

## Friday, April 22, 2016

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- 3 pm Hotel check-in (for overnight guests)
- 5:30 – 6:00 Conference check-in and distribution of materials
- 6:00-9:00 pm
- Prayer, praise, and Worship
  - Welcome to Bible for Food Recovery
  - General Directions for Bible Immersion/ Ephesians 1 /(Practicing the USE method)/ sharing insights and thoughts/ Commentary / Break-Out Groups
  - Door Prize Activities
- 9:30 pm Movie for night owls (War Room)

## Saturday, April 23, 2016

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- 6 am Private quiet time
- 7 am Breakfast (provided)
- 9 am Prayer, praise, and worship
- 9:30 - 11 am General Directions for Bible Immersion/ Ephesians 2 (Practicing the USE method)/ sharing insights and thoughts/ Commentary/ Break-Out Groups
- 11 - 12 am Bible Immersion and Staying Abstinent: How Does it Work for You (Panel/Open Sharing/ Skills, Mindsets, and Attitudes)
- 12:00 pm Lunch (on your own) / Christian Books and Gifts Available on Freebie Table
- 2 -3:30 pm Ephesians 3 (Practicing the USE method)/ sharing insights and thoughts/ Commentary/ Break-out groups

- 3:30- 5 pm Keeping Your Food Clean: Some Things to Consider/ The Ninety-Days  
Shepherding Program/ “Clear, Clean, Committed” a private online site to log in  
your food)/ group photo
- 5- 6:30 pm Ephesians 4 (Practicing the USE method)/ sharing insights and thoughts/  
Commentary/ Break-out groups
- 6:30- 8 pm Dinner (on your own)
- 8 – 9:30 pm Workshop/ “Audience Participation”: Setting up a Bible for Food Home Group

## Sunday, April 24, 2016

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- 6 am Private quiet time
- 7 am Breakfast available in dining room
- 8:30- 10 am Prayer, Praise, and Worship/ Ephesians 5 (Practicing the USE method)/ sharing  
insights and thoughts/ Commentary/ Break-out groups
- 10 – 11:30 Mini-Workshop: Scripture Memory/ Ephesians 6/Phone Lists / The Ninety Days  
Calendar/ Evaluation/ Our closing and clean up.
- 11:30 Hotel check-out

# Prayers for the Retreat

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- ***Psalm 71: 15 ~ My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge.***

*{Dear Father, may all that we do in our time together serve to glorify Jesus and to spread the Good News.}*

- ***1 Thessalonians 2:4 ~ We have been approved by God to be entrusted with the gospel, so we speak, not to please man, but to please God who tests our hearts.***

*{Dear Father, let each of us strive to know your truth and to speak the truth boldly and accurately. Give us understanding and insight so that we may promote holiness and maturity in in faith in the Lord Jesus Christ.}*

- ***Mark 16:15 ~ And he said to them, “Go into all the world and proclaim the gospel to the whole creation.***

*{Dear Father, as we encounter others in and out of this conference, may we keep the Great Commission before us. May all others know that we are Christ ambassadors and are carriers of the Good News of salvation.}*

- ***Luke 1:46-47~ My soul glorifies the Lord and my spirit rejoices in God my Savior.***

*{Dear Father, give us the willingness and strength to rise above anything that would hinder us from worshiping you in spirit and in truth strengthen us to cry out “Holy, holy, holy is the Lord God Almighty!” Let us cry out in unbridled praise.}*

- ***Leviticus 19:18 ~ You shall not take vengeance, nor bear any grudge against the sons of your people, but you shall love your neighbor as yourself; I am the LORD.***

*{Dear Father, give us a deep and genuine love for each individual gathered at this retreat. As Christ loved and forgave us, help us to remember to love and forgive each other from the heart.}*

- ***Job 23:12 ~ I have not departed from the command of His lips; I have treasured the words of His mouth more than my necessary food.***

*{Dear Father, break the stronghold of food addiction from everyone who has gathered here. Give us a craving for Your word that is greater than the demonic craving for excess food. May Scripture not only sustain us, but will become the eternal gift we share that will strengthen and sustain others. In the name of Jesus Christ we pray. Amen.}*

## The U.S.E. Technique for Bible Study

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- **Underline** any word, phrase, or passage that catches your attention as you listen to the passage being read.
- Look over what you have underlined at the end of your reading time and **select** a verse. Now it is time to **explore** by thinking, writing, and praying.

## Think, Write, Pray....And Watch You Feelings Change For The Better!

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- Choose a verse and write down its “address” (For example, you would write “1:7” to remind yourself that your attention had been drawn to Chapter 1 in Ephesians, the 7<sup>th</sup> verse.
- Ask yourself: What does it bring to mind? (Another way to think of this question is "What do you already know about what this verse is saying?) Write down your answer(s).
- Ask yourself: What might God be saying to me? (Another way to think of this question is "How is this verse playing out in my own life?) Write down your answer (s).
- Ask yourself: What would a prayer to the Lord look like regarding all that I have written and thought about thus far? Write a prayer to the Lord
- Read aloud all you have written (including the Bible verse) and pray to the Lord from the depth of your heart!

## “Scripture, Thoughts, Prayer” Example

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### *Psalm*

***23:1-4 The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right path for His namesake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.***

- The Lord is not only my shepherd, He is my Good Shepherd. My welfare and protection is His greatest concern.
- Sometimes I cannot see the good that the Lord has provided, because Satan has placed a smoke screen before my eyes. In His mercy my shepherd has had to force me to stop running to my destruction. He has sometimes MADE me lie down in green pastures!
- In the presence of my shepherd, I know peace and restoration. My strength is renewed and I am empowered to continue on.
- Because I live in a fallen world, I will encounter much evil along my daily walk. Sometimes this evil will assail me out rightly. More often, it will be camouflaged and covert. Whatever the form it takes, my shepherd is big enough to handle it!
- {Thank you my Lord. You are my God. Thank you for loving me so mightily. It is because of Your love that I am learning to trust You more and more each day. Thank you, Jesus, thank you. It is in Your holy name that I pray. Amen.}

# The Book of Ephesians ~ Digging Deeper

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*Ephesians 1 (NLT)*

## *Greetings from Paul*

*1 This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus. I am writing to God's holy people in Ephesus, who are faithful followers of Christ Jesus.*

