

Insights From Ephesians

Other non-fiction books by the author:

Biblical Oddities

Even So, Come, Lord Jesus

The Kings of Israel and Judah

Collected Sunday School Lessons (2008 – 2009)

Collected Sunday School Lessons (2010 – 2011)

Collected Sunday School Lessons (2012 – 2013)

Collected Sunday School Lessons (2014 – 2018)

The Lost Doctrines

Dinosaurs in History

Summary of Old Testament Events

Chapter Summary of the Bible

Creation: A Study of Origins

Theology: An Assortment of Articles

Heresy: A Study of False Teachers

Eschatology: A Study of the Second Coming

C S Lewis

Bill Gothard

Translation Issues: The KJV Controversy

The Catholic Church: A Study of Heresy

Insights From Ephesians

by Jonathan Cooper

First Edition on 5/2/2024

Introduction

One of the ways I've been studying the Word of God is by making a list of everything that each book of the Bible teaches. This has resulted in more than a thousand pages of material. Although it's interesting and I've learned a lot from writing it, that's a lot of bullet points to read through!

The purpose of this book is to extract the most interesting insights from that massive list. This isn't intended to summarize each book of the Bible because that's what my "Chapter Summary of the Bible" is for. It's also not intended to list the major points of each book because you're probably already familiar with them. Finally, it's not intended to offer in-depth commentary because that's what my regular commentary is for. This book is simply a collection of points that I found interesting.

I hope there's some material here that you find edifying.

Jon Cooper
4/29/2024

Table of Contents

Introduction.....4
Ephesians.....7

Ephesians

- This letter wasn't just written to the Ephesians. It was also written to all those who are faithful followers of Jesus (Ephesians 1:1).
- The reason we're saved isn't because we chose God. Instead it's because God chose us – and He made that decision before the foundation of the world (Ephesians 1:4).
- The only people who are the children of God are those who have been saved (Ephesians 1:5).
- The reason God predestined us to salvation is because it was His good pleasure to do so (Ephesians 1:5). It had nothing to do with anything that we had done or would do.
- Those who are saved bring praise and glory to God by being examples of His grace (Ephesians 1:6).
- We are redeemed by the blood of Jesus (Ephesians 1:7).
- God has given us an abundance of wisdom (Ephesians 1:8).
- One of the reasons God is acting in history is to gather together all things in Christ – both things in Heaven and things on earth (Ephesians 1:10).
- God predestined us according to His purposes (Ephesians 1:11).
- Since all things are done in accordance to God's will (Ephesians 1:11), that means we don't have free will. The things that happen are God's decision, not ours.
- Since the church is the *first* group who trusted in Christ

(Ephesians 1:12), that means there will be a different group in the future who will also trust in Christ but who will *not* be part of the church. This is a reference to those who will be saved after the rapture.

- During the church age God seals all Christians with the Holy Spirit (Ephesians 1:13). That means Christians in this age cannot lose their salvation.
- The Holy Spirit is the *first* part of our inheritance in Christ (Ephesians 1:14). That means there's more that we will be given in the future.
- The only way we can know God is if He chooses to reveal Himself to us (Ephesians 1:17).
- The inheritance which God has given us is exceedingly rich and glorious (Ephesians 1:18). At this point we've only received part of it (the Holy Spirit), but there's more to come.
- God's power is exceedingly great and mighty (Ephesians 1:19).
- God has set Jesus at His own right hand in Heaven. He is above all principalities, powers, might, and dominion, and above every name that is named (Ephesians 1:20-21).
- Jesus is the head of the church (Ephesians 1:22).
- The church is the body and fullness of Jesus (Ephesians 1:23).
- Those who aren't saved walk in their sins. They're incapable of doing anything else because they're dead (Ephesians 2:1-2).
- Paul refers to the devil as the "prince of the power of the

air" (Ephesians 2:2).

- There's a spirit at work in the lives of those who aren't saved, which works in them to do evil (Ephesians 2:2). This means that, to some degree, all those who aren't saved are possessed by evil.
- The reason we're saved is because God gave us life through Christ. God bestowed His grace upon us when we were dead, and He brought us to life (Ephesians 2:5).
- When we were dead in our sins we were incapable of being anything other than children of wrath. In order for us to be saved God had to raise us up and give us life and grace (Ephesians 2:1-6).
- The Bible doesn't teach that we're saved because we "made a decision for God". Instead it teaches that God chose to love us and have mercy on us before the foundation of the world (Ephesians 1:4). God is the one who raised us up and gave us life, and that's the only reason we believe in Him.
- In some ways we already sit in heavenly places in Christ. Paul speaks of this in the *past* tense, not the future tense (Ephesians 2:6).
- Right now we live in the church age. In the ages to come (the ones that follow the church age) God will use us to demonstrate the exceeding riches of His grace (Ephesians 2:7).
- Our faith doesn't come from ourselves! Instead our faith is a gift from God (Ephesians 2:8). The only reason we have faith in Christ is because God gave us that faith.
- The reason no one can boast about what they did to become saved is because no one is saved by their works.

