

SAMPLE LESSON
NOT FOR RESALE

Who Am I in Christ?

A THISTLEBEND DISCIPLESHIP STUDY



Focus Scripture

EPHESIANS 1–2

Helpful Information

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We invite you to visit our website to view the “Welcome” section and additional sample lessons, which are also available to download.

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We look forward to serving you,
The Thistlebend Team





SAMPLE LESSON
NOT FOR RESALE

Who Am I in Christ?

Focus Scripture: Ephesians 1-2

by Laurie Aker

Contributing Editor

SCOTT KACZOROWSKI

M.Div., The Southern Baptist Theological Seminary



A Thistlebend Discipleship Study

Editors:

Laura-Lee Alford

Anna Koke

Amy Page

Susan Sampson

Hope Walrad

A Thistlebend Discipleship Study

Who Am I in Christ?

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Thistlebend Ministries
P.O. Box 23524, Louisville, KY 40223
11405 Park Road KY 40223
502-216-4599
www.thistlebend.org
info@thistlebend.org

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An Important Note:

Information about our lecture audios and videos,
including their online passwords, can be found on the
last page of this workbook.



Welcome to a Thistlebend Discipleship Study

*What is more important than our
relationship with the Lord?*

Thistlebend studies are designed for women who want to know Jesus more fully, love Him more deeply, and follow Him more closely. Dr. Thomas R. Schreiner commends, “*The whole aim of Thistlebend: to assist women to love Christ in the practical, nitty-gritty of everyday life.*” Therefore, the nature of the approach and the type of questions we ask may differ from other Bible studies on the same subject. Nevertheless, women participating in Thistlebend studies often share that they experience authentic growth and spiritual intimacy.

Real and lasting heart transformation takes place by God’s grace. We integrate biblical disciplines into every Thistlebend lesson where we ask women to “Take the Truth to Heart” and “Bring the Truth to Life.” These practices train women to *believe* God’s Word in their hearts, *apply it* in their thinking, and *live it out* in their lives. Our deepest desire is to see women cultivate hearts of righteousness, grow in their love for God and others, be equipped to overcome sin, walk by grace, live in the joy of the Lord, and glorify Him.

Many blessings in Christ,

Laurie and the Thistlebend Team



Day One

From Paul to the Saints

LESSON ONE: EPHESIANS 1:1-2

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

Who are you? Are you a recipient of Paul’s letter? Are you one of the faithful in Christ Jesus? Think about this. Do we take time to contemplate who we are in Christ, consider our inheritance, and walk in the blessings we have been given? What if we did? What if we lived according to what Paul tells us in his letter? What impact would it have upon us and those around us? Charles Dickens’ novel *David Copperfield* opens with this declaration, “Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show.”¹ What about you? At the end of your days, what will the pages show? Were you the hero of your life or was Jesus?

If you are in Christ and your desire is to live for Him, the epistle to the Ephesians bears good news for you! Ephesians is a letter from home—a clear, powerful, and concise message of God’s mercy and grace. It stirs the call of God, the effectual call, the irresistible call of God that raised us from the dead, reminding us to live lives set apart to Christ. It reminds us of the gifts our loving, heavenly Father has given us, and it helps us to see through His perspective.

In the summer of 1967, at the age of eleven, I flew by myself from Chicago to Minneapolis. From that point I traveled an additional three hours north on a chartered bus to Camp Lake Hubert for Girls. On the way I somehow lost the key to my footlocker. When I arrived, I was unable to open my footlocker and, therefore, had none of my own clothes to wear. Several days passed and still no one could unlock it. I was feeling sad, lonely and far from home. It seemed to me that I was the only one suffering from homesickness; everyone else was fine and having fun. Finally, the camp called for a locksmith. When he arrived, it took him hours to open the lock, but, thankfully, by evening relief came—I had my own clothes and pajamas! But even more comforting than my own clothing was the

letter from my mom that was inside. It was just the first. She wrote and mailed a letter to me every day while I was at camp. Following each lunch period, I would check my mailbox, and a letter would be waiting for me. My mother's familiar cursive and stories of home warmed my heart and reminded me of her love. The homesickness was cured, and the summer became a terrific experience.

