

# Firm Foundations

Growing in Christ: Ephesians

book 9

Study Guide

Trevor McIlwain



The Scripture version used in these lessons is the New King James Version (NKJV).

First Printing 2013

Firm Foundations Growing In Christ: Ephesians (Revised Edition)  
Book 9: Study Guide

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ISBN Number: 978-1-61565120-7

Printed in the United States of America

# What is *Firm Foundations*?

Just what is *Firm Foundations*? It is foundational, chronological Bible teaching.

This method of teaching is patterned on God's progressive revelation of Himself and His plan to rescue people from sin, Satan and death. Lessons start "in the beginning." Moving through the Old and New Testaments, *Firm Foundations* highlights the themes that run through all of God's Word. This builds, from lesson to lesson, an understanding of the Bible as a whole.

This practical approach has been used all over the world, and is proven for:

- Evangelism
- Grounding new believers
- Teaching maturing believers
- Planting churches

*Firm Foundations* arose from the experience of Trevor McIlwain in the 1960s. While working cross-culturally with a people group in the Philippines, Trevor saw the need to establish proper biblical foundations. He developed Bible lessons to meet that need. As Trevor states, "The Scriptures were progressively revealed by God within the context and framework of history. Therefore, the best way to teach divine truth in any culture is God's way, within the chronological and historical framework of the Scriptures."

Trevor shared this approach with other missionaries who were also teaching cross-culturally, initially distributing his basic outline and later detailed Bible lessons. They discovered, as he had, that this *Firm Foundations* approach was exceptionally effective.

When these missionaries returned home, their glowing testimonies inspired pastors and other Bible teachers to adopt this method. As a result, the *Firm Foundations* lessons were modified for churches and home Bible studies, and this approach has proven equally effective in English-speaking settings as in cross-cultural settings.

Since that time, adaptations of the *Firm Foundations* materials have been developed for many languages, cultural contexts and age groups.

You are now a part of the *Firm Foundations* legacy!

# How to Use This Study Guide

You are about to embark on an inspiring study of the liberating truths explained by the Apostle Paul in the book of Ephesians.

Your heart will be filled with joy as you look at the blessings God has poured out on us in our Savior, Jesus Christ. And you will be encouraged as you come to understand that these spiritual blessings are the true foundations for life and relationships.

This Study Guide is intended to be used in conjunction with the *Firm Foundations—Growing in Christ: Ephesians* Bible study.

The Study Guide provides a space where you can take notes while the teacher expands on the lesson. In addition, questions are included for personal study and review after class. At the end of each lesson, you will find an Answer Key for checking your answers.

**Lesson**  
**1**

**God has blessed every believer with all spiritual blessings in Christ. (Part 1)**

Lesson Outline and Scripture	For Class Notes
1. Introduction	<hr/> <hr/>
2. Paul greeted the believers in Ephesus. (Acts 9:15; Romans 5:1-2, 10-11; Ephesians 1:1-2)	<hr/> <hr/> <hr/> <hr/>
3. God has given all spiritual blessings to those who are in Christ. (Ephesians 1:3)	<hr/> <hr/> <hr/> <hr/>
4. God chose all in Christ to make them holy. (Isaiah 42:1; Romans 5:12, 17-19; 8:29; Ephesians 1:4; 1 Peter 1:20)	<hr/> <hr/> <hr/> <hr/> <hr/>
5. God chose to adopt as sons all who are in Christ. (Ephesians 1:5)	<hr/> <hr/> <hr/> <hr/>
6. God has accepted all who are in His Son. (Matthew 3:17; Romans 5:1; Ephesians 1:6)	<hr/> <hr/> <hr/> <hr/>
7. Conclusion (Ephesians 1:3)	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

**Personal Study Questions**

1. Why is the book of Ephesians as relevant to us today as it was to its first readers?  
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2. What was Paul indicating when he introduced himself as “*an apostle of Jesus Christ by the will of God*”?  
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3. In Ephesians 1:1, Paul addressed his letter to “*the saints who are in Ephesus.*” Who, according to the Word of God, are “saints”?  
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\_\_\_\_\_
4. Our acceptance by God and our deliverance from the power of Satan, sin and death does not depend on who we are or what we do; it rests on **where** we are. So where does God see us?  
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\_\_\_\_\_
5. When were we placed “in Christ” and by whom?  
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6. What are the results of being in Christ?  
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7. What reason did Paul give in Ephesians 1:3 as to why we should praise our God and Father?  
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\_\_\_\_\_
8. Considering that we did nothing to deserve God’s spiritual blessings, on what basis did God give them to us?  
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God has blessed every believer with all spiritual blessings in Christ. (Part 1)

Lesson 1

9. List the spiritual blessings that God has given to all in Christ according to Ephesians 1:4-6.

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10. How does God see us in Christ in contrast to how He saw us in Adam?

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11. Why did God reject us in Adam, but choose us in Christ?

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12. When did God choose all those who are in Christ?

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13. What was God's purpose for choosing us in Christ?

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14. Ephesians 1:5 indicates that God chose to adopt as sons all who are in Christ. Explain this.

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15. What does it mean in Ephesians 1:6 that God has "*made us accepted in the Beloved*"?

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16. Why is it important to you personally that God always sees you in Christ?

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17. How does the fact that God has given you spiritual blessings encourage you?

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**Personal Study Answers**

1. *The book of Ephesians is relevant to us today because the Holy Spirit guided Paul in writing every word so it would be God's message to His children in all places and for all time.*
2. *When Paul introduced himself as "an apostle of Jesus Christ by the will of God," he was indicating that God had appointed him to the position of being an apostle – one who was sent out as God's representative to teach His Word.*
3. *According to the Word of God, "saints" are those who believe in the Lord Jesus as their Savior, and, thus, have been set apart by God to serve Him.*
4. *God sees us "in Christ."*
5. *The Holy Spirit placed us in Christ when He baptized us into Him at the moment we trusted in the Lord Jesus as our Savior.*
6. *Because we are in Christ, God accepts us as He accepts Christ, and we share with Him all that God has given to Him.*
7. *According to Ephesians 1:3, we should praise our God and Father because He has blessed us with every spiritual blessing in Christ.*
8. *God's spiritual blessings were given to us by God's grace and only because of the Lord Jesus.*
9. *According to Ephesians 1:4-6, the spiritual blessings that God has given to all in Christ include:*
  - *God chose all in Christ to make them holy.*
  - *God chose all in Christ to adopt them as His sons.*
  - *God has accepted all those who are in His Son.*
10. *In Adam, God saw us as rebellious sinners, but in Christ, God sees us as completely righteous.*
11. *God rejected us in Adam because we shared in his sin, but chose us in Christ because we share in His righteousness.*
12. *God chose all who are in Christ before He created the world.*
13. *God's purpose for choosing us in Christ was that we would be holy – set apart to live only for Him.*
14. *God determined that He would give all who are in Christ the position of mature adult children in His family.*
15. *That God has "made us accepted in the Beloved" means that, because we are now one with Christ, God's beloved Son, God accepts us as His beloved children.*
16. [The answer to this question will be personal to you.]
17. [The answer to this question will be personal to you.]