

Teen Through the Bible Series

TEEN *Study Guide*

SUNDAY SCHOOL · WINTER QUARTER, 2026-2027 DECEMBER, JANUARY, FEBRUARY

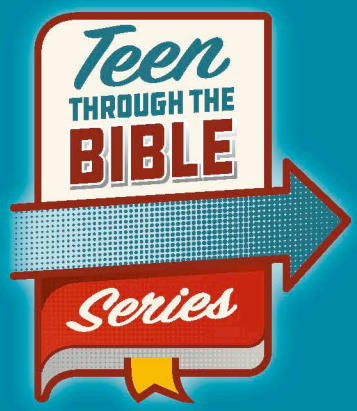
BLESSINGS FOR THE CHILD OF GOD

Ephesians

Blessings for the Child of God

Ephesians

Living a Christ-honoring life because of the blessings of God.



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VOLUME 2, NO. 2
WINTER QUARTER
2026

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4605 N. STATE LINE AVE.
TEXARKANA, TX 75503-2928
1-800-264-2482
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About the Writer



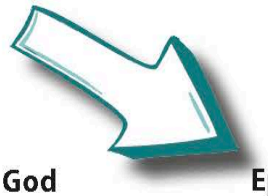
Kelli, her husband, Chase, and their three boys returned to the United States from Indonesia in June 2021 where they spent almost thirteen years serving as Bible translators for the Yetfa tribe as well as helping ten other language groups. Before that, they served in youth ministry in Arkansas and Alabama where Kelli taught English Language Arts in public school. In May 2021, Kelli completed her Master's in Biblical Exposition from John W. Rawlings School of Divinity at Liberty University. She and Chase continue to help with Bible translation remotely while they serve stateside as head of Missionary Training Ministry (MTM), equipping and encouraging ABA missionaries, helping ABA churches send more missionaries and raising awareness for unreached people groups and the need for more laborers.

"My favorite Bible passage is Ephesians 3:14-21, particularly verse 17:
That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love."

Kelli can be reached at *kelli_reynolds@wycliffe.org.*

How To Use the Through-the-Bible Teen Study Guide

1. Each Monday, start reading through the week's Bible Text.



Week 1—November 30 - December 6 **The Blessings of God** **Ephesians 1:1-12**

Monday	Reflections
Grace and Peace, Ephesians 1:1, 2	

2. Monday through Saturday, read the daily devotionals. These devotionals come first each week before the lesson. Take time to read the devotionals including all Bible references for each day, then in the "Reflections" box next to the devotional write down any notes, questions, life lessons, emotions or prayers you may have related to the devotional. These devotionals are provided by the writer, other devotional writers and by students like you. If you would like to write devotionals for upcoming quarterlies, please contact Kelli at her email below.

3. Each week's lesson comes after the six daily devotionals. It is best to study portions of the lesson as the week progresses, but also make sure to attend church on Sunday where you will dig deeper into the lesson with others. To get the most out of each lesson, make sure you have a Bible, a journal and some Bible-specific pens. Pay close attention to the icons throughout the lesson:

 Read the Bible verse(s) and write answers in the book.

 Read the Bible verse(s) and write in your journal.

 Tips for Bible study.

4. Give us your feedback. If you have any questions about the lesson or if you need someone to talk to, reach out and let us know. You can write the Editor (*nathan.luellen@bogardpress.org*) or the Writer (*kelli_reynolds@wycliffe.org*). (For questions on how to get the most out of this book or to offer feedback, scan the code.)

Monday

Grace and Peace, Ephesians 1:1, 2

"Grace" and "peace" are found at the beginning of all of Paul's letters. He combined two cultural greetings with a Christian bonus. The common Greek greeting was *chairein*, related to "grace" *(charis)*, and the Jewish greeting was *shalom* or "peace." Paul greeted the recipients with some combination of grace and peace be to you from the Lord. Take a moment to look at each greeting from the book of Romans through Philemon. (Note that Timothy's letters had something extra.)