Paul's words encourage our hearts. Although we are surrounded by a world that bows in worship to another, we can know that we are not alone, our situation is not new, and our experience is not unique. Paul wrote his letter to the saints at Ephesus, God's children living far from home. The fledgling church was surrounded by idolatry—devotion to and service of many false gods. The city of Ephesus, the capital of Western Asia Minor, revolved around Artemis, the most highly venerated of all ancient Greek deities. The temple constructed in her honor was so grandiose, so costly to build, and so ornately adorned, it became one of the Seven Wonders of the Ancient World. Antipater of Sidon, an ancient Greek poet, wrote this of the temple, "I have seen the walls and Hanging Gardens of ancient Babylon, the statue of Olympian Zeus, the Colossus of Rhodes, the mighty work of the high Pyramids and the tomb of Mausolus. But when I saw the temple at Ephesus rising to the clouds, all these other wonders were put in the shade."² The temple was destroyed twice and each time rebuilt at the people's expense. It meant more to Ephesus than Fenway to Boston, Disney World to Orlando, or Wall Street to New York City. In fact, the most highly regarded position in the city was the servant of this goddess. The most lucrative business was the sale of miniatures of the temple cast in silver. Paul spent several years in Ephesus and witnessed the impact this idol worship had on its culture. One specific observation is recorded in the book of Acts:

About that time there arose no little disturbance concerning the Way. 24 For a man named Demetrius, a silversmith, who made silver shrines of Artemis, brought no little business to the craftsmen. 25 These he gathered together, with the workmen in similar trades, and said, "Men, you know that from this business we have our wealth. 26 And you see and hear that not only in Ephesus but in almost all of Asia this Paul has persuaded and turned away a great many people, saying that gods made with hands are not gods. 27 And there is danger not only that this trade of ours may come into disrepute but also that the temple of the great goddess Artemis may be counted as nothing, and that she may even be deposed from her magnificence, she whom all Asia and the world worship." 28 When they heard this they were enraged and were crying out, "Great is Artemis of the Ephesians!" (Acts 19:23-28)

Consider the circumstances in which the Christians in Ephesus found themselves. Observing first century Ephesus encourages us to look at twenty-first century America with a different perspective. We are also living far from our true home, surrounded by a world bowing in worship to false gods. Immersed in our culture, we can be completely blind to its influence. We almost need night vision goggles to see in the darkness as we live behind enemy lines. What idols are worshiped in the world around us? What gods do people serve? We need to look in the mirror and ask the Lord what rivals Him for worship in our own hearts? Our idols may not be the goddess Artemis or some other gold statue, but the king of this world constantly tempts us, seeking to rule our lives and demanding our worship. Further, our flesh is always working to rise up against the Lord.

As Christians, however, we want to offer ourselves, soul, and body as living sacrifices unto the Lord alone, particularly as we reflect on all that we have been endowed with by our Creator and Redeemer. When we, by God's grace, believed the gospel of salvation, we were born anew and received the Holy Spirit. Additionally, He has given us every spiritual blessing, special spiritual gifts, and an eternal inheritance. We are no longer strangers outside the family of God; we are now an integral part of the body of Christ, citizens of the kingdom of heaven, and members of the household of God.

The task the Lord has set before us is great. We are called to now live in response to the spiritual blessings and privileges of our position in Christ, as a part of God's household. To do that, we must comprehend who we are in Christ and, by God's grace, believe it, embrace it, and live it for His glory, the progress of the gospel, and our inexpressible joy!

Each of us is a unique individual, yet part of the body of Christ, created by God in His image. God has given us each a different combination of DNA, personality, family background, cultural influences, intellectual ability, emotional makeup, and physical characteristics. Do you know who you are in Christ? It is important to understand the answer to this question biblically. Guard yourself against getting sidetracked on an introspective, self-centered, self-serving journey. Rather, understand who you are in Christ according to God's Word. The goal of this study is to know who you are in Him and to glorify and enjoy Him!

A Moment of Prayer

FATHER, I PRAISE YOU FOR WHO YOU ARE!

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, 4 even as he chose us in him before the foundation of the world . . . (Eph. 1:3-4)

Write your prayer of praise.

