

A Daily Devotional Study Guide



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The Epistle to the EPHESIANS



WEEK 7

“Joined Together”

Study: Ephesians 5:26-33

Reading: John 27:13-26, Colossians 1:24-29

Memory Romans 8:28

One of the best marriage conferences I have ever been a part of was called “Love and Respect” by Emerson Eggerich. In this conference he presented what he called the love cycle and the crazy cycle. When a husband chooses to love his wife properly, it will often inspire her to respect him properly. The more she respects him, the more he loves her in return. That is the love cycle and if it keeps going, the relationship is continually strengthened. The opposite is true in the crazy cycle. The husband chooses not to love his wife and she chooses not to respect him. When she doesn’t respect him, he chooses not to love and it goes on and on which will destroy a relationship.

Today, we will read about the foundation of the love and respect principle and will be reminded that in order to be like Christ, husbands must choose to love their wives and wives must choose to respect their husbands.

What Does the Bible Say?

We left off yesterday looking at the beginning of a paragraph directed towards husbands. Husbands were instructed to love their wives just like Christ loved the church. In verse 26 Paul took a slight detour from the practical instruction towards husbands and went further in the description of Christ’s plan for the church. The plan of Jesus was to set the church apart (sanctify) through the cleansing that would take place when the church encountered the Word of God. The church is the bride of Christ and Jesus is helping prepare the bride to be pure and spotless for the future wedding. Basically, Christ did not save those who are part of the church to lord over them or demand things from them, but He saved those in the church with the plan of nurturing them and directing them into purity and holiness (vs 26-27).

In the same way, when a man marries a woman it should not be to have selfish needs met, but he should choose to marry with sacrifice on

his mind. Just as Christ desired to help the church, husbands should seek to help their wives. They should love their wives just like they love themselves. Paul declared that if a husband loves his wife, he is doing a great favor by loving his own self. It is not fully clear what Paul meant by this, but it is true that if a husband loves his wife and sacrifices for her, that love and sacrifice will be rewarded. When a husband chooses to view his wife as his own flesh, he will also choose to cherish her. A wise and godly husband will understand that his wife is part of his own flesh and he needs to love his wife just like he loves his own self (vs 28-30).

Paul illustrated this by quoting Genesis 2:24 which states that when a man and wife choose to marry they both become one flesh. As Paul thought of the way that Jesus loved the church as His own flesh, he was in continual amazement that the God of the universe would choose to love this way (vs 31-32).

Concluding this teaching, Paul declared that the husband should love his wife like he loves himself and in turn the wife needs to choose to respect her husband. It is very interesting that the wife was not commanded to love her husband but the commands in this passage were to submit and to respect. As we think about this in the perspective of Christ and the church, Christ loved us with a great love, and yes He wants us to love Him in return, but our love for God is displayed by trust and obedience. This is a very simple formula for success in Christian marriage and it will work if both the husband and wife choose to do their part (vs 33).

How Does this Apply to Me?

How is your relationship with God? Do you view Him as someone who makes up a bunch of rules or do you look at Him as a loving companion? It is so important that you spend time with Him every day. He uses His Word to cleanse and purify you. When you submit to His Word, your relationship with Him will grow stronger. The same should be said about your marriage relationship as well. You have the ability to have an amazing marriage if you follow the simple principles in this passage.

Suggestions for Prayer

* *Ask the Lord to deepen your relationship with Him and your spouse.*

Why did Jesus want to make the church clean (vs 26)?

How was the church made clean (vs 26)?

- 1.
- 2.

What part should the Word of God play in cleansing your life (vs 26)?

Why did Christ save the church (vs 27)?

Why do you think holiness is so important to Christ (vs 27)?

How should a man love his wife (vs 28)?

Who does a man show love for if he shows love for his wife (vs 28)?
What do you think this means?

What do people not do (vs 29)?

What do you think is meant by this?

What does Christ do for the church (vs 29)?

What are all believers (vs 30)?

What point was Paul trying to prove in verse 31?

Why do you think Paul said this was a great mystery (vs 32)?

How should a man love his wife (vs 33)?

What should a wife show towards her husband (vs 33)?

Why do you think a wife is told to respect her husband instead of love him (vs 33)?

What do you think it means for a wife to show respect to her husband?

“Obedience”

Study: Ephesians 6:1-3

Reading: Proverbs 1:7-19, Colossians 3:18-25

Memory: Romans 8:28

When I coached a girls soccer team, one of the girl’s dad helped me out as an assistant coach. One of the things I could never really get used to though was the fact that she always called him by his first name. From what the dad said, it seemed to me that he really didn’t like it, but chose to accept it. When she addressed him directly or would talk to me about him, she would never say “dad,” but would call him by his first name like she would be talking about another teammate. Though this is not wrong, there is something about that type of address that just didn’t seem honoring and respectful.