Since our salvation is *entirely* a work of God, we have no room to boast about anything we've done (Ephesians 2:8-9).

- God has predestined us to do good works (Ephesians 2:10). This means the reason we do good works is because God predestined us to do do them (which is more evidence against the idea that we have free will).
- The only way to be saved is through Christ. He's the one who adopts us into the family of God, gives us hope, and gives us His precious promises (Ephesians 2:12).
- The only way to be brought near to God is through the blood of Jesus (Ephesians 2:13).
- Jesus has made one new man out of two (Ephesians 2:15). This is most likely referring to taking both Jews and Gentiles and uniting them into one body, the church.
- The church is built upon the foundation of the apostles and prophets, with Jesus being the chief cornerstone (Ephesians 2:20).
- The church is called a "habitation of God" (Ephesians 2:22). This means God dwells within the church body.
- When Paul wrote this letter he was in prison for preaching the gospel to the Gentiles (Ephesians 3:1).
- The doctrines which Paul knew weren't taught to him by others. Instead God Himself revealed them to him (Ephesians 3:3).
- Paul wrote a much shorter letter to the Ephesian church before he wrote this one (Ephesians 3:3). That letter has not been preserved in the canon of Scripture.

- There are certain things which are mysteries. No one can know them until God reveals them (Ephesians 3:3).
- Those who lived before the apostolic era didn't understand the mystery of Christ. They didn't understand the gospel, and they didn't understand that one day God would bring salvation to the Gentiles. This is because God hid those things from them (Ephesians 3:3-6, 6:19).
- Paul believed that he was the least of all saints (Ephesians 3:8).
- The riches of Christ are unsearchable (Ephesians 3:8).
- God the Father used Jesus to create all things (Ephesians 3:9). This means Jesus existed before the foundation of the world.
- God is using the church to reveal His wisdom to principalities and powers in heavenly places (Ephesians 3:10).
- Heaven isn't empty. Some of those who have been adopted into the family of Christ are there now (Ephesians 3:15). The rest of the family of Christ are on earth.
- Christ dwells in the hearts of those who are saved (Ephesians 3:17).
- Our lives should be characterized by love (Ephesians 3:17).
- Paul spoke in glowing terms of the great love of Christ – and he did that while he was suffering in prison for preaching the gospel (Ephesians 3:18-19).
- The love of Christ passes knowledge. It's far greater than

we know (Ephesians 3:19).

- Paul preached about the mighty power of God – and he did that while he was suffering in prison for the sake of the gospel (Ephesians 3:20).
- There will be more ages to come after our current age ends. The church will exist in all of them and glorify God in all of them (Ephesians 3:21). The church age isn't the only age which will ever exist.
- We must walk in a way that's worthy of our calling as Christians. Since God has called us and saved us, we must seek to live righteous and holy lives (Ephesians 4:1-3).
- Paul doesn't teach that Christians never sin. Instead he teaches that at times we may sin against one another (Ephesians 4:2, 32).
- In the church there's one Lord (the Lord Jesus Christ), one faith (the gospel), and one baptism (the baptism of those who believe in Jesus). The church is composed of one faith, not many different faiths (Ephesians 4:4-6).
- All Christians have been given a measure of grace (Ephesians 4:7).
- Before Jesus ascended up to Heaven, He first descended into the lower parts of the earth (Ephesians 4:9).
- Jesus ascended to Heaven so that He might fill all things (Ephesians 4:10).
- The positions of apostle, prophet, evangelist, pastor, and teacher are all temporary. God created them to perfect the church. Once Christians have been perfected those positions will no longer be necessary (Ephesians 4:11-13).

