



**May 13<sup>th</sup>-May 27th, 2026**

**The Believer's Walk**

**Prepared by the Pastor Nathaniel Wood**

## **Introduction: The Believer's Walk (3-Week Study)**

The Christian life is not simply about what we believe—it is about how we live. This three-week study, *The Believer's Walk*, is designed to guide us through the foundational truths of our identity in Christ and challenge us to live in a way that reflects that identity daily. Using key passages from the book of Ephesians, we will explore what it means to be chosen, redeemed, transformed, and called to a new way of life.

In Week One, we begin by understanding who we are in Christ—blessed, chosen, and adopted by God before the foundation of the world. This identity is not based on our performance, but on God's grace and purpose. In Week Two, we deepen that understanding by examining salvation—how we were once spiritually dead but made alive through Christ, saved by grace through faith, and sealed with the Holy Spirit as our guarantee.

Finally, in Week Three, we turn to application—how our new identity should shape our daily walk. We are called to put off our old ways, renew our minds, and live in righteousness, kindness, and forgiveness, reflecting Christ in our attitudes and actions.

This study invites you not only to learn, but to reflect, respond, and grow. As you engage each week, prayerfully consider how God is calling you to walk differently—more fully aligned with who you are in Him.

Pastor Nathaniel J. Wood

## NPBC BIBLE STUDY

### THEME: THE BELIEVER'S WALK

#### LESSON ONE

**Lesson Goal:** Let's begin by understanding who we are in Christ—blessed, chosen, and adopted by God before the foundation of the world . This identity is not based on our performance, but on God's grace and purpose.

**Scriptures to read:** Ephesians 1: 1-8

#### Questions to answer:

1. Who is credited with the authorship of the letter to the Ephesians and what was his title/position? What does it mean?
2. How was Paul chosen to his title/position according to Ephesians 1:1?
3. Who was he writing to and how are they described?
4. What two words were commonly used by Paul in his opening greeting to the churches that he wrote to according to verse 2 and define the words?
5. What did Paul say that God the Father blessed the believers at Ephesus with in verse 3 and what do you understand that to mean?
6. In verse 4, when did Paul say that the believers in Ephesus were chosen in Christ Jesus and what were they chosen to be?
7. In love, what did God do for us and for what purpose?
8. What do you understand the word "predestined" to mean?
9. What is the basis for adoption according to verse 5?

10. In verse 6, what was given through Christ?

11. According to verse 7, what did Paul tell the believer's at Ephesus that they had through Christ's blood?

12. According to verse 8, what descriptive word was used to demonstrate how God granted us redemption and forgiveness and define the word?

13. What does this passage say to you?

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### THEME: THE BELIEVER'S WALK

#### LESSON 2

**Lesson Goal:** Let's deepen what we learned about our identity by examining salvation—how we were once spiritually dead but made alive through Christ, saved by grace through faith, and sealed with the Holy Spirit as our guarantee.

**Scriptures to read:** Ephesians 1:13-14; 2:1-10

**Questions to answer:**

1. According to verse 13, how were the believer's in Ephesus included in Christ?
2. What is the gospel?
3. Paul tells the believers in Ephesus that after they believed, they were what?
4. And according to verse 14, what does receiving the Holy Spirit do for the believer and for how long?
5. What does the Holy Spirit guarantee the believer of upon physical death?
6. How does Paul describe the state of the believer before Christ in Ephesians 2:1-2?
7. Paul included himself in verse 3 and said that he as well as the believers in Ephesus formerly lived doing what?
8. How does Paul describe God in verse 4?
9. What did God do for us in verse 5?

