, Paul once again urges, "We are all parts of Christ's body, and it is Christ who makes us whole. We are his body, joined together and held together by every supporting ligament. Each part does its work to grow the body and build itself up with love" (Ephesians 4:15-16, NCV). How are you serving as a part of Christ's body, the church? Are you serving as a hand, foot, eye, ear, or even a vital organ? How are you actively serving?

8. Ephesians 4:17-32

1) Opening Question: It seems that while in prison, Paul received news about the Ephesian church and had other concerns. It was a sad report that some fellow believers had quickly forgotten the amazing "mystery of God's gift" - Christ, His crucifixion, and resurrection that redeemed them from their Gentile ways, and had returned to their former sinful lives. Is your life clearly distinguished between the time before and after you believed in Jesus?

2) Observation: The things that used to define life before knowing, believing, and following Jesus - "living in futile thinking" (22), "living a life of falsehood" (25), "being angry and unforgiving" (26), "living a life of stealing" (29), "speaking slanderous and harmful words about others" (29) - were lives that grieved the Holy Spirit. Do any of these remain in your life? Have you prayed for the Holy Spirit to reveal and free you from these things?

3) Interpretation: Paul also explains the key to living a transformed life. "Be made new in the attitude of your minds; put on the new self, created to be like God in true righteousness and holiness. And do not grieve the Holy Spirit" (4:23-24, 30). Reflect on which exhortation has helped you in your spiritual growth and share your thoughts.

4) Application:

4.1(God Loving Us): Are there any words, spiritual disciplines, or spiritual practices that remind you of being a beloved child of God, forgiven through Christ's body and blood, and help you abide in that assurance? Is it Sunday worship, morning devotions, communion, fasting, serving the hungry and poor, or other actions that firmly ground you in God's grace?

4.2(God Meeting Us): Living with a renewed mind and putting on the new self that God has created is made possible by the presence of the Holy Spirit and Christ's indwelling. The Holy Spirit has been metaphorically described as wind, breath, fire, water, light, and other everyday elements. Among these images, which one helps you experience daily renewal in the Spirit of the Lord?

4.3(God Refinding Us): It becomes evident that Paul's exhortations for growth as a new person in the Lord are related to everyday aspects rather than grandiose things. He repeatedly mentions speech, character, controlling anger, work ethic and attitude, money management, and especially the way we speak as believers. When reflecting on the past year, with the help of the Lord, in which area have you grown the most? What aspects do you plan to grow in with the Lord's help in the coming year?

4.4(God Inspiring US): In Ephesians 4:32, says that those who have received the grace of the Lord's forgiveness "live a life of forgiving one another." Consider whom you have recently forgiven and how you have prayed for them, and write about God's work in your journal.

9. Ephesians 5:1-20

1) Opening Question: In teaching about how saints should live a transformed life, Paul contrasts the "before" and "after" of transformation using the symbolism of "darkness" and "light," urging believers to live a changed life as saints. Have you ever experienced the preciousness of light when transitioning from darkness, or when you stumbled upon something and got hurt or bruised in the dark, especially during a power outage or heavy snowstorm? Share your thoughts on the value of light from those experiences.

2) Observation: Through Ephesians 5:8-9, it says, "For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness, and truth)." Light provides warmth and gives life energy and fruit to plants, animals, and humans (like vitamin D). Reflect on the relationship between light and fruit and meditate on the life you are living that bears fruit through the power of God, as Jesus became our light (Genesis 1:1-2, John 1:1-3).

3) Interpretation: When light shines, darkness recedes (almost instantaneously when we turn on a switch), and light exposes things that were unseen before. "But everything exposed by the light becomes visible." In the afternoon, when warm sunlight enters through the window, it reveals dust particles even in places that appeared clean. How often and how regularly do you allow the light of the Lord to shine upon your life? Do you live according to the illuminating light of the Lord that says, "Wake up, sleeper, rise from the dead, and Christ will shine on you" (5:14)?

