

Ephesians

Bible Reading Plan for New Christians

A 28-Day Discipleship Reading Plan

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Purpose of This Reading Plan

The book of Ephesians is a rich and encouraging letter for new Christians because it explains both who believers are in Christ and how believers are to walk because of Christ.

Ephesians begins with the spiritual blessings God has given His people in Christ, then moves to the daily life of the church, the home, the workplace, and spiritual warfare. It teaches that the Christian life is not built on self-effort, but on grace, union with Christ, and the power of God at work in His people.

Central Question:

Who am I in Christ, and how should I now walk as one who belongs to Him?

How to Use This Plan

Each day, read the assigned passage slowly. Pray before you read:

Lord, open my eyes to see Christ clearly, understand Your Word rightly, and walk worthy of the gospel by Your grace.

Then use either the Core Observation Questions or the S.O.A.P. Method.

Option 1: Core Observation Questions

1. What does this passage teach me about God the Father, Jesus Christ, or the Holy Spirit?
2. What does this passage teach me about salvation, grace, the church, or the Christian life?
3. Is there a command to obey, a promise to trust, a warning to heed, or an example to follow?
4. What truth about my identity in Christ do I need to remember today?
5. What is one step of obedience I should take in my walk with Christ?
6. How should I pray in response to this passage?

Option 2: The S.O.A.P. Method

S - Scripture: Write down one verse or phrase that stood out.

O - Observation: What does the passage say? What do you learn about God, salvation, the church, or the Christian walk?

A - Application: How does this truth apply to your thoughts, attitudes, relationships, worship, or obedience today?

P - Prayer: Write a short prayer asking God to help you believe and obey His Word.

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28-Day Reading Plan Through Ephesians

Day	Passage	Focus	Done
1	Ephesians 1:1-2	Grace and Peace in Christ	☐
2	Ephesians 1:3-6	Chosen and Adopted in Christ	☐
3	Ephesians 1:7-10	Redeemed and Forgiven by Grace	☐
4	Ephesians 1:11-14	Sealed with the Holy Spirit	☐
5	Ephesians 1:15-23	Knowing the Hope and Power of God	☐
6	Ephesians 2:1-3	Dead in Sin Apart from Christ	☐
7	Ephesians 2:4-10	Made Alive by Grace Through Faith	☐
8	Ephesians 2:11-18	Brought Near Through the Blood of Christ	☐
9	Ephesians 2:19-22	Members of God's Household	☐
10	Ephesians 3:1-6	The Mystery of Christ Revealed	☐
11	Ephesians 3:7-13	The Gospel Displayed Through the Church	☐
12	Ephesians 3:14-21	Strengthened to Know Christ's Love	☐
13	Ephesians 4:1-6	Walking Worthy in Unity	☐
14	Ephesians 4:7-16	Growing Together Toward Maturity	☐
15	Ephesians 4:17-24	Putting Off the Old and Putting On the New	☐
16	Ephesians 4:25-32	Truthful, Holy, Forgiving Speech and Conduct	☐
17	Ephesians 5:1-7	Walking in Love as Beloved Children	☐
18	Ephesians 5:8-14	Walking as Children of Light	☐
19	Ephesians 5:15-21	Walking in Wisdom and Spirit-Filled Worship	☐
20	Ephesians 5:22-33	Marriage as a Picture of Christ and the Church	☐
21	Ephesians 6:1-4	Children, Parents, and the Lord	☐
22	Ephesians 6:5-9	Work and Service Before the Lord	☐
23	Ephesians 6:10-13	Standing Strong in the Lord	☐
24	Ephesians 6:14-17	The Armor of God	☐
25	Ephesians 6:18-20	Prayer and Gospel Boldness	☐
26	Ephesians 6:21-24	Encouragement, Peace, Love, and Grace	☐

Day	Passage	Focus	Done
27	Review Ephesians 1-3	Remember Your Riches in Christ	☐
28	Review Ephesians 4-6	Walk Worthy of Your Calling	☐

Weekly Themes for Reflection

Week 1: Your Riches in Christ *(Ephesians 1)*

God has blessed His people with every spiritual blessing in Christ. New Christians need to learn that the Christian life begins with what God has done, not what we have earned.

Key Question: Am I resting in the grace of God and the finished work of Christ?

Week 2: From Death to Life and Far to Near *(Ephesians 2)*

Paul shows the depth of our need and the greatness of God's mercy. Salvation is by grace through faith, and believers are brought near to God and joined to His people.

Key Question: Do I understand that salvation is God's gracious gift, not my achievement?

Week 3: The Church and the Worthy Walk *(Ephesians 3-4)*

The gospel creates a new people who are to walk in unity, maturity, holiness, truth, and forgiveness.

Key Question: Where does my daily walk need to better match my calling in Christ?

Week 4: Love, Light, Wisdom, and Warfare *(Ephesians 5-6)*

The Christian life touches every part of life: worship, relationships, family, work, witness, prayer, and spiritual battle.

Key Question: Where do I need to stand firm in the Lord and walk in wisdom today?

Simple Discipleship Prompts for New Christians

At the end of each week, discuss these questions with a pastor, mentor, parent, or mature believer:

1. What did you learn about God's grace this week?
2. What did you learn about your identity in Christ?
3. What confused you or raised questions?
4. What encouraged you or strengthened your faith?
5. What convicted you about your walk with Christ?
6. What is one specific area where you need to obey Christ?
7. How can someone pray for you this week?

One-Page Weekly Review Sheet

Use this page at the end of each week or copy it for each week of the plan.

1. The clearest truth I saw about Jesus this week:

2. One verse or phrase I want to remember:

3. One area where the Lord convicted or encouraged me:

4. One step of obedience I need to take:

5. One question I want to ask a mentor or pastor:

6. Prayer response:

A Simple Closing Prayer

Father, thank You for every spiritual blessing given in Christ. Help me remember who I am by grace, walk worthy of Your calling, love Your church, resist sin, stand firm in the Lord, and grow in joyful obedience to Jesus Christ. Amen.