10. What 2 things did God do for us with Christ according to verses 6-7 and for what purpose?

11. According to verses 8-9, how are believers saved?

12. What is salvation?

13. Can salvation be earned through works of the flesh?

14. Since salvation is not by works, it excludes men from doing what?

15. According to verse 10, what are we and what were we created to do?

## **NPBC BIBLE STUDY**

### **THEME: THE BELIEVER'S WALK**

#### **LESSON 3**

**Lesson Goal:** Let's now turn to application—how our new identity should shape our daily walk.

**Scriptures to read:** Ephesians 4:17-32

**Questions to answer:**

1. In verse 17, what does Paul insist that the believers in Ephesus do?
2. What 3 behaviors did the Gentiles give themselves over to according to verse 19?
3. Paul told them that they learned a new way to live as Christ followers. What were they taught about their former way of life?
4. How does Paul admonish them to deal with anger and how do you act when you are angry?
5. In verse 29, what warning are we given concerning our mouths? What words should flow out of our mouths?
6. Paul tells the believers not to grieve the Holy Spirit. How do you think a person grieves the Holy Spirit?
7. What are we told to get rid of in verse 31 and how can this be accomplished?
8. What should motivate us to be kind and forgiving towards one another?



# “Put Off, Put On”

## “Put Off”

## “Put On”

“That ye put off concerning the former conversation in the old man, which is corrupt according to the deceitful lust.”

“But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lust thereof.”

### Scriptural Insight

*Take time to meditate on what you need to PUT OFF and ask God to help you to PUT ON*

Anger	Matt. 5:22	Ecc. 7:9	Self control
Bad language	Eph. 4:29	Eph. 4:29	Edify
Bad motives	1 Sam. 16:7	Gal. 1:10	Seek to please God
Bitterness	Acts 8:28	Heb. 12:15	Take heed of myself
Boasting / Conceit	James 4:16	Prov. 27:2	Humility
Bodily harm	Acts 23:12	Matt. 5:44	Love your enemies
Comparing	2 Cor. 10:12	2 Cor. 10:13	Realization of who you are in Christ
Complacency	James 4:17	2 Cor. 5:15	Live unto God
Complaining	Lam. 3:39	Phil. 2:14	Do all without complaining
Covetousness	Ezekiel 33:31	Col. 3:5	Mortify flesh
Discontent	Job 10:1	Phil. 4:11-13	Satisfaction
Disobedience	1 Sam. 12:15	Heb. 5:9	Obedience
Doubt / Unbelief	Romans 14:23	Romans 4:20-25	Faith
Evil thoughts	Matt. 9:4	Phil. 4:8	Think on these things
Evil whispering	Prov. 16:28	Titus 3:2	Showing meekness
Fear of man	Lk 12:4; Pro 29:25	1 Jn. 4:18; Pro 3:26	Love for God and others
Foolish jesting	Eph. 5:4	Eph. 5:4	Thanksgiving
Gossip	1 Tim. 5:13	Romans 14:19	Peacemaker
Hatred	Matt. 5:21,22	1 Cor. 13:3	Love and kindness
Holding grudges	Prov. 24:29	Lev. 19:18	Love thy neighbor
Hypocrisy	Matt. 23:28	Matt. 6:24	Serve Christ
Idle words	Matt. 12:36,37	Prov. 21:23	Bridle tongue
Impatience	Heb. 10:36	James 1:2,3	Rejoicing in trials
Irritation to others	Prov. 25:8	Romans 12:18	Peaceableness
Jealousy	Gal. 5:26	Gal. 1:10	Seek to please Christ
Judging	Romans 14:10	Romans 14:13	Search my own sin
Lack of love	1 John 4:7,8,20	1 Thes. 3:12	Love
Lack of rejoicing always	Phil. 4:4	1 Thes. 5:16	Rejoice
Lack of submission / Disrespect	Psalm 78:8	Psalm 51:17	Broken will
Losing temper	Prov. 14:17	Prov. 16:32	Self control
Lost first love	Rev. 2:4	Psalm 78:7	Remember what God did for you
Lying	Eph. 4:25	Zechariah 8:16	Speak truth
Murder	1 John 3:15	Prov. 10:12	Love
Murmur	John 6:43	Phil. 2:14	Do all without murmuring
Other gods	Deut. 11:16	Eph. 4:6	Jesus first place
Pride	Prov. 6:16,17	James 4:6	Humility