Sometimes as we read Paul's letters, we tend to skim past the greeting to get to the content. We might think of it like our small talk—"Hi! How are you? You doing okay?"—before we get to the point, but these two words deserve some reflection. Grace and peace are both blessings. Paul gave a double blessing, and he added that they come from the Lord. In truth, they come only from the Lord. He is the only One who can extend true grace, and true peace is found in Him alone. Ask the Lord for His grace and peace, and recognize them when He gives them. Praise Him for them!

Reflections

Reflections

Tuesday

Spiritual Blessings, Ephesians 1:3

Paul took every opportunity to praise God, and verse three begins a praise section. Notice the word 'bless' is used three times. The Greek word is compound: *eu*, meaning well or good, and *logos*, meaning speech or word. Literally it's a good word! To be blessed is so much more than just a good word. It is well wishes or a prayer spoken over someone. This blessing is from the Lord! He has blessed us with a long list of spiritual blessings.

Hopefully at Thanksgiving you reflected on your blessings. But did you think about your spiritual blessings that you have in Christ? Salvation is at the top of the list. Christ died for you to give you abundant life and rescue you from eternity in hell. He also sealed you with His Spirit, so that you can never lose your salvation.

Paul talked repeatedly about our inheritance in heaven. In fact, he talked about it more in the book of Ephesians than anywhere else. Eternal life, a place in the Father's house, a new body and mind, eternal peace, security and safety, freedom from temptation and sin, freedom from the difficulties of life on earth and a big one: freedom from fear. These are a few of the spiritual blessings in heavenly places. As we reflect on blessings, let's not forget our spiritual blessings.

Reflections

Wednesday

Conversation Speaks, Ephesians 1:4-6

As a late-blooming apostle, Paul understood adoption. He didn't walk with Jesus and experience what the other apostles did, yet God made him an apostle, too. Paul was adopted in. Through Christ we are adopted into God's family. We are joint heirs with Jesus and children of God alongside him. God chose us long before creation, and Jesus' sacrifice made salvation and adoption possible by bridging the gap between God and us that sin created. It was not only God's pleasure to bring us into His family, but His good pleasure, His will, and His choice all through His love and grace.

We are forever grateful for our adoption. We are chosen by the King of the universe! We are incredibly blessed in more ways than our current human minds can fathom. Because of our adoption, the blessings we currently receive and those awaiting us in eternity, we live to honor God. Thankfulness and gratitude should determine our every move and thought. Paul said "we should be holy and without blame before him in love." God said be holy as He is holy (Leviticus 11:44; 1 Peter 1:16). Peter hit the nail on the head with how to show holiness daily: be holy in all manner of conversation. Holiness should guide all our words.

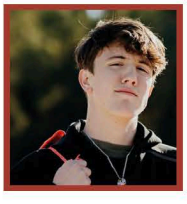
Thursday

Live Through Him, Ephesians 1:8-10

I can relate in so many ways as a teen/young adult to these verses. We all should have heard the saying, "You can always learn new things." Wisdom is gaining knowledge and learning after your past mistakes. It can be annoying to hear this over and over again, but it is that much more important to continue to hear them. Some people can learn faster than others, but it's always going to be possible.

We may not know what God has in store for us, but verse nine tells us, "Having made known unto us the mystery of his will." God intends the best for our lives and that which He had purposed in Him. So if we follow God's will and live our life through Him, many great things will come our way, and we will not regret it.

Everything I have spoken about these verses, I learned from personal experience and learned things the hard way, and I hope no one has to learn the hard way to live your life through the Lord. God loves us all so much and wants the best for us, and He wants us to live for Him.



Carl Smith, Westside Baptist, Haynesville, LA

Reflections

Friday

Lavish, Ephesians 1:8-10

A student just told me her grandparents give her presents for every holiday. She gets gifts from them at Thanksgiving, Christmas, her birthday, New Year's, Valentine's, Easter, and when she sees them during the summer. That's a lot of gifts! They lavish her with presents, and it sounds like they are significant gifts! In Ephesians 1:8, Paul said the riches of God's grace have been lavished upon us. He doesn't hold back. He gives grace above and beyond our need, and He does it in wisdom and prudence. With His divine knowledge and insight, He knows what we need when we need it, and He supplies it right on time.