FATHER, I LOVE YOU. PLEASE WORK REPENTANCE IN ME.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely . . . (Heb. 12:1)

Write your prayer of confession and repentance.

FATHER, THANK YOU FOR ALL YOU DO TO MAKE ME MORE LIKE YOUR SON.

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. (1 Pt. 2:9)

Write your prayer of thanks.

FATHER, YOU ARE MY EVERYTHING. I TRUST YOU TO CARE FOR ME.

Write your personal prayer requests.

FATHER, I COME TO YOU ON BEHALF OF OTHERS.

Write your prayer requests.



Day Two

By the Will of God

READ EPHESIANS 1:1-2.

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

Write out verse 1.

A TENDER, LOVING SHEPHERD. Paul writes to those in his care. Our loving, heavenly Father preserved Paul's letter to the saints in Ephesus who were faithful in Christ for our benefit. If we are in Christ, we may take these words to heart—and we must. We want to see ourselves through the eyes of Christ, not our own eyes, nor the world's eyes. Take a moment to consider how Paul refers to himself. It will help us better understand the content of his letter. Write his description word for word.

An _____ of _____ by _____

SAUL, PAUL'S PREVIOUS NAME. In his younger years he was a zealous and violent persecutor of Christians until the day Jesus apprehended him. In Paul's letter to the Ephesians and in several of his other letters, he describes himself as an apostle of Christ Jesus who was chosen by the will of God. Even though he was not among the original twelve apostles, he was not self appointed; he was appointed by Christ Himself. Although Christ had ascended to His throne, He had uniquely called Paul to be His chosen instrument to the Gentiles.

Consider Paul's call and his commission to be God's messenger to the Ephesians and to us. Carefully read the following passage and answer the questions on the next page.

Acts 9:1-31

How does Saul come to know Jesus?

What does Jesus say to him?

What happens?

LATER ON IN PAUL'S LIFE. Before his imprisonment for the gospel, King Agrippa gave Paul an opportunity to present his defense. As Paul speaks, we learn a bit more about Paul's call and his mission. Read the following passage and write any new information you learn about Paul's conversion.

Acts 26:12-23

BEFORE HIS CONVERSION. Paul was instructed in the Scriptures as a Jew, in his formal training as a Pharisee, and as a devout follower of the Law. After coming to Christ, he gained a new Christ-centered perspective of the Scriptures, which he already knew very well, and the Holy Spirit brought great revelation and understanding to him. In addition, he probably learned much from Peter and James and the traditions about Jesus' life that they passed on to him. Read the following passages and write any insights you glean about Paul and his call.

Acts 13:44-47

1 Corinthians 15:3-11

Galatians 1:10-2:10

PAUL'S FOCUS IS THE GOSPEL. Paul is an apostle by the will of God, called to proclaim the gospel. How does Paul describe the gospel in Galatians 1?

Galatians 1:1-9

IS YOUR FOCUS THE GOSPEL? How committed are you to the gospel? In what way does the gospel define you?

How does your understanding of the gospel influence your decisions, priorities, responses, relationships, and ultimately how you spend your time or plan your weekly schedule? Has the gospel affected enough change in you that it's been noticed by others (1 Pt. 3:13-16)? (If the details of the gospel are unclear to you, read "The Gospel of Our Salvation" in the Appendix.)

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Remember God's love in the gospel, your death with Christ, and His life in you. Walk in love and take God's Word to heart. Submit to it and humbly live it out.

Take a moment to work on your weekly memory verse.



Day Three

Saints?

READ EPHESIANS 1:1-2.

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

What comes to mind when you read the word *saint*?

A HOLY NATION. Paul is writing to the church in Ephesus, to the saints who are faithful in Christ Jesus. In the Old Testament, those who were a part of the nation of Israel from the time of the Exodus were called *saints*, *holy ones*, or *set apart* ones, because they were separate from the surrounding nations. The Israelites alone were God's people in a unique covenant with Him, distinct from all other nations. In these passages, God explains Israel's identity as His people, a kingdom of priests, and a holy nation.

