

**“7”**

***7 Minutes That Could Change Your Life!***

***A Seven Week Bible Study Schedule for Ephesians***

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*Wheelersburg Baptist Church*

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# 7

## *7 Minutes That Could Change Your Life!*

Seven minutes. That's not very long, not really. Seven weeks. That's not very long either. Yet seven purposeful minutes a day for seven weeks could change your life forever, for real!

This booklet you hold is intended to help you as an individual, along with your brothers and sisters at Wheelersburg Baptist Church, develop the discipline of a daily "quiet time" with God. For the next two months while Growth Groups are occurring at WBC, we are encouraging the entire church family to study the book of Ephesians in their personal quiet times. In addition, we'll be sharing together highlights of what we are learning during the first ten minutes of Growth Groups each Sunday evening.

Here is what the daily, seven minute plan looks like...

**1 minute:** Pray & ask God to teach you from His Word

**5 minutes:** Read God's Word and answer two simple questions

**1 minute:** Pray & ask God to help you apply His Word

It's quite simple, yet the results can be eternally significant. If you will invest seven minutes a day (I would recommend in the morning before you begin your other daily responsibilities), you will get to know God and His Word better. Seven minutes a day for seven weeks will take you through Ephesians.

"Can I go longer than seven minutes?" you ask. Sure, if you want to! Seven is just a good place to start and every good thing starts somewhere. So I challenge you to begin here... Start with **7!!!**

Because of Him,

Brad Brandt, Pastor-Teacher

## Seven Week Bible Study Schedule for Ephesians

### Week One:

Monday	Tuesday	Wednesday	Thursday	Friday
1:1-2	1:3-6	1:7-10	1:11-14	1:15-23

### Week Two:

Monday	Tuesday	Wednesday	Thursday	Friday
2:1-3	2:4-10	2:11-13	2:14-18	2:19-22

### Week Three:

Monday	Tuesday	Wednesday	Thursday	Friday
3:1-6	3:7-13	3:14-19	3:20-21	4:1-6

### Week Four:

Monday	Tuesday	Wednesday	Thursday	Friday
4:7-10	4:11-13	4:14-16	4:17-19	4:20-24

**Week Five:**

**Monday      Tuesday      Wednesday      Thursday      Friday**

4:25-28	4:29-32	5:1-2	5:3-7	5:8-14
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**Week Six:**

**Monday      Tuesday      Wednesday      Thursday      Friday**

5:15-21	5:22-24	5:25-33	6:1-4	6:5-8
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**Week Seven:**

**Monday      Tuesday      Wednesday      Thursday      Friday**

6:9	6:10-12	6:13-17	6:18-20	6:21-24
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**Week One – October 16-22      Ephesians 1:1-23**

Date: Monday, October 16

Passage: Ephesians 1:1-2

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, October 17

Passage: Ephesians 1:3-6

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, October 18

Passage: Ephesians 1:7-10

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Thursday, October 19

Passage: Ephesians 1:11-14

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, October 20

Passage: Ephesians 1:15-23

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

\*\*On Saturday & Sunday—review & give thanks for what you learned this week!

Week Two – October 23-29      Ephesians 2:1-22

Date: Monday, October 23

Passage: Ephesians 2:1-3

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, October 24

Passage: Ephesians 2:4-10

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, October 25

Passage: Ephesians 2:11-13

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?



Date: Thursday, October 26

Passage: Ephesians 2:14-18

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, October 27

Passage: Ephesians 2:19-22

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

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## Week Three – October 30-Nov. 3 Ephesians 3:1-4:6

Date: Monday, October 30

Passage: Ephesians 3:1-6

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, October 31

Passage: Ephesians 3:7-13

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, November 1

Passage: Ephesians 3:14-19

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Thursday, November 2

Passage: Ephesians 3:20-21

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, November 3

Passage: Ephesians 4:1-6

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

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## Week Four – November 6-10 Ephesians 4:7-24

Date: Monday, November 6

Passage: Ephesians 4:7-10

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, November 7

Passage: Ephesians 4:11-13

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, November 8

Passage: Ephesians 4:14-16

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Thursday, November 9

Passage: Ephesians 4:17-19

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, November 10

Passage: Ephesians 4:20-24

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

\*\*On Saturday & Sunday—review & give thanks for what you learned this week!

## Week Five – November 13-17 Ephesians 4:25-5:14

Date: Monday, November 13

Passage: Ephesians 4:25-28

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, November 14

Passage: Ephesians 4:29-32

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?



**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, November 15

Passage: Ephesians 5:1-2

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Thursday, November 16

Passage: Ephesians 5:3-7

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, November 17

Passage: Ephesians 5:8-14

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

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Week Six – November 20-24    Ephesians 5:15-6:8

Date: Monday, November 20

Passage: Ephesians 5:15-21

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, November 21

Passage: Ephesians 5:22-24

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, November 22

Passage: Ephesians 5:25-33

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Thursday, November 23

Passage: Ephesians 6:1-4

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, November 24

Passage: Ephesians 6:5-8

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

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Week Seven – November 27-Dec. 1 Ephesians 6:9-6:24

Date: Monday, November 27

Passage: Ephesians 6:9

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Tuesday, November 28

Passage: Ephesians 6:10-12

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Wednesday, November 29

Passage: Ephesians 6:13-17

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Thursday, November 30

Passage: Ephesians 6:18-20

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

Date: Friday, December 1

Passage: Ephesians 6:21-24

? Pray (1 minute)

? Read (5 minutes)

? Pray (1 minute)

**Interpretation Question:** In your own words, what is this passage saying?

**Application Question:** What is something God wants you to do in light of what you just read?

\*\*On Saturday & Sunday—review & give thanks for what you learned this week!

## **Prayer Requests**



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