- Christians won't always be divided, ignorant, and imperfect. One day God will perfect all of us (Ephesians 4:13).
- Those who are deceived by false doctrine are children in the faith (Ephesians 4:14).
- Christians must speak the truth in love (Ephesians 4:15).
- Those who aren't saved lack understanding. Their heart is blind and they cannot see the truth (Ephesians 4:18).
- The sins of our old life are corruption. Once we're saved we must put off those sins and no longer walk in those ways. Instead we must choose to put on the new man and pursue righteousness and holiness (Ephesians 4:22-24).
- In order for our actions to change, our mind (our way of thinking) needs to be changed first (Ephesians 4:23). Christians can't continue to think the way we did before we were saved.
- It's possible for our anger to give the devil a place in our lives (Ephesians 4:26-27).
- Christians must not steal from others. Instead we must work so we can provide for our own needs and also give to those who are in need (Ephesians 4:28).
- It's possible for Christians to do things that grieve the Holy Spirit (Ephesians 4:30).
- At some point in the future there will be a day of redemption for Christians (Ephesians 4:30). This is a reference to the resurrection.
- Paul repeatedly talks about "putting away" sin (Ephesians

4:22, 25, 31). Since Christians have been given new life by God, we can choose to take the sin in our life and put it away from us so that we no longer do those wicked things.

- The reason God has forgiven the sins of Christians is for the sake of Christ (Ephesians 4:32). The Lord Jesus purchased our forgiveness by sacrificing Himself on the cross.
- The sacrifice of Christ on the cross was an act of love (Ephesians 5:2).
- Churches must be completely free of all uncleanness (wickedness). There must be no one in the church who is living a life of sin (Ephesians 5:3-4).
- Those who live sinful and wicked lives aren't saved (Ephesians 5:5). We're not saved by our works, but our works do reveal our true nature (whether we're saved or lost).
- Some false teachers try to deceive people into thinking that those who have never repented of their sins are going to enter into the kingdom of God. This is a false teaching, and is a lie (Ephesians 5:6).
- The Holy Spirit works within us to make us new creatures, to change who we are, and to bear good fruit in our life. The good that we do is the result of having the Holy Spirit within us (Ephesians 5:9).
- There are some wicked people who do things that are so evil that it's shameful to even speak of them (Ephesians 5:12).
- Since we're living in an evil age we must use our time wisely (Ephesians 5:16).

- We must make a melody in our heart to the Lord (Ephesians 5:19). We should be singing to God, not to those around us. Our goal must not be to win the admiration and praise of an audience, but instead to sing to the Lord.
- God uses the Bible to change people. He uses His words to cleanse people and transform them (Ephesians 5:25-27). This is an act of love.
- Christ sacrificed Himself for the church so that He might present to Himself a glorious church that's without spot (meaning without anything evil or sinful) (Ephesians 5:27).
- The relationship between a husband and his wife is intended to be a picture to the world of the relationship between Christ and the church (Ephesians 5:32).
- The act of getting married changes a man's relationship with his parents. Once he's married he must leave his parents and be joined to his wife instead (Ephesians 5:31).
- If you want to live a long life then honor your parents (Ephesians 6:2-3).
- God requires fathers to teach their children to serve the Lord and fear Him (Ephesians 6:4).
- We are the servants of Christ (Ephesians 6:6).
- We must work as if we're actually working for the Lord, because that's what is really going on (Ephesians 6:6-8).
- God will reward every good deed that Christians do. There isn't a single good deed which will go unrewarded (Ephesians 6:8).

- Those who oppress Christians aren't acting on their own behalf. Instead they're agents of the devil and are working out his will (Ephesians 6:11-12).
- Paul doesn't say that the way to defeat the devil is to wage war against him and cast him out. We aren't told that we have the power to bind the devil and render him harmless. Instead we're commanded to wear protective armor so we can defend ourselves from his attacks (Ephesians 6:11-18). The way to make the devil flee is by resisting him (James 4:7), not by sprinkling holy water on furniture.
- Faith is vital. If we lack faith then we'll be vulnerable to attacks by the devil (Ephesians 6:16).
- The Bible (the “sword of the Spirit”) must never be laid aside when dealing with evildoers. It's actually the only offensive weapon that we have (Ephesians 6:17). Those who lay the Bible aside and try to argue with the wicked using some other means have made a terrible mistake because *the Holy Spirit works through the Bible*. Those who lay aside Bible have cast away the tool that the Holy Spirit works through, and have substituted it for something that the Holy Spirit *doesn't* work through. Trying to overcome evil without the Spirit is hopeless because the evils which we face have a spiritual source (the devil).
- Paul wanted the grace to boldly preach the gospel (Ephesians 6:19-20).
- Paul called the gospel a “mystery” (Ephesians 6:19). This means in the past it had been kept hidden, but now it has been revealed.
- Paul didn't talk about himself in this letter. Instead he

sent someone to the Ephesians to give a report of how he was doing and what was going on in his life (Ephesians 6:21-22).

- Even though Paul was suffering in prison when he wrote this letter, he sought to comfort the Ephesian church (Ephesians 6:22).
- The love that we have must be accompanied by faith. It must not be apart from faith (Ephesians 6:23).