Exodus 19:5-6

Deuteronomy 4:32-39

A PEOPLE FOR HIS OWN POSSESSION. Peter, in his New Testament letter, uses the language, previously and solely applied to the nation of Israel, and now applies it to the Gentiles. Read the passage below and write the key phrases.

1 Peter 2:9-10

BORN OF GOD. Although in the Old Testament God's people were called saints in a general sense, the true saints were not merely those who were ethnically Israelites, but they were also those who had placed their faith in Jesus Christ. They were God's people, set apart because of their faith and born of God. The New Testament reveals that God's salvation is through Jesus Christ: *"But to all who did receive him, who believed in his name, he gave the right to become children of God, 13 who were born, not of blood nor of the will of the flesh nor of the will of man, but of God"* (Jn. 1:12-13).

Such men and women who believed in the Savior were considered true saints because of the finished work of Christ on the cross—the Old Testament saints through their faith in a coming Savior, and the New Testament saints through their faith in the Savior, Jesus who came, lived, died, and rose again.

SAINTS BECAUSE OF CHRIST. Saints are all who have put their faith in Jesus Christ and have been born again by the Spirit of God. Sainthood is not an exclusive, special category of holy people who perform a certain number of miracles, live extraordinary lives, and are incredibly good. Anyone who is in Christ is a saint because of Him. He is the only one who is good, perfect, and holy. When we are in Christ and He is in us, then we are holy. This holy sainthood was purchased for us by a mighty salvation that we could not earn, deserve, purchase, find, manipulate, inherit, craft, or manufacture. Our salvation was planned and provided by God our Father, procured by His Son, our Savior Jesus Christ, and applied to us by the Holy Spirit. We are holy because Jesus is holy. Therefore, we are saints—set apart, holy ones!

So, when Paul addresses the saints who are in Ephesus, he is specifically addressing people who have been set apart to God by their faith in Jesus Christ. Paul is writing to those who have been declared righteous by faith and marked as God's own, and those who have been cleansed by the precious blood of their Savior and indwelt by the Holy Spirit.

PETER AND THE SAINTS. Read the following passages to see how Peter refers to the saints or believers to whom he writes. Note how he describes them.

1 Peter 1:1-2

2 Peter 1:1

THE FAITHFUL IN CHRIST JESUS. Paul also describes believers as the faithful, those who trust God and His promises and live according to that trust. “In Christ Jesus” defines their identity and their new community. In Christ, we are a new creation, part of a living and eternal fellowship, a sharp contrast to what we previously knew as members of the old creation in Adam, which was a life bound to sin and death, separated from God and from one another. Bible scholar F.F. Bruce said “Because Christ Himself is now exalted in the heavenly realm, those who are in Him belong to that heavenly realm too in the mind of God.”³

The faithful in Christ Jesus are those who no longer are living for themselves but for another, as citizens of the kingdom of God, and members of the body of Christ.

SO WHAT ABOUT YOU? When you read the word saint now, has your perspective changed? Are you living as one who has been set apart? Holy? Faithful in Christ Jesus? How does the reality that you are a saint and faithful in Christ affect the way you think and act today? What adjustments might you want to make as you consider what you have studied today?

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Remember God’s love in the gospel, your death with Christ, and His life in you. Walk in love and take God’s Word to heart. Submit to it and humbly live it out.

Take a moment to work on your weekly memory verse.



Day Four

Grace and Peace

READ EPHESIANS 1:1-2.

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

Write out verse 2.

PRAYERFUL REMINDER. Paul's salutation is an expression of his brotherly love and care for his friends. He includes this greeting in each and every epistle, so it may appear rote and superficial. Even though these words sound simple, they are a profound and prayerful reminder to all the saints of their daily need and God's great provision.