*2 May God our Father and the Lord Jesus Christ give you grace and peace. Spiritual Blessings*

*3 All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.*

*4 Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.*

*5 God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.*

*6 So we praise God for the glorious grace he has poured out on us who belong to his dear Son.*

*7 He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.*

*8 He has showered his kindness on us, along with all wisdom and understanding.*

*9 God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan.*

*10 And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth.*

*11 Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.*

*12 God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God.*

*13 And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own[d] by giving you the Holy Spirit, whom he promised long ago.*

***14 The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.***

***Paul's Prayer for Spiritual Wisdom***

***15 Ever since I first heard of your strong faith in the Lord Jesus and your love for God's people everywhere,***

***16 I have not stopped thanking God for you. I pray for you constantly,***

***17 asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom[f] and insight so that you might grow in your knowledge of God.***

***18 I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.***

***19 I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power***

***20 that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.***

***21 Now he is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come.***

***22 God has put all things under the authority of Christ and has made him head over all things for the benefit of the church.***

***23 And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.***

**1.** Look over the things you underlined or highlighted in *Ephesians 1*. Was there a verse or passage that was particularly meaningful to you? What are some of the things that come to your mind as you think deeply about this verse or passage? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and your recovery?

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2. Chapters 18 and 19 of the Book of Acts give us an idea of what Paul faced in the City of Ephesus. Understanding the geographical, historical and spiritual situation helps us to better understand Paul's words and actions. A) Compare the cultural setting of Ephesus and the area where you live. What are the differences/similarities? B) What were the hindrances Paul faced in preaching in Ephesus? What hinders you from telling others about Christ in your family, workplace, community and or church? What are the hindrances that prevent you from telling about God honoring eating? Do you see any similarities between what could have hindered Paul and what hinders you? C) As a group, pray for the wisdom and grace to overcome any hindrances that would prevent you from witnessing about Jesus or telling others how to honor Him in their eating.

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3. HOW DOES IT FEEL TO BE ADOPTED? A) When did God decide that both Jews and Gentiles would be the focal point of his love and adopted into His family? How did He achieve this? B) In Ephesians 1:6, what is the object of Paul's praise? C) List the things that Paul prayed for the Church at Ephesus? Is this relevant to us today? Why? Why not? D) If you think Paul's prayer is still relevant for us today, would you take a moment now to pray in the same way for today's church? If you don't think it is relevant, would you write a prayer that you think is more applicable to today's life situation?

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4. Choose a verse from Ephesians 1. Apply the U.S.E. technique. Now organize your results into a "scripture, thought, and prayer" format below.

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## ***Ephesians 2***

### ***Made Alive with Christ***

***1 Once you were dead because of your disobedience and your many sins.***

***2 You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God.***

***3 All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else.***

***4 But God is so rich in mercy, and he loved us so much,***

***5 that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!)***

***6 For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.***

***7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.***

***8 God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God.***

***9 Salvation is not a reward for the good things we have done, so none of us can boast about it.***

***10 For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.***

### ***Oneness and Peace in Christ***

*11 Don't forget that you Gentiles used to be outsiders. You were called "uncircumcised heathens" by the Jews, who were proud of their circumcision, even though it affected only their bodies and not their hearts.*

*12 In those days you were living apart from Christ. You were excluded from citizenship among the people of Israel, and you did not know the covenant promises God had made to them. You lived in this world without God and without hope.*

*13 But now you have been united with Christ Jesus. Once you were far away from God, but now you have been brought near to him through the blood of Christ.*

*14 For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us.*

*15 He did this by ending the system of law with its commandments and regulations. He made peace between Jews and Gentiles by creating in himself one new people from the two groups.*

*16 Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hostility toward each other was put to death.*

*17 He brought this Good News of peace to you Gentiles who were far away from him, and peace to the Jews who were near.*

*18 Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us.*

### ***A Temple for the Lord***

*19 So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family.*

*20 Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself.*

*21 We are carefully joined together in him, becoming a holy temple for the Lord.*

*22 Through him you Gentiles are also being made part of this dwelling where God lives by his Spirit.*

**5.** Look over the things you underlined or highlighted in *Ephesians 2*. Was there a verse or passage that was particularly meaningful to you? What are some of the things that come to your mind as you think deeply about this verse or passage? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and your recovery?

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6. Write out *Ephesians 2:1-2* in your own words. How does this verse relate to your understanding of being “Born Again”? Do you consider yourself to be a “Born Again Christian”? Why or why not? How do your food struggles affect your faith (or vice versa)? Tell of a time when you had victory in a food situation and you knew it was God making His power known.

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7. Read *Ephesians 2:14*, *John 16:33*, and *Isaiah 9:6*. Summarize what you learn about how one obtains peace. Tell of a time when you allowed agitation to break down your resolve to eat in a God-honoring way. What would you have done differently? What things would you advise another Christian in recovery to do in order avoid falling as you did? What victories have you had lately in remaining calm when there was chaos or unrest around you? How has spending quality time in the word helped your emotions and subsequently helped you to maintain abstinence?

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8. Choose a verse from *Ephesians 2*. Apply the U.S.E. technique. Now organize your results into a “Scripture, Thought, Prayer” format below.

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*Ephesians 3*

## **God's Mysterious Plan Revealed**

*1 When I think of all this, I, Paul, a prisoner of Christ Jesus for the benefit of you Gentiles. . .*

*2 assuming, by the way, that you know God gave me the special responsibility of extending his grace to you Gentiles.*

*3 As I briefly wrote earlier, God himself revealed his mysterious plan to me.*

*4 As you read what I have written, you will understand my insight into this plan regarding Christ.*

*5 God did not reveal it to previous generations, but now by his Spirit he has revealed it to his holy apostles and prophets.*

*6 And this is God's plan: Both Gentiles and Jews who believe the Good News share equally in the riches inherited by God's children. Both are part of the same body, and both enjoy the promise of blessings because they belong to Christ Jesus.*

*7 By God's grace and mighty power, I have been given the privilege of serving him by spreading this Good News.*

*8 Though I am the least deserving of all God's people, he graciously gave me the privilege of telling the Gentiles about the endless treasures available to them in Christ.*

*9 I was chosen to explain to everyone this mysterious plan that God, the Creator of all things, had kept secret from the beginning.*