Have you ever faced a situation to figure out what you would do or how you would get through it? Hopefully you prayed and gave it to the Lord for Him to work out. Afterward, were you amazed to find that it all worked out just right? He does this for me all the time. When I have an overwhelming amount of things to do in a certain amount of time or don't have what it takes to face something, He shows up and carries me through. I have time and energy to spare at the end and experience a sweet peace. It doesn't make human sense and I can't explain it, but He gives all the grace I need at the right moment. He truly lavishes us with grace navigated through wisdom and prudence.

Reflections

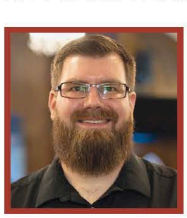
Reflections

Saturday

The Guarantee of Salvation, Ephesians 1:11-14

What can we say is really a guarantee in this life? We make plans every day, but rarely consider that those plans may not even happen. Things come up all the time that destroy everything we had planned out so carefully. Salvation is not that way. This is because salvation is God's plan, not ours. He knows everything before it happens, has seen all of history before the world was created. His plans are perfect, His promises are guaranteed.

In the Old Testament, God chose the Jews as His people and used them to proclaim the coming of the Messiah. In the New Testament, Jesus Christ came and fulfilled the promises of the Messiah through His death on the cross, offering salvation to everyone. All Bible history centers around Christ and saving the world from sin through His gospel. His gospel is the good news of how Christ died for our sins, was buried, and rose again on the third day according to the scripture; His sacrifice to pay for our sins. Salvation is God's promise to everyone who chooses to believe in the gospel of Jesus Christ and asks God to save them. When they do, the Holy Spirit indwells them and becomes their down payment from God for their eternity in heaven. Salvation in Christ is God's promise that, if you accept it, heaven is your inheritance...your guaranteed future.



Steven Haney, pastor
Ebenezer Baptist, Henderson, TX

Key Verse: Ephesians 1:4
"As he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love."

What do you already know about the book of Ephesians?

Historic Timeline

147 BC ROME CONQUERED THE GREEK EMPIRE

110 BC SILK ROAD IN CHINA WAS THRIVING

51 BC CLEOPATRA RULED EGYPT

27 BC CAESAR AUGUSTUS: FIRST ROMAN EMPEROR

---JESUS' TIME ON EARTH

36 AD EASTERN HAN DYNASTY BEGAN IN CHINA

54 AD NERO BECAME THE ROMAN EMPEROR

~ 60 AD PAUL WROTE EPHESIANS

64 AD GREAT FIRE OF ROME

66 AD JEWISH REVOLT, TEMPLE DESTROYED IN 70

~175 AD TEOTIHUACÁN, CENTRAL MEXICO, WAS BUILT

The Blessings of God

Ephesians 1:1-12

Ephesians is a letter Paul wrote to new believers in Christ. It was circulated and shared among the house churches in the region to teach about new faith in Christ. Scholars believe it was preserved and kept in Ephesus, so the name Ephesians was attached to it.

Ephesians is the essence of all of Paul's teaching on what it means to be a Christian. Next to the book of Romans, it is a handbook to Christianity. Romans provides foundation for the Christian walk, and Ephesians provides the how-to. What does it look like to live out the Christian life? Ephesians has the answers.

Paul first visited Ephesus after spending 18 months in Corinth and planting a church there (Acts 18). He took Aquila and Priscilla with him to Ephesus on the southwestern border of Asia (80 kilometers from Izmir, Turkey). He talked with Jews in the synagogue there (that's where Paul always started), but his trip was short. He needed to go back to Jerusalem for the yearly feast, but he told them he would return if the Lord allowed. Aquila and Priscilla stayed there with the new believers.