Profanity	James 3:10	Eph. 4:29	Edify
Rebellion	Deut. 9:24	Joel 2:12,13	Submitting
Sassing	Prov. 25:23	Eph. 5:21	Respecting one another
Selfishness	Phil. 2:21	Matt. 16:24,25	Death to self
Spiritual adultery	Romans 7:1-6	Romans 7:1-8	Dead to sin, alive unto God
Strife	Prov. 26:21	Phil. 2:3	Esteem others
Stubbornness	Acts 7:51	Romans 6:13	Submission
Unforgiving spirit	Mark 11:26	Matt. 6:14	Forgiving spirit
Ungrateful, ingratitude	Romans 1:21	Eph. 5:20	Thankfulness
Worry / Fear of circumstances	Luke 10:41	Phil. 4:6-7	Prayer, thanksgiving, trust in God
Wrath	James 1:20	James 1:19	Self-Control

## Christian Responsibilities

Copping out	Matt. 25:24,25	Luke 14:27	Discipline
Burying talents	Luke 12:47	Luke 12:48	Perfecting abilities
Conduct in church	Psalm 89:7	Ecc. 7:1	Reverence
Double-mindedness	James 1:8	James 4:8	Draw near to God
Half-heartedness	Hosea 10:2	Josh. 24:14,15	Serve God in sincerity and truth
Inhospitable	Matt. 25:42-45	1 Peter 4:9	Hospitable
Irresponsibility	James 4:17	1 Cor. 4:2	Responsibility
Laziness	Prov. 19:24	Prov. 13:4	Diligence
Neglect of Bible study	Matt. 22:29	2 Tim. 2:25	Devotions, scripture study
Neglect of prayer	1 Sam 12:23	Psalm 55:17	Praying
No soul winning desire	Prov. 11:30	Matt. 4:19	Follow Christ's example
No tithing	Malachi 3:8	2 Cor. 9:6,7	Tithing
Not doing your best / Sloth	Ecc. 9:10	Col. 3:23	Wholeheartedly
Procrastination	Prov. 27:1	Ecc. 9:10	Discipline
Unfaithfulness	Luke 16:12	1 Cor. 4:2	Faithful

## Worldly Mindedness

Adultery	Matt. 5:27,28	1 Tim. 5:22	Inward purity
Cheating	Malachi 1:14	Luke 8:15	Honesty
Crowd	John 6:66,67	John 1:35-37	Following Jesus
Dancing	1 Thes. 5:22	1 Cor. 10:31	Glorify God
Dating wrong people	2 Cor. 6:14	2 Cor. 6:17, 18	Separation
Drinking	Prov. 20:1	Eph. 5:18	Be filled with spirit
Drugs	1 Cor. 3:16,17	1 Cor. 6:19,20	Glorify God in body and spirit
False balance	Prov. 11:1	2 Peter 1:5-10	Balanced life
Fornication	Eph. 5:3	1 Thes. 4:3-7	Self-control
Gambling	Matt. 21:12	Romans 12:11	Stewardship
Hair styles	1 Cor. 11:14	1 Cor. 10:31	Glorify God
Homosexuality	Romans 1:26,27	1 Peter 1:22	Obeys the Bible
Immodest dress	Prov. 11:22	1 Tim. 2:9	Modesty
Improper dating relations	1 Thes. 4:4-7	Gal. 5:24, 25	Crucify flesh
Lust of eyes	1 John 2:16	Matt. 6:22-24	Serve the Lord
Lust of flesh	Gal. 5:17	Gal 5:16	Walk in the Spirit
Movies	Prov. 23:7	1 Tim. 4:12	Example
Necking / Petting	Romans 1:24,25	1 Thes. 4:3-7	Abstinence
Over eating	Phil. 3:19	1 Cor. 9:27	Self-control
Preferential treatment	James 2:1-6	Luke 6:31	Fairness
Presumption on the future	Prov. 27:1	James 4:13,14	Patience
Rock music	Prov. 23:7	Eph. 5:19	Edifying music
Smoking	1 Cor. 6:19,20	Phil. 1:20	Magnify Christ in body
Speeding	1 Peter 2:13,14	1 Peter 2:13	Submit to authority
Stealing	Eph. 4:28	Eph. 4:28	Work
Stumbling block	1 Cor. 8:9-13	Romans 14:21	Stepping stone
Temporal values	Matt. 6:19-21	Phil. 3:8	Eternal values
Witchcraft / Astrology	Isaiah 8:19, Malachi 3:5	Micah 5:12-1	One true God