*10 God's purpose in all this was to use the church to display his wisdom in its rich variety to all the unseen rulers and authorities in the heavenly places.*

*<sup>11</sup> This was his eternal plan, which he carried out through Christ Jesus our Lord.*

*<sup>12</sup> Because of Christ and our faith in him, we can now come boldly and confidently into God's presence.*

*<sup>13</sup> So please don't lose heart because of my trials here. I am suffering for you, so you should feel honored.*

## **Paul's Prayer for Spiritual Growth**

*<sup>14</sup> When I think of all this, I fall to my knees and pray to the Father,*

*<sup>15</sup> the Creator of everything in heaven and on earth.*

*<sup>16</sup> I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.*

*<sup>17</sup> Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.*

*<sup>18</sup> And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.*

*<sup>19</sup> May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.*

*<sup>20</sup> Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.*

*<sup>21</sup> Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.*

**9.** Look over the things you underlined or highlighted in *Ephesians 3*. Was there a verse or passage that was particularly meaningful to you? What are some of the things that come to your mind as you think deeply about this verse? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and your recovery?

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10. A PRISONER’S GRACE: A) Paul said he was given insight to the “mystery of Christ.” From this passage, what do you think is the mystery of Christ? (verses 1-6) B) In Chapter 3, Paul gives credit to God’s grace for accomplishing several things in his life? List these things and discuss what “the grace of God” means? What has “the grace of God” accomplished in your life, particularly in your eating/abstinence? (verse 1-13)

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11. C. In verse 14-16 Paul offers a prayer for the Ephesians. Lists the things he requests of God. Is this prayer still relevant to us today? If so, paraphrase the prayer and pray the same things for the members of Bible for Food. If you don’t think it is relevant, write a prayer for us that is more relevant. D. Verses 20-21 are often called a benediction. What does the word benediction mean? What is Paul saying in these two verses? Are you willing to memorize these two verses now ?

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12. Choose a verse from *Ephesians 3*. Apply the U.S.E. technique. Now organize your results into a “Scripture, Thought, Prayer” format below.

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*Ephesians 4*

**Unity in the Body**

*1 Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.*

*2 Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.*

*3 Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.*

*4 For there is one body and one Spirit, just as you have been called to one glorious hope for the future.*

*5 There is one Lord, one faith, one baptism,  
6 one God and Father of all,  
who is over all, in all, and living through all.*

*7 However, he has given each one of us a special gift through the generosity of Christ.*

*8 That is why the Scriptures say,*

*“When he ascended to the heights,  
he led a crowd of captives  
and gave gifts to his people.”*

*9 Notice that it says “he ascended.” This clearly means that Christ also descended to our lowly world.*

*10 And the same one who descended is the one who ascended higher than all the heavens, so that he might fill the entire universe with himself.*

*11 Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers.*

*12 Their responsibility is to equip God's people to do his work and build up the church, the body of Christ.*

*13 This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.*

*14 Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth.*

*15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.*

*16 He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.*

## Living as Children of Light

*<sup>17</sup> With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused.*

*<sup>18</sup> Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him.*

*<sup>19</sup> They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.*

*<sup>20</sup> But that isn't what you learned about Christ.*

*<sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him,*

*<sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.*

*<sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes.*

*<sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.*

*<sup>25</sup> So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.*

*<sup>26</sup> And "don't sin by letting anger control you."<sup>[1]</sup> Don't let the sun go down while you are still angry,*

*<sup>27</sup> for anger gives a foothold to the devil.*

*<sup>28</sup> If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.*

*<sup>29</sup> Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*

*<sup>30</sup> And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.*

*<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.*

*<sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

**13.** Look over the things you underlined or highlighted in *Ephesians 4*. Was there a verse or passage that was particularly meaningful to you? What are some of the things that come to your mind as you think deeply about this verse? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and your recovery?



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14. Dishonesty and anger are two hindrances to abstinence. Read Ephesians 4:25-27 and summarize the do's and don'ts for a follower of Christ. Share of a time when the Holy Spirit gave you victory over your dishonesty and/or anger. How did it affect your abstinence?

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15. Read *Ephesians 4:31-32*. List the attitudes and behaviors that we must work at eliminating from our day to day Christian life. Using the passage of *Hebrews 12:14-17*, fill in the blanks to the following statements and share your experience of how you are progressing in these areas: 1) We should make every effort to live at \_\_\_\_\_ with everyone. 2) Without \_\_\_\_\_ no one will see God. 3) \_\_\_\_\_ will cause trouble and defile us. 4) No one should be \_\_\_\_\_ immoral. Note that in *Hebrews 12:16-17*, it was told that Esau, over a single meal, lost his inheritance rights as the oldest son. How has your life been squandered by your lack of control with the food? What are you doing today to turn the tide on this?

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16. Choose a verse from *Ephesians 4*. Apply the U.S.E. technique. Now organize your results into a "Scripture, Thought, Prayer" format below.

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*Ephesians 5*

**Living in the Light**

*1 Imitate God, therefore, in everything you do, because you are his dear children.*

*2 Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.*

*3 Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people.*

*4 Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God.*

*5 You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshiping the things of this world.*

*6 Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him.*

*7 Don't participate in the things these people do.*

*8 For once you were full of darkness, but now you have light from the Lord. So live as people of light!*

*9 For this light within you produces only what is good and right and true.*

*10 Carefully determine what pleases the Lord.*

*11 Take no part in the worthless deeds of evil and darkness; instead, expose them.*

*12 It is shameful even to talk about the things that ungodly people do in secret.*

*13 But their evil intentions will be exposed when the light shines on them,*

*14 for the light makes everything visible. This is why it is said,*

*“Awake, O sleeper,  
rise up from the dead,  
and Christ will give you light.”*

## **Living by the Spirit’s Power**

*<sup>15</sup> So be careful how you live. Don’t live like fools, but like those who are wise.*

*<sup>16</sup> Make the most of every opportunity in these evil days.*

*<sup>17</sup> Don’t act thoughtlessly, but understand what the Lord wants you to do.*

*<sup>18</sup> Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit,*

*<sup>19</sup> singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. <sup>20</sup> And give thanks for everything to God the Father in the name of our Lord Jesus Christ.*

