

Care 101 – Healing Wounds

Week Two: 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
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 - 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.**

Patience: *makrothymia*

- endurance, constancy, steadfastness, perseverance, forbearance, longsuffering, slowness in avenging wrongs

Patience: (Webster's)

- bearing pains or trials calmly or without complaint
- manifesting forbearance under provocation or strain
- not hasty or impetuous
- steadfast despite opposition, difficulty, or adversity

Bearing with: *anechō*

- to hold up, to hold one's self erect and firm, to sustain, to bear, to endure

Bearing with: (Webster's)

- to accept or allow oneself to be subjected to especially without giving way

Unity: *henotēs*

- unanimity, agreement

Unity: (Webster's)

- the quality or state of not being multiple: oneness
- a condition of harmony: accord

Bond: *syndesmos*

- that which binds together, a band, bond
 - of ligaments by which the members of the human body are united together
- that which is bound together, a bundle

Bond: (Webster's)

- a binding agreement: covenant
- a band or cord used to tie something
- a material (such as timber or brick) or device for binding
- an adhesive, cementing material, or fusible ingredient that combines, unites, or strengthens

How could our wounds prevent us from being able to do these things that Paul has laid out for us?