

# Care 101 – Healing Wounds

## Week One: Ephesians 4:1-3

### Ephesians 1

7 **In him** we have **redemption through his blood**, the **forgiveness of our trespasses**, according to the **riches of his grace**,

- In him we have...
  - Redemption through his blood
    - Redemption: a releasing effected by payment of ransom, deliverance, liberation procured by the payment of a ransom
  - Forgiveness of our trespasses
    - Forgiveness: release from bondage or imprisonment, pardon, of sins (letting them go as if they had never been committed), remission of the penalty
    - Trespasses: a lapse or deviation from truth and uprightness, a sin, misdeed
  - Riches of his grace
    - Grace: of the merciful kindness by which God

### Ephesians 2

**But God**, being **rich in mercy**, because of the **great love with which he loved us**, 5 even when **we were dead in our trespasses, made us alive** together with Christ—**by grace you have been saved**— 6 and **raised us up with him** and **seated us with him** in the heavenly places **in Christ Jesus**, 7 so that in the coming ages he might show the **immeasurable riches of his grace in kindness toward us in Christ Jesus**. 8 For by grace you have been saved through faith. And this is not your own doing; **it is the gift of God**, 9 **not a result of works**, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

### Ephesians 3

14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth is named, 16 that according to the riches of his glory he may grant you to **be strengthened with power through his Spirit in your inner being**, 17 so that **Christ may dwell in your hearts through faith**—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and **to know the love of Christ that surpasses knowledge**, that **you may be filled with all the fullness of God**.

## **Ephesians 4: 1 – 3**

1 I therefore, a prisoner for the Lord, **urge you to walk in a manner worthy of the calling to which you have been called**, 2 with **all humility** and **gentleness**, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace.

### **Humility:** *tapeinophrosynē*

1. the having a humble opinion of one's self 2. a deep sense of one's (moral) littleness 3. modesty, humility, lowliness of mind
2. Paul further explains humility in Philippians 2:3 when he says, “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

### **Humility:** Webster’s definition

- The state or quality of being humble; freedom from pride and arrogance; lowliness of mind; a modest estimate of one's own worth; a sense of one's own unworthiness through imperfection and sinfulness; self-abasement; humbleness.

### **Gentleness:** *prautēs*

- mildness of disposition, gentleness of spirit, meekness
- In Galatians 5: 23 Paul lists “gentleness” as a fruit of the Spirit

### **Gentleness:** Webster’s definition

- the quality or state of being gentle, mild, benevolent, docile, softness of manners, disposition, mildness.

## **Humility and Gentleness: Questions to Ponder**

1. Do you consider walking with all humility and gentleness easy, hard, or absolutely impossible?
2. What do you think are the main reasons that walking in humility and gentleness can be so difficult?
3. How does our society value humility and gentleness?
4. How does the Church value humility and gentleness?
5. How do you value humility and gentleness?
6. What do you think about pride?
7. Can we talk about our wounds?