## **Spirit-Guided Relationships: Wives and Husbands**

*<sup>21</sup> And further, submit to one another out of reverence for Christ.*

*<sup>22</sup> For wives, this means submit to your husbands as to the Lord.*

*<sup>23</sup> For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church.*

*<sup>24</sup> As the church submits to Christ, so you wives should submit to your husbands in everything.*

*<sup>25</sup> For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her*

*<sup>26</sup> to make her holy and clean, washed by the cleansing of God’s word.*

*<sup>27</sup> He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault.*

*<sup>28</sup> In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.*

*<sup>29</sup> No one hates his own body but feeds and cares for it, just as Christ cares for the church.*

*<sup>30</sup> And we are members of his body.*

*<sup>31</sup> As the Scriptures say, “A man leaves his father and mother and is joined to his wife, and the two are united into one.*

*<sup>32</sup> This is a great mystery, but it is an illustration of the way Christ and the church are one.*

<sup>33</sup> *So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.*

**17.** Look over the things you underlined or highlighted in *Ephesians 5*. Was there a verse or passage that was particularly meaningful to you? What are some of the things that come to your mind as you think deeply about this verse? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and your recovery?

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**18. FOLLOWING GOD’S EXAMPLE**

In Ephesians 5:1-20 make a list of all things we are told not to do, and things we are told to do as imitators of Christ. If there is a warning or benefit given for an act, please list that also.

<i>Verse</i>	<i>Do Not</i>	<i>Do</i>	<i>Result</i>
<i>Example verse 6</i>	<i>Don’t partner with deceitful people</i>		<i>God’s wrath will come.</i>

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**19.** In Ephesians 5:21-33 Instructions are given for the relationship between a husband and wife. A) What are the husband’s instructions? B) What are the wives instructions? C) What are mutual instructions? D) What does verse 29 say to you about your own feelings about your body. Explain the great mystery Paul is speaking of in verses 31-33.

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20. Choose a verse from *Ephesians 5*. Apply the U.S.E. technique. Now organize your results into a “Scripture, Thought, Prayer” format below.

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*Ephesians 6*

**Children and Parents**

*1 Children, obey your parents because you belong to the Lord, for this is the right thing to do.*

*2 “Honor your father and mother.” This is the first commandment with a promise:*

*3 If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.”*

*4 Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.*

**Slaves and Masters**

*5 Slaves, obey your earthly masters with deep respect and fear. Serve them sincerely as you would serve Christ.*

*6 Try to please them all the time, not just when they are watching you. As slaves of Christ, do the will of God with all your heart.*

*7 Work with enthusiasm, as though you were working for the Lord rather than for people.*

*8 Remember that the Lord will reward each one of us for the good we do, whether we are slaves or free.*

<sup>9</sup> *Masters, treat your slaves in the same way. Don't threaten them; remember, you both have the same Master in heaven, and he has no favorites.*

## **The Whole Armor of God**

<sup>10</sup> *A final word: Be strong in the Lord and in his mighty power.*

<sup>11</sup> *Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.*

<sup>12</sup> *For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.*

<sup>13</sup> *Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.*

<sup>14</sup> *Stand your ground, putting on the belt of truth and the body armor of God's righteousness.*

<sup>15</sup> *For shoes, put on the peace that comes from the Good News so that you will be fully prepared.*

<sup>16</sup> *In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil!*

<sup>17</sup> *Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.*

<sup>18</sup> *Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.*

<sup>19</sup> *And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike.*

<sup>20</sup> *I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.*

## **Final Greetings**

<sup>21</sup> *To bring you up to date, Tychicus will give you a full report about what I am doing and how I am getting along. He is a beloved brother and faithful helper in the Lord's work.*

<sup>22</sup> *I have sent him to you for this very purpose—to let you know how we are doing and to encourage you.*

<sup>23</sup> *Peace be with you, dear brothers and sisters, and may God the Father and the Lord Jesus Christ give you love with faithfulness.*

<sup>24</sup> *May God's grace be eternally upon all who love our Lord Jesus Christ.*

**21.** Look over the things you underlined or highlighted in *Ephesians 6*. Was there a verse or passage that was particularly meaningful to you? What are some of the things that come to your mind as you think deeply about this verse? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and your recovery?

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**22.** Having a food sponsor and becoming a food sponsor is extremely important for long term, back-to-back abstinence. Over time the nurture and love that develops in these relationship is not unlike that between a parent and a child. Read Ephesian 6:1-4. Explain how this might be applied in a sponsor-sponsee relationship. How clean is your food today? Do you have a sponsor? How well do you work with him or her? Do you sponsor others? Do you spur your sponsees on to get stronger and stronger in their abstinence? What are the roadblocks in your sponsor-sponsee relationships?

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**23.** Keeping our emotions stable can be a challenge in the workplace. This is true regardless of whether our workplace is at home ministering to our children, or working outside of the home earning a living, or in our daily interactions with neighbors, friends, vendors, people on the street, etc. etc. Summarize Ephesians 6:19-20 as if God was speaking to you. How might Ephesians 6:12 help you to be a better ambassador for Jesus?

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24. Choose a verse from *Ephesians 6*. Apply the U.S.E. technique. Now organize your results into a “Scripture, Thought, Prayer” format below.

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# Ephesians 1 Commentary (Lydia)

<p>Introduction to Ephesians Culture, Geography, Spirituality</p>	<ol style="list-style-type: none"> <li>1. Written by Paul probably while he was imprisoned in Rome.</li> <li>2. Most important city in western Asia Minor (Turkey)</li> <li>3. Had a major harbor that emptied into the Cayster River which emptied into the Aegean Sea.</li> <li>4. Major commercial center because it was at the intersection of major trade routes.</li> <li>5. Major pagan temple dedicated to the Roman goddess Diana (Artemis)</li> <li>6. Base of Paul's operations as he evangelized western Asia Minor.</li> </ol>
<p>Background</p>	<p>Acts 18 and 19</p>
<p><b><i>Ephesians Chapter 1</i></b>  <b><i>1 Paul, an apostle of Christ Jesus by the will of God, To God's holy people in Ephesus, the faithful in Christ Jesus:</i></b>  <b><i>2 Grace and peace to you from God our Father and the Lord Jesus Christ.</i></b>  <b><i>3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.</i></b>  <b><i>4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love</i></b>  <b><i>5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—</i></b>  <b><i>6 to the praise of his glorious grace, which he has freely given us in the One he loves.</i></b>  <b><i>7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace</i></b>  <b><i>8 that he lavished on us. With all wisdom and understanding,</i></b></p>	<p>Greetings: Ephesians 1:1-2</p> <p><u>Praise for Every Spiritual Blessings in Christ.</u>          1:1 He chose us before the creation.          1:2 In Love he predestines us for adoption.          1:3 We have redemption, forgiveness of sins          1:4 God's revelation to us with all wisdom and understanding.          1:5 Fulfilment when Christ returns.          1:6 Jews and Gentiles welcomed.          1:7 Sealed by the Holy Spirit at salvation.          1:8 Deposit guaranteeing our inheritance</p>
<p><b><i>9 he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,</i></b>  <b><i>10 to be put into effect when the times reach their fulfillment—to bring unity to all things</i></b></p>	<p>Thanksgiving and Prayer</p> <p>1:9 Paul prays for us because we are included in the inheritance.              a. Receive the Spirit of wisdom and</p>