4) Application:

4.1(God Loving Us): According to recent scientific advancements, light exists even in pitch darkness, and our bodies emit light and heat (known as bio-photons). In reality, the light of the

Lord, the light of life, has been with us since creation, through the incarnation of Jesus, and continues to be with us through the Holy Spirit, depicted as tongues of fire. Create a list of other surrounding lights and meditate on the incarnation and guidance of the Lord through light.

4.2(God Meeting Us): One key to living a life guided by the light of the Lord is to be filled with the Holy Spirit and live by the Spirit's abundance (5:18). Therefore, Paul admonishes not to get drunk but to be filled with the Spirit. How do you pursue and continue to follow the fullness of the Holy Spirit? What means of grace—prayer, fasting, worship, communion, retreats, social service, ministry, caring for the poor, social justice—are most helpful to you?

4.3(God Refinding Us): In Ephesians 5:19-20, Paul provides another spiritual advice for living in the light: a life of thanksgiving, praise, and giving thanks to God in all things. Is there a deep source of gratitude beyond material possessions, such as winning the lottery or receiving government stimulus checks? Is it related to the favor of God's undeserved grace that you receive even though you don't deserve it?

4.4(God Inspiring US): Jesus called us to be His disciples, to live as light and salt in the world. Paul urges, "For you were once darkness, but now you are light in the Lord. Live as children of light" (5:18). Reflect on how your life as a child of light is manifested in your language (even the jokes you make), what you eat, what you wear, what you drink, how you control your anger, and how you demonstrate it in your marriage or your single life. In what aspects does the Holy Spirit encourage you to live according to the light?

10. Ephesians 5:21-6:9

1) Opening Question: The transformed life of saints in the church community and in the world should also be evident in their homes and workplaces. Therefore, in Ephesians 5:21-6:9, Paul teaches about the sanctified life of saints in their households. In which areas are you living a holy transformed life? What areas do you feel you need to grow more in?

2) Observation: When we read the Bible, we can sometimes interpret its important messages through our present-day lens (anachronism), which may overlook certain aspects. Considering today's understanding of women's rights, child protection, labor laws, etc., you may not find anything particularly noteworthy in today's Scripture. However, if we remember the society 2,000 years ago—a strict and oppressive patriarchal society where women had no rights to divorce and surplus children were abandoned or sold into prostitution—we can truly appreciate how the gospel of the Lord has transformed societal norms. While reading this passage, did you encounter any verses that made you think, "This seems severe. I can't believe such a verse exists in the Bible"? Share which verses evoked such thoughts and why.

3) Interpretation: New Testament scholars have referred to today's passage as the "household code." As you read this passage, you may find parts that resonate with you, as well as parts you may disagree with (e.g., "Wives, submit yourselves to your husbands as you do to the Lord?"). How do you perceive and accept this passage—as God's Word, as Paul's personal opinion, as

a household code within the early church Christian tradition, or as a symbol unrelated to our modern cultural context?

4) Application:

4.1(God Loving Us): Behind the central context that governs the relationships between spouses and between masters and slaves, there is a foundation rooted in "the love and devotion of Christ, who loved us and gave himself up for us" (Galatians 5:20). Before debating what is right and wrong, consider Galatians 5:20 and reflect on how God's love has been poured out toward you and write it down.

4.2(God Meeting Us): Specifically, the passage instructs wives to submit to their husbands as to the Lord, husbands to love their wives sacrificially, children to obey their parents, fathers to not provoke their children, employees to work wholeheartedly, and employers to treat their employees fairly without discrimination. Among these instructions, which one resonates with you the most? Pray and seek God's wisdom on how you can be transformed and act as a child of the Lord in that aspect.

4.3(God Refinding Us): Living as a light in the roles of wife, husband, parent, child, employer, or employee is not easy. It doesn't happen automatically. It's not an overnight transformation. However, according to the passage, this is possible, and it is God's calling. Today's passage provides evidence of "How can we live such a life?" What is God's plan and grace to help and guide us?