God has given us abundant grace and peace, purchased by our Lord Jesus Christ. "These truths were very real and present in Paul's mind, and he was very intentional in his use of them. The regular Greek greeting of the day was 'Rejoice!' (*chaire*) and the regular Jewish greeting was 'Peace!' (*shalom*). Paul thoughtfully combines these two regular greetings, but replaces *chaire* with the very similarly sounding word *charis* meaning 'Grace!' If anyone understood the need for grace and peace it would be Paul. It was because of these amazing, indescribable, and extravagant blessings of grace and peace that Paul was able to accomplish God's will and work. They are also ours in Christ."⁴

GRACE TO YOU. What is grace? Grace is unearned and unmerited favor, the lovingkindness, goodness, and compassionate benevolence God shows to us. He chooses to give grace to us, not by our doing. It is the "merciful kindness by which God, exerting his holy influence upon souls, turns them to Christ, keeps, strengthens, increases them in Christian faith, knowledge, affection, and kindles them to the exercise of the Christian virtues."⁵

John 1:16-17 says, "*For from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ.*" And 2 Corinthians 8:9 helps us

understand the depth of grace further: *“For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich.”* Ponder God’s abundant grace to you. Write a prayer of reflection below.

GRACE, GOD’S MERCIFUL LOVINGKINDNESS. But what does this mean? Grace is God’s merciful lovingkindness to those who deserved His wrath and punishment. If the invitation to receive Jesus into our hearts depended on us, we would never ask. Grace initiates it all. Jesus took every penalty and punishment we deserved and gave us a boundless bestowal of blessing instead. By grace, Jesus chose to do for us what we were unable to do and would refuse to do even if we could. Jesus graciously seeks, rescues, and revives prisoners who are captive to eternal death and darkness, redeeming them to everlasting light and life. Grace is God’s love to those who are unloveable and unloving. Grace is not dependent upon us, our gifts, our talents, our ability, our works, or our choice; it has nothing to do with us, but everything to do with God. Grace means we are loved, pursued, and found by God, not because of any good we did, prayers we prayed, or steps we took, but exclusively because of His mercy.

Grace opens the eyes of our hearts to see that we are dead in our sin, separated from God, and deserving of His wrath. Grace is when the truth penetrates our hearts and draws us to Him in humble repentance. It unlocks our ears to hear His voice summoning us to follow Him.

God’s grace takes the initiative not only to call, but also to strengthen and equip us to follow. Pastor and author David Platt said, “. . . every single moment of the Christian life—from normal spiritual discipline to radical biblical devotion—is fueled by God’s grace who not only pursued us by grace in the past but also empowers us by grace in the present and emboldens us with an unshakeable guarantee of grace in the future.”⁶

Grace is all we need. Because of grace we will never thirst, never be left alone, never be condemned, never die, and never be judged by God’s wrath. Grace took every penalty and punishment we deserved and gave us every spiritual blessing instead; it is the foundation of everything we stand upon in Christ—from beginning to end. Praise God for His amazing grace!

We do not want to receive the grace of God in vain (2 Cor. 6:1)!

PEACE FROM GOD AND THE LORD JESUS CHRIST. Some people view peace as merely the opposite of war or the absence of stress. The peace of God is ours, founded upon our reconciliation and union with God. Because of Him, we can rest secure, be filled with joy, and have a sense of total

well-being that is not dependent upon circumstances. We receive this peace from God when we receive the Holy Spirit. We then have peace with God and peace within because of God.

Look up the Scriptures under the following headings and write the key phrases.

Before Christ, we did not have peace. We were enemies of God, hostile to the truth.

Romans 5:10

Colossians 1:21

Now, because of God's grace, we have peace with God.

Colossians 1:19-20

Christ is our peace.

Isaiah 9:6-7

Micah 5:4-5

Christ is the grace of God.

Titus 2:11

John 20:19-31

Because of Christ, we have grace and peace. He gives us His peace.

John 14:27

John 16:33

Close in a brief prayer thanking God and your Lord and Savior Jesus Christ for the grace you have been given.

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Remember God's love in the gospel, your death with Christ, and His life in you. Walk in love and take God's Word to heart. Submit to it and humbly live it out.

Take a moment to work on your weekly memory verse.



Day Five

Review

Review each day of this week's lesson. Ponder the Scriptures from each day. The Take the Truth to Heart box is provided at the end of today's lesson. Tomorrow, you will have the opportunity to choose one truth from this week's lesson to take to heart.

READ EPHESIANS 1:1-2.

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ.

DAY ONE: FOCUS SCRIPTURE AND DEVOTION. Review the focus Scripture and the devotion. How did the Lord speak to you? Write any thoughts, affirmations, or observations below.