<p><i>in heaven and on earth under Christ.</i></p> <p><b>11</b> <i>In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,</i></p> <p><b>12</b> <i>in order that we, who were the first to put our hope in Christ, <u>might be for the praise of his glory.</u></i></p> <p><b>13</b> <i>And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit,</i></p> <p><b>14</b> <i>who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—<u>to the praise of his glory.</u></i></p>	<p>revelation that we may know Him better.</p> <p>Eyes of our hearts be enlightened so we may know the hope/ our inheritance</p>
<p><b>15</b> <i>For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people,</i></p> <p><b>16</b> <i>I have not stopped giving thanks for you, remembering you in my prayers.</i></p> <p><b>17</b> <i>I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.</i></p> <p><b>18</b> <i>I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,</i></p> <p><b>19</b> <i>and his incomparably great power for us who believe. That power is the same as the mighty strength</i></p> <p><b>20</b> <i>he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms,</i></p> <p><b>21</b> <i>far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.</i></p> <p><b>22</b> <i>And God placed all things under his feet and appointed him to be head over everything for the church,</i></p> <p><b>23</b> <i>which is his body, the fullness of him who fills everything in every way.</i></p>	

# Ephesians 2 Commentary (Pat)

<p><i><b>1</b> And you <u>were dead in the trespasses and sins</u> <sup>2</sup> in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— <sup>3</sup> among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.</i></p>	<ul style="list-style-type: none"> <li>• It is a sad thing to be dead in sin and not know it. This is what the devil is doing in the world today. He does not want mankind to know how devastating it is to be on the road to eternal damnation. He “sugar coats” death.</li> <li>• <i>{Dear Father, I pray to be among those who choose to be the watchmen on the wall. Please teach me to sound Your warnings in such a manner that hearts will not turn away from truth, but will be drawn to it. I do not want to be drugged out with the food today. I want to be alert and part of the solution and not part of the problem. In the name of Jesus I pray. Amen.}</i></li> </ul>
<p><i><sup>4</sup> But God, being rich in mercy, because of the great love with which he loved us, <sup>5</sup> even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— <sup>6</sup> and <u>raised us up with him and seated us with him in the heavenly places in Christ Jesus,</u> <sup>7</sup> so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.</i></p>	<ul style="list-style-type: none"> <li>• God has placed His Spirit inside of us. The Holy Spirit gives us the ability to rise above our emotions. We can feel one way and still behave in the right way---NO MATTER WHAT!</li> <li>• When we feel powerless or unwilling, we can call to the Father to have the Holy Spirit fill us up. We stand on the truth that God will not withhold this good gift from His children (<b>Luke 11:13</b>).</li> <li>• <i>{Dear Father, we have experienced being raised up with You. We have had many days when the food has not been a problem and where we have been filled with Your peace. Teach us how to effectively teach others how to turn away from the lies of Satan---who wants to keep them living a half-life! Keep us out of the food and immersed in Your word. In the name of Jesus we pray. Amen.}</i></li> </ul>
<p><i><sup>8</sup> For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, <sup>9</sup> not a result of works, so that no</i></p>	<ul style="list-style-type: none"> <li>• The Bible lets us know that we are new creations in Christ. The Holy Spirit lives within us and through this Spirit</li> </ul>

<p><b><u>one may boast.</u> <sup>10</sup> <u>For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.</u></b></p>	<p>we are able to live fruitful and productive lives of service.</p> <ul style="list-style-type: none"> <li>• God wants us to walk confidently within this place of giftedness, but never boastfully. God desires a win-win situation within the body of Christ. We are not competing with others. We are not beating each other out. We are serving the Lord with gladness as we await His return. We are winning more and more souls for Jesus.</li> <li>• <i>{Dear Father, we pray to remember that compulsive eating and food obsession saps away our fervor and our creativity. Please keep us abstinent today so that we might be fruitful for Jesus. In His holy name we pray. Amen.}</i></li> </ul>
<p><b><sup>11</sup> <i>Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by <u>what is called the circumcision, which is made in the flesh by hands—</u></i> <sup>12</sup> <i>remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world.</i></b></p>	<ul style="list-style-type: none"> <li>• Circumcision was given to Abraham by God as a symbol of His covenant with Abraham and his offspring.</li> <li>• For quite a few Jews at the time of this writing, circumcision had become nothing more than a status symbol of being among the chosen race.</li> <li>• <i>{Dear Father, You are always concerned with my heart. Keep me out of denial. Keep me from playing games of self-righteous one-upsmanship. Nothing on the outside can ever be a cover-up for an inside lack. I want to be wholly Yours today and every day. In the name of Jesus I pray. Amen.}</i></li> </ul>
<p><b><sup>13</sup> <i>But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.</i></b></p> <p><b><sup>14</sup> <i><u>For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility</u></i> <sup>15</sup> <i>by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace,</i> <sup>16</sup> <i>and might reconcile us both to God</i></b></p>	<ul style="list-style-type: none"> <li>• Jesus Christ is the great equalizer. He cuts through all of the outer trappings that divide us. He give us a new heart and a higher calling.</li> <li>• He helps us to understand that the “seen” is temporary and the “unseen” is eternal (<b>2 Corinthians 4:18</b>).</li> <li>• <i>{Dear Father, thank you for saving us and setting us free from the control of the world, the flesh, and the devil. Thank you for giving us the ministry of</i></li> </ul>