4.4(God Inspiring US): Years ago, I heard a story about an American who said, "My boss was a Korean, and he always treated his employees with kindness, and no matter how difficult the circumstances, he paid the promised wages on time. He was a good boss, and I would work for him anytime." I think this is an example of a transformed saint living a life following the light. Imagine and pray about how God can use you amazingly as you live a transformed life of language, character, behavior, and conduct following the light given by God. Envision your brightened home, children, church, and workplace throughout your life, and pray that the Holy Spirit will assist you in living such a life.

11. Ephesians 6:10-21

1) Opening Question: We live in a world where many things are now wirelessly connected (wireless, Bluetooth, cloud servers, satellite communication, etc.), whereas in the past, communication was only possible through wired connections. In Hebrews, we hear that the unseen is made visible by what is not seen (the Almighty Creator God, who is alive and eternal, Hebrews 11:3). Furthermore, when we witness the ongoing wars, violence, and evil deeds in the world, we sense the presence of spiritual forces beyond what is visible. As Paul concludes his letter, he reminds us that in order to live as children of God's promises, as holy children, as members of the body of Christ, and as children of light, we will become entangled in spiritual battles. He also provides evidence of how to prepare for and engage in this spiritual battle.

2) Observation: In Ephesians 6:12, Paul declares, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." He urges us to be prepared for the posture of spiritual warfare. Paul, having grown up in Antioch, received education in Judea, proclaimed the gospel in Asia Minor, and now being imprisoned in Rome, must have witnessed Roman soldiers, numerous wars, and armed Roman troops who ruled the Mediterranean and nations. Through these experiences, he presents the spiritual insight he has gained. How do you gain spiritual insight through the political and economic figures currently present around you? How does the current state of your nation and international affairs help you in following and serving God?

3) Interpretation: The spiritual armor that Paul enumerates today was necessary for soldiers. "Helmet, belt, breastplate, shield, shoes, and sword." Each of these was an essential tool for engaging in battle, fighting, and standing firm. And each had a corresponding spiritual meaning, such as "the belt of truth, the shield of faith, the sword of the Spirit, the helmet of salvation, and the shoes of peace." Among this equipment, which ones are well possessed and maintained, and which ones need reinforcement?

4) Application:

4.1(God Loving Us): When we watch war movies depicting the Roman era, we see that important soldiers are adorned with valuable clothing and equipment by those who assist them. Let us remember that the one who helps, protects, and saves us is our victorious Lord, Jesus Christ. He clothes us with valuable garments as the necessary equipment for our victory. In addition, He provides us with "peace, faith, and love together" (6:23). Share about the experience of God's grace you have received before realizing and knowing it.

4.2(God Meeting Us): When we face spiritual battles, when we become weary and tired, the Holy Spirit helps us, just as the angels helped Jesus in the wilderness (Matthew 4:11). Therefore, we can persistently pray in the Spirit with all kinds of prayers and requests (6:18) without losing heart. What are some ways to remember and draw strength from the touch of God's hand that helps and accompanies us when we are weak and tired?

4.3(God Refinding Us): Paul concludes this letter with an enumeration of the spiritual weapons and a plea for prayer. "Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people" (6:18). As a child of God and a child of light, what kind of prayer life do you have to live a victorious life in spiritual warfare and to live a life "steadfastly loving Christ and obediently following Him" (6:24)? When, where, and in what manner do you pray and make requests in the Spirit?

4.4(God Inspiring US): As Paul enumerates prayer as the most important tool for the victory in spiritual warfare, the magnificent and holy Apostle Paul, who turned the history of the West by preaching in Western Europe instead of the East (according to Arnold Toynbee's perspective), concludes his letter by requesting intercessory prayer, not monetary or material assistance. "Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make

known the mystery of the gospel" (6:19). How much help do you receive from fellow church members and loved ones through prayer? Who are the missionaries you know, both domestically and internationally, and how do you assist and support them through prayer and other means? Do you pray for the spread of God's gospel through their ministry?