Paul returned to Ephesus (Acts 19) and found about a dozen disciples of John the Baptist. Paul taught them, picking up where John left off and shared the gospel of Jesus whom John said would come after him. They trusted Christ and were baptized and added to the number of Ephesian believers. In Paul's time in Ephesus, many miracles occurred, and many people from all over the region believed in Christ. Acts 19:20 says, "So mightily grew the word of God and prevailed" over dark arts, evil spirits, forces of evil and general unbelief.

This shift of belief and way of life met some intense opposition, particularly from those who made their living from idols and false worship of Greek gods. A riot broke out, but the new Jesus followers protected Paul and did not let him go into the crowd. After everything died down, he left Ephesus to share the gospel and encourage believers all over that area of Asia.

Acts 20:17-38 records Paul's last meeting with the leaders of the Ephesian church. He would not see them face-to-face again.

Read Acts 20:31, 32. How long was his ministry in Ephesus?

His letter to them (the book of Ephesians) elaborates and unpacks verse 32.

Read Ephesians 1:1, 2. How did Paul become an apostle?

Paul is clear in his letters that 1) he is an apostle and 2) God called him. There were false teachers calling themselves apostles. ("If Paul can do it, so can we!") Paul used "by the will of God," "called," or "by the commandment of God." His calling was not his own.

"Grace and peace" is a combination greeting of Greek (grace, *charis*) and Hebrew (peace, *shalom*).

Read Ephesians 1:3. What are some spiritual blessings from the Lord? Where are the blessings?

Starting with a blessing was a traditional custom of Jewish worship. Paul's audience was a mix of Jews and Gentiles (non-Jews).

Read Ephesians 1:4-8. Verse 4 is today's key verse. We'll look at it in detail in the Take-Away. God preplanned all He would do for those who believe in Him. He planned our adoption, our redemption, the forgiveness He would extend, and the blessings, grace, wisdom, and prudence He would pour out on everyone who chose Him.

What is the goal of wisdom and prudence?

Think about a couple ready to adopt a child. Lots of preparation, thoughts, dreams, plans, and excitement surround an adoption, and that is just the same for us. God moved heaven and earth to make our adoption possible. It just hinges on our acceptance.

Have you accepted His invitation to be His child?

Read Ephesians 1:9-12. What has God made known to us?

What word or phrase is repeated from verse 5?

Dispensation means order, administration, or management. As the events of time fall into place, what will God do?

What have we obtained through Christ?

Read Proverbs 14:8 about wisdom and prudence.

How are we eligible for the inheritance?

What do we learn about God from these verses?

When reading Scripture, look up any words you don't know and write a one- or two-word definition in the margin of your Bible beside the verse.



APPLICATION

God has extended numerous blessings to us as His children. Those blessings are both in this life here on earth and awaiting us in heaven where we will enjoy them for eternity. Are those blessings yours? Have you trusted Christ and been adopted by the Father?

Do you live as a child of God?

Does your life result in the praise of His glorious grace?

~TAKE-AWAY~

Ephesians 1:4 is today's key verse. Let's break this down a bit so we don't miss what is said.

- **Chosen**—*eklegomai*: to pick out or choose for one's own. Think of a Valentine's box of chocolates or the selection of donuts at Dunkin.
- **In him**—in Christ as part of His body; being part of Him
- **Before the foundation of the world**—Before time began, before there was light, before there was anything that resembled a world, He already knew His children.
- **Holy and without blame**—He blessed us so that we can be holy and blameless. There's only one way we are holy and without blame, and that's because He lives in us and we are one of His.
- **Before Him in love**—in His presence, in His sight

Before the world and life on earth began, God looked down through the ages and knew it all. He knew Christ would come to earth to save us, and He knew who would trust in Him as Savior. It is only through our faith in Him that we can ever be considered holy and not be accused of our sin. He's taken it from us. This week, take time each day to thank God for His blessings and His salvation.

~WHAT I LEARNED TODAY~

~PRAYER FOR OTHERS~

~A PRAYER FOR MYSELF~