<p><i>in one body through the cross, thereby killing the hostility.</i> <sup>17</sup> <i>And he came and preached peace to you who were far off and peace to those who were near.</i></p>	<p><i>reconciliation (2 Corinthians 5:18). Show us through Your word how to stop fighting the food and how to skillfully subdue the real enemy. Bind us together in your love. In Jesus' name we pray. Amen.}</i></p>
<p><sup>18</sup> <i>For through him we both have access in one Spirit to the Father.</i></p> <p><sup>19</sup> <i>So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God,</i> <sup>20</sup> <i>built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone,</i> <sup>21</sup> <i>in whom the whole structure, being joined together, grows into a holy temple in the Lord.</i> <sup>22</sup> <u><i>In him you also are being built together into a dwelling place for God by the Spirit.</i></u></p>	<ul style="list-style-type: none"> <li>• My body is the temple of the Holy Spirit (<i>1 Corinthians 6:19</i>). I am not to obsess about my body and appearance, but neither am I to ignore it. To do so would make me a poor steward of God's provisions. In God's hands, He can use my physical attributes to help me to better carry out His Great Commission.</li> <li>• {Dear Father, I pray to be a good steward of this "jar of clay", my body. Teach me to be healthy without being obsessed. Help me to strive for God-honoring eating and God-honoring living. In Jesus' name I pray. Amen.}</li> </ul>

# Ephesians 3 Commentary (Lydia)

<p><b>Chapter 3</b>  <b>1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles—</b>  <b>2 Surely you have heard about the administration of God’s grace that was given to me for you,</b>  <b>3 that is, the mystery made known to me by revelation, as I have already written briefly.</b>  <b>4 In reading this, then, you will be able to understand my insight into the mystery of Christ,</b>  <b>5 which was not made known to people in other generations as it has now been revealed by the Spirit to God’s holy apostles and prophets.</b>  <b>6 This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.</b>  <b>7 I became a servant of this gospel by the gift of God’s grace given me through the working of his power.</b>  <b>8 Although I am less than the least of all the Lord’s people, this grace was given me: to preach to the Gentiles the boundless riches of Christ,</b></p>	<p>God’s Marvelous Plan for the Gentiles</p> <p>3:1 Paul says he is a prisoner for the Gentiles.</p> <p>3:2 Refers back to the “mystery.”</p> <p>3:3 The mystery is through the good news of Jesus Christ, Gentiles are now heirs together with Jews</p> <p>3:4 Paul is a servant of the gospel and was given the revelation through God’s grace</p> <p>3:5 Paul’s worthiness for the task.</p> <p>3:6 The church will inform the angels about God’s plan for humankind.</p> <p>3:7 Our faith will give us courage.</p> <p>3:8 Encourages the church not to be discouraged.</p>
<p><b>9 and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things.</b>  <b>10 His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms,</b>  <b>11 according to his eternal purpose that he accomplished in Christ Jesus our Lord.</b>  <b>12 In him and through faith in him we may approach God with freedom and confidence.</b>  <b>13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.</b></p>	<p>A Prayer for the Ephesians</p> <p>3:9 Paul prays for</p> <ul style="list-style-type: none"> <li>a. Every tribe and tongue</li> <li>b. That God will strengthen us in our inner being.</li> <li>c. Christ will dwell in our hearts.</li> <li>d. Our love will give us the power to understand the love of God.</li> <li>e. Love that surpasses knowledge will fill us completely in Christ.</li> </ul> <p>3:10 Benediction (devout or formal invocation of blessedness)</p>

**14** For this reason I kneel before the Father,  
**15** from whom every family in heaven and on earth derives its name.

**16** I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,

**17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,

**18** may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,

**19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

**20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

**21** to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

# Ephesians 4 Commentary (Pat)

<p><i>I I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called,<sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love,<sup>3</sup> <u>eager to maintain the unity of the Spirit in the bond of peace.</u><sup>4</sup> There is one body and one Spirit—just as you were called to the one hope that belongs to your call—<sup>5</sup> one Lord, one faith, one baptism,<sup>6</sup> one God and Father of all, who is over all and through all and in all.</i></p>	<ul style="list-style-type: none"> <li>• God went to great lengths to call me to His side. For this reason, my manner of living should reflect the high calling that I have been given. Unity in the spirit should be what drives my heart.</li> <li>• Under the headship of Christ, our goals are the same. We are empowered by the same spirit to reach those goals.</li> <li>• <i>{Dear Father, compulsive overeating is not fitting for a child of the King. I pray to remember that if I fail to subdue my flesh in such a vital area as food, I will open the door to be out of control in many other ways! Keep me walking upright. Keep me helping others. Keep me vitally involved in Christ centered food recovery. In the name of Jesus I pray. Amen.}</i></li> </ul>
<p><i><sup>7</sup> But <u>grace was given to each one of us according to the measure of Christ's gift.</u><sup>8</sup> Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men."<sup>9</sup> (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth?<sup>10</sup> He who descended is the one who also ascended far above all the heavens, that he might fill all things.)</i></p>	<ul style="list-style-type: none"> <li>• Through Jesus's sacrifice we have been afforded a lavishly, overflowing dose of favor! Moreover, we each have been gifted in a special way.</li> <li>• <i>{Dear Father, thank you for your unmerited favor. Please convict us of our impatience and lack of mercy toward others. Help us to recall that all the good that we have today, we did not deserve. Help us to extend grace to others as You have extended grace unto us. In the name of Jesus I pray. Amen.}</i></li> </ul>
<p><i><sup>11</sup> And he gave the apostles, the prophets, the evangelists, the shepherds and teachers,<sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ,<sup>13</sup> until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,<sup>14</sup> <u>so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful</u></i></p>	<ul style="list-style-type: none"> <li>• God has given His people a variety of gifts in order to equip His church. Some of us are preachers. Some of us are shepherds. Some of us are evangelists. We all are gifted and each gift is needed.</li> <li>• As long as we are on this side of heaven, each of us has more to learn about the Lord and how to best serve Him – using the gift that He has provided.</li> </ul>