DAYS TWO THROUGH FOUR. Look through each day's lesson and your answers. This is a great time to work through any part you rushed through, did not understand, or complete. Note any thoughts, realizations, or conclusions here beside each day.

Day Two: An Apostle by the Will of God

Day Three: Saints?

Day Four: Grace and Peace:

CLOSE IN PRAYER. “Father, you have rescued me from the dominion of death and darkness and brought me into the kingdom of life and light. Your lovingkindness has knit my heart to yours. For ages I was bound to a hard and cruel master, unforgiving and relentless in his destruction. I have been raised from the dead and freed from prison. The penalty I owed for my rebellion was laid upon Christ. In exchange, He gave me His holiness and righteousness. My life is no longer my own; I am yours and you are mine. You are my Lord, master, and beloved. I stand in your grace and peace and under your fountain of goodness. Your love flows over, in, through, and from my soul. Lord, grant me the grace to fully receive, comprehend, and enter into the grace and peace that I have been given in Christ. I have been given amazing grace that I did not deserve and peace with you that I did not earn. What a humbling realization that you, Father, have revealed yourself to me, not because of anything I have done, but because of your mercy, your grace, and your purpose. May I humbly live each day with this in mind. Grant me the grace to study your word with all diligence and true devotion. I want to know you and love you more. Open my eyes, soften my heart, lift the veil, and transform me from the inside out. Help me live as the person you called and created me to be in Christ. In Jesus’ name I pray, Amen.” Add any additional prayers you may have below.

Complete the Take the Truth to Heart box on the following page.

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Remember God's love in the gospel, your death with Christ, and His life in you. Walk in love and take God's Word to heart. Submit to it and humbly live it out.

Take a moment to work on your weekly memory verse.



Day Six

Bring the Truth to Life

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

To him be the glory both now and to the day of eternity. Amen.

2 Peter 3:18

PERSONAL REFLECTION: Looking Back

In what areas has the Lord given you wisdom, grace, repentance, or encouragement this week?

STEP ONE: Take the Truth to Heart

Review the Take the Truth to Heart sections from each day. Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from the week that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, or train you (2 Tm. 3:16-17)?

STEP TWO: Put the Flesh to Death

What sin (wrong thinking or ungodly thought, belief, attitude, action, or inaction) is being addressed by the Scripture you wrote? Confess this in writing. Also, include an example of where you saw the evidence of this sin in your life this week. Ask for the Lord's forgiveness. Receive His mercy and grace (1 Jn. 1:9-10).

What do you need to "put off" from your old self or adjust in your thinking, beliefs, attitude, or behavior to submit to God? Apply His truth to your mind and heart (Eph. 4:22; Col. 3:5-9).

STEP THREE: Bring the Truth to Life

Walking forward in repentance and faith by God's grace, what will you "put on" (Eph. 4:23-24; Col. 3:10, 12, 14)? How are you going to do this? Be specific in your plan of action and be encouraged by what the Lord is going to do.

Remember God's love in the gospel. You have died, and Christ now lives in you. Walk in love. Take God's Word to heart. Submit to it, and humbly live it out.

Take a moment to practice your weekly memory verse. Write it below.

Bring the Truth to Life Chart

This chart is to be filled out on class day.

1

Step One
*Take the Truth
to Heart*

>

2

Step Two
*Put the Flesh
to Death*

>

3

Step Three
*Bring the Truth
to Life*

NAME	SCRIPTURE	SIN	ACTION



Who Am I in Christ?

A THISTLEBEND DISCIPLESHIP STUDY

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10

Where do women find their identity? Many Christian women struggle to understand and even believe who they are in Christ. This intensive discipleship study in Ephesians will help women discover and embrace that they are uniquely made in Christ and will teach them how to think and live accordingly to glorify Him. They will gain a greater understanding that the Lord has called them and set them apart for Him and His purposes—to live the life He has prepared for them. A treasure chest of understanding will be opened regarding the inheritance and spiritual blessings they have been given in Christ. Eight lessons (nine weeks with Introduction).

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Taking the Gospel to Heart and Bringing It to Life