



**Heart of Grace
Ministries**
Faith, Family and Love

Be Strong In The Lord

Paul, under house arrest for 2 years, from 61-63 AD, begins to write to the churches at Colossae, personally to Philemon, Ephesus and Philippi. We know these letters by the chapter names of Colossians, Philemon, Ephesians and Philippians.

This epistle is addressed to the saints at the church in Ephesus, a prosperous port city in the Roman province of Asia Minor. Ephesus boasted international trade, a thriving silversmith guild, and a theater that seated 20,000 people. Paul wrote this letter to encourage Gentile believers, and to make it clear that Jews and Gentiles have been brought together as part of one body in Christ. Paul is also concerned that his audience be made aware of the moral laws they may have been lax in following (or that they were unaware of).

Paul opens up with polite greetings and He then gives thanks for their efforts and prays for them to begin to grow in God's wisdom and power:

Ephesians 1:15-19

[15] Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints,

[16] Cease not to give thanks for you, making mention of you in my prayers;

[17] That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:

[18] The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the

saints,

[19] And what is the exceeding greatness of his power to usward who believe, according to the working of his mighty power,

He then begins to remind them of their previous condition:

Ephesians 2:1-8

[1] And you hath he quickened, who were dead in trespasses and sins;

[2] Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:

[3] Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

[4] But God, who is rich in mercy, for his great love wherewith he loved us,

[5] Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

[6] And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

[7] That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

[8] For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

He then drives home the fact that through Christ that there is no more separation between Jew and Gentile.

Ephesians 2:18-22

[18] For through him we both have access by one Spirit unto the Father.

[19] Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;

[20] And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;

[21] In whom all the building fitly framed together groweth unto an holy temple in

the Lord:

[22] In whom ye also are builded together for an habitation of God through the Spirit.

And by this he opens to the truth of the spirit before them by giving his instruction:

Ephesians 4:17-32

[17] This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,

[18] Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

[19] Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

[20] But ye have not so learned Christ;

[21] If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:

[22] That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

[23] And be renewed in the spirit of your mind;

[24] And that ye put on the new man, which after God is created in righteousness and true holiness.

[25] Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

[26] Be ye angry, and sin not: let not the sun go down upon your wrath:

[27] Neither give place to the devil.

[28] Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

[29] Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

[30] And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

[31] Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

[32] And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Paul closes with a powerful and life-changing word:

Ephesians 6:10-12

[10] Finally, my brethren, be strong in the Lord, and in the power of his might.

[11] Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

[12] For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

[13] Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

[14] Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

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