<p><u>schemes.</u> <sup>15</sup> <i>Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,</i> <sup>16</sup> <i>from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.</i></p>	<ul style="list-style-type: none"> <li>• <i>{Dear father keep us immersed in your word so that our growth is steady and sure. Teach us how to recognize Your voice so that we are not led astray by foreign doctrines and beliefs. We are done with being baby Christians – running to the food when we should be doing Kingdom work. Help us to help each other keep the resolve to stay out of the food and into the word. In the name of Jesus we pray. Amen.}</i></li> </ul>
<p><sup>17</sup> <i>Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.</i> <sup>18</sup> <i><u>They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.</u></i> <sup>19</sup> <i><u>They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.</u></i></p> <p><sup>20</sup> <i>But that is not the way you learned Christ!—</i> <sup>21</sup> <i>assuming that you have heard about him and were taught in him, as the truth is in Jesus,</i> <sup>22</sup> <i>to put off your old self,</i> <sup>23</sup> <i>which belongs to your former manner of life and is corrupt through deceitful desires,</i> <sup>24</sup> <i>and to be renewed in the spirit of your minds,</i> <sup>25</sup> <i>and to put on the new self, created after the likeness of God in true righteousness and holiness.</i></p>	<ul style="list-style-type: none"> <li>• Evil enticements have become so commonplace that they can seem like the norm. Without a large dose of truth, purposefully applied, we could be way off track long before we know it.</li> <li>• <b><i>Romans 12:2 ~Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is-- His good, pleasing and perfect will.</i></b></li> <li>• <i>{Dear Father, wake us up with you truth. Lead us out of life’s stupor. Strengthen us to cast aside our sinful nature. We want to honor you in the way that we interact with food. We want to honor you in the way that we live our lives. We want to be holy and righteous in Jesus. It is in His holy name we pray. Amen.}</i></li> </ul>
<p><sup>25</sup> <i><u>Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.</u></i> <sup>26</sup> <i><u>Be angry and do not sin; do not let the sun go down on your anger,</u></i> <sup>27</sup> <i><u>and give no opportunity to the devil.</u></i> <sup>28</sup> <i><u>Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.</u></i></p>	<ul style="list-style-type: none"> <li>• The Bible teaches me that the devil is the father of lies (<b>John 8:44</b>).</li> <li>• I have learned that dishonesty moves me closer in the direction of evil. Honesty moves me closer to the heart of God.</li> <li>• <i>{Dear Father, you have taught me that it is very important that I am honest about my food today. In light of my history I can see that food had become a type of idol. I do not want to practice idol worship today. I pray to plan what I eat today. I pray to eat what I have planned. In the name of Jesus Christ I pray. Amen.}</i></li> </ul>

# Ephesians 5 Commentary (Lydia)

<p><b>Ephesians 5</b>  <b>Chapter 5</b>  <b>1 Follow God’s example, therefore, as dearly loved children</b>  <b>2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.</b></p>	<p>Following God’s Example                      5:1 Walk in love like Christ/sacrificially                      5:2 Godly living                      a. No sexual immorality, impurity, greed                      b. No obscenity, foolish talk, coarse joking                      c. Thanksgiving                      d. Don’t partner with deceivers                      e. What is an idolater</p>
<p><b>3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.</b>  <b>4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.</b></p>	<p>5:3 Live as children of light (Contrast between light and darkness)                      a. Goodness, righteousness and truth                      b. Please the Lord                      c. Expose wrong                      d. Light makes things visible                      e. Probably hymn                       5:4 Contrast between wise and unwise.                      a. Make the most of opportunities                      b. Understand what the Lord’s will is.                      c. Be filled with the Spirit (not on drink)                      d. Speak with psalms, hymns and songs from the Spirit.                      e. Give thanks in the name of Jesus</p>
<p><b>5 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.</b>  <b>6 Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient.</b>  <b>7 Therefore do not be partners with them.</b>  <b>8 For you were once darkness, but now you are light in the Lord. Live as children of light</b>  <b>9 (for the fruit of the light consists in all goodness, righteousness and truth)</b></p>	<p>Instructions for Christian Households                      5:5 Mutual submission                      5:6 Order of Household                      5:7 Submission/love                      5:8 Profound Mystery                      5:9 Love and Respect</p>
<p><b>10 and find out what pleases the Lord.</b>  <b>11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.</b>  <b>12 It is shameful even to mention what the disobedient do in secret.</b>  <b>13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.</b>  <b>14 This is why it is said: “Wake up, sleeper, rise</b></p>	

<p><i>from the dead, and Christ will shine on you.”</i>  <b>15</b> <i>Be very careful, then, how you live—not as unwise but as wise,</i>  <b>16</b> <i>making the most of every opportunity, because the days are evil.</i>  <b>17</b> <i>Therefore do not be foolish, but understand what the Lord’s will is.</i>  <b>18</b> <i>Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,</i>  <b>19</b> <i>speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,</i>  <b>20</b> <i>always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.</i></p>	
<p><b>21</b> <i>Submit to one another out of reverence for Christ.</i>  <b>22</b> <i>Wives, submit yourselves to your own husbands as you do to the Lord.</i>  <b>23</b> <i>For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.</i>  <b>24</b> <i>Now as the church submits to Christ, so also wives should submit to their husbands in everything.</i></p>	
<p><b>25</b> <i>Husbands, love your wives, just as Christ loved the church and gave himself up for her</i>  <b>26</b> <i>to make her holy, cleansing her by the washing with water through the word,</i>  <b>27</b> <i>and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.</i>  <b>28</b> <i>In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.</i>  <b>29</b> <i>After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—</i>  <b>30</b> <i>for we are members of his body.</i>  <b>31</b> <i>“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”</i>  <b>32</b> <i>This is a profound mystery—but I am talking about Christ and the church.</i>  <b>33</b> <i>However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.</i></p>	

# Ephesians 6 Commentary (Pat)

<p><i>Children, obey your parents in the Lord, for this is right. <sup>2</sup>“<u>Honor your father and mother</u>” (this is the first commandment with a promise), <sup>3</sup>“that it may go well with you and that you may live long in the land.”<sup>4</sup> <b>Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.</b></i></p>	<ul style="list-style-type: none"> <li>• The parents that were given to me were handpicked by the Lord. He knew all that would happen to me. He knew all that I needed.</li> <li>• To criticize and demean my parents would be to speak against the Lord.</li> <li>• My parents were human beings with faults like everyone. As a mature woman in Christ, I am called to show honor to them by focusing on what they did provide and to let go of anything they lacked---real or perceived.</li> <li>• <i>{Dear Father, my parents were my first teachers. Thank you for all that they unselfishly gave to me. I pray to sow unselfishly into the lives of others. Regardless of how hard it might seem, I pray to continue to progress in recovery so that I can be a mature helper and not one who is always the needy one. In the name of Jesus I pray. Amen.}</i></li> </ul>
<p><sup>5</sup> <i><b>Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, <sup>6</sup>not by the way of eye-service, as people-pleasers, but as <u>bondservants of Christ, doing the will of God from the heart,</u> <sup>7</sup>rendering service with a good will as to the Lord and not to man, <sup>8</sup>knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. <sup>9</sup>Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.</b></i></p>	<ul style="list-style-type: none"> <li>• With regret I can look back on times when I was a very poor example of what an employee should be. I played by the rules when I was under scrutiny, and slacked off when the boss was not watching.</li> <li>• I resented not being the one in charge and undermined the authority of my supervisors. I looked to be recognized and honored in order to bolster my esteem.</li> <li>• <i>{Dear Father, thank you for Your recovery that is relieving me of this insanity. You are my God and I seek to please You regardless of who does or doesn't notice. I pray to be done with living a life of duplicity. I pray to stay abstinent and growing in maturity, as I stay committed to knowing and applying Your word. In the name of Jesus I pray. Amen.}</i></li> </ul>

<p><i><sup>10</sup> Finally, be strong in the Lord and in the strength of his might. <sup>11</sup> <u>Put on the whole armor of God, that you may be able to stand against the schemes of the devil.</u> <sup>12</sup> For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.</i></p>	<ul style="list-style-type: none"> <li>• In God we CAN do all things that God calls us to do. So our success is dependent upon our knowing what the Lord requires and walking in His ways.</li> <li>• When God calls us to a task, He provides the equipment that we need. Nevertheless, it is still our responsibility to put on the armor that He provides.</li> <li>• {Dear Father, when we make your word a priority we are clothing ourselves in the armor You have provided. We pray not to wait until we are facing the adversary head on before we arm ourselves. We pray to never forget that the devil is a schemer and he does not take a vacation. We want to stand firm today. Not just for ourselves, but for all of those we shepherd and love.}</li> </ul>
<p><i><sup>14</sup> <u>Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,</u> <sup>15</sup> and, as shoes for your feet, having put on the readiness given by the gospel of peace. <sup>16</sup> In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; <sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God, <sup>18</sup> praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, <sup>19</sup> and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.</i></p>	<ul style="list-style-type: none"> <li>• Because the devil is ruthless and persistent, I must have an arsenal of different weapons at my disposal whenever he attacks.</li> <li>• All that I need is given to me as I abandon myself to becoming a lifelong learner in the classroom of God.</li> <li>• The Bible is that classroom. Immersed in the word of God I am placed face to face, eye to eye, heart to heart with Jesus Christ my Savior.</li> <li>• {Dear Father, there was a time in my life when I ran to the food for everything. In my mind's eye I thought I was strengthening myself for the battles of life. Now I know that I was weakening my ability to stand firm. You never intended food to be my "go to". That place is reserved for Jesus alone! May I always have the wisdom to run into His open arms.}</li> </ul>
<p><i><sup>21</sup> So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. <sup>22</sup> I have sent him to you for this very purpose, that you may know how</i></p>	<ul style="list-style-type: none"> <li>• We were never meant to run solo in the spiritual battles of life. God in His mercy has provided the Body of Christ.</li> <li>• We have been called to support one another by example and by prayer. Our</li> </ul>

<p><b><u>we are, and that he may encourage your hearts.</u></b></p> <p><b><i><sup>23</sup> Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. <sup>24</sup> Grace be with all who love our Lord Jesus Christ with love incorruptible.</i></b></p>	<p>faithfulness to stand, with belief, upon the word of God is an encouragement to every believer that we encounter.</p> <ul style="list-style-type: none"> <li>• <i>{Dear Father, we all need encouragement. We pray to do unto others as we would have them do unto us. We pray to remember that each day that we I stand firm in our resolve to not eat over the ups and downs of life we encourage others to do the same. Thank you for my brothers and sisters in food recovery who remind me to stay out of the food and to stay into the word. Thank you for allowing us to see the victory, and to share in the victory over emotional and compulsive eating. In the name of Jesus I pray. Amen.}</i></li> </ul>
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# Mindsets, Disciplines, and Skills

To stay out of the food we keep Jesus in the center. In the left column are heart attitudes that we in Bible for Food have found to be helpful in our resolve to keep abstinent. As each is being read, place a mark in the right column that reflects how your week has been regarding these. **Put Y for “yes”; S for “sometimes”; N for “not yet”.**

Mindsets, Disciplines, and Skills	My Honest Evaluation of Self
<ol style="list-style-type: none"> <li>1. With my heart, I follow a daily Bible reading schedule that will take me through the Bible in a year. I make God’s word a priority.</li> <li>2. With my heart, I study the Bible daily. I think about Scripture, write about Scripture, and pray using Scripture daily.</li> <li>3. I work on Scripture memory daily.</li> <li>4. Each day I practice disciplined, God-honoring eating. I resolve not to eat over the ups and downs of life. I use a food sponsor daily. I am (or I am in the process of becoming) a food sponsor.</li> <li>5. I have completed (or I am in the process of completing) the Ninety Days Book with a shepherd. I am (or I am in the process of becoming) a shepherd myself.</li> <li>6. I make at least three daily phone calls to others in the Bible for Food ministry. I pray with as many as I can on these calls.</li> <li>7. I am a regular attendee at The Bible for Food phone meetings and /or home meetings.</li> </ol>	<p><i><b>Tell me, what have I done wrong? Show me my rebellion and my sin. ~ Job 13:23</b></i></p> <ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> <li>6. _____</li> <li>7. _____</li> </ol> <p>Are you pursuing the Lord more, or are you still chasing the food? Because of the indwelling Holy Spirit, you have the ability to keep your food clear, clean, and committed today. Do you believe that?</p> <p>Write a prayer to the Lord.</p>

Talk to God about the trouble spots in your food recovery. Pray for the willingness and the strength to change. Pray for the willingness and strength to ask others to pray with and for you.