Today, we will be reminded about the simple truths of honoring and respecting our parents.

What Does the Bible Say?

Verse 1 does not need a lot of explanation, but it needs application. It is extremely important that children obey their parents in all things. Will it always be easy to obey? No, it won’t. Will parents always make the right decision? No, they won’t. The Bible doesn’t say that we need to obey our parents only when we think they are right, or only when it is convenient for us. The Bible just says obey. This lines up very well with the idea of submission that he had just been writing about in chapter 5.

Paul does not state what age we need to reach before we need to stop obeying our parents, but does give the idea that at some point when we grow into adulthood we transition to honoring our parents. When we are young we need to both obey and honor, but it may be different as an adult child. The word “honor” basically means to value. We need to value our parents. They should be some of the most important people in our lives. Even if parents do something or many things that hurt, they can still be honored. We may not appreciate their actions, but we can honor the position that God has given them. God has given your parents to you for a reason. Many children have problems with their parents because

they do not value their parent’s advice or instruction, no matter what age the children and parents are. Paul reminded his readers that this was one of the first commandments given that also had a specific blessing with it (vs 2).

Exodus 20:12 and Deuteronomy 5:16 declare that things will go well for those who honor their parents and that they would live a long life. A promise like this does not mean that everyone who obeys their parents will avoid an early death. It is a general principle that when you honor your parents, you will be blessed and have a very full life. Though this was part of the Old Testament Law, Paul indicated that this is one of those commands that continue after the Law had been fulfilled by Jesus Christ (vs 3).

How Does this Apply to Me?

It is so important that you understand the command to obey and honor. It will solve many problems in your relationship with your parents. This applies to you whether your parents are believers or unbelievers. When you obey and honor them, you are showing them an example of Christ. What a great way to be a witness to unsaved parents. What is your relationship like with your parents? Parents don’t just want obedience, they love you and want to build a relationship with you. They want to be a friend to you and to help you through life. No matter what age you are, even if your parents passed away many years ago, you can still show them honor in the way you talk about them or even in the way you display pictures of them in your home.

Suggestions for Prayer

- * *Ask God to reveal to you any areas where you have not been obedient and honoring to your parents.*
- * *Ask God to help you obey when it is not easy to obey.*
- * *Thank God for the parents He has given you.*

Thought for the day

What are children commanded to do (vs 1)?

Why do you think he says “in the Lord” (vs 1)?

****It is important to have the proper motivation, especially if you are in a situation where your parent is not following the ways of God. When you choose to obey your parents, you are choosing to obey God.*

Why do you think Paul stated, “for this is right” (vs 1)?

How much do you think this command extends to adult children? Explain your answer.

What does it mean to “honor” your parents (vs 2)?

List a few ways that you can honor your parents, even after they are gone from this earth.

Why do you think Paul mentioned that this commandment was given with a promise (vs 2)?

Why do you think God places such an emphasis on the child/parent relationship?

What promise are you given if you choose to honor your parents (vs 3)?

Do you find it easy or difficult to honor your parents? Why?

What do you think are ways that you could honor your parents in a better way than you are right now?

“Obey At All Times”

Study: Ephesians 6:4-5

Reading: I Timothy 6:1-12, Luke 6:27-36

Memory: Romans 8:28

One of my favorite jobs was making pizza at “Fratelli’s Pizza.” It was a wonderful place to work. I got free pizza and pop anytime I went into work. One problem I ran into when I first began to work there was that I was trained by a lazy worker. This worker’s name was Bub. (I don’t think that was his real name, but that is what we called him.) Bub did the least amount of work he could and did it all sloppily. That is what I learned how to do and I started to do things just like he did. After a time, I began to realize that something just was not right with the way I was working. I only did what I needed to do and only when the boss was looking. I realized that if I wanted to excel in my job and possibly get a raise, I needed to work harder.

Today, we are going to see what God desires of us in the area of obedience, especially when it comes to the work place.

What Does the Bible Say?

We have been looking at the idea of biblical leadership and biblical submission presented at the end of chapter five where husbands and wives were given the commands to love and respect. Then in chapter 6, children were told to submit and honor their parents. In verse 4, Paul told parents, specifically fathers, not to cause their children to become angry with them. Instead, they were to train them with proper discipline and instruction as the Lord would have them to do. Though it is not directly stated, this means they are to treat their children with great love. Children will make mistakes and will test their parents at times. When parents respond in anger and frustration, that often leads to more rebellion and increases the hardness of a child’s heart. Parents are often far more responsible for their children’s behavior than they realize. Many parents want to blame their child’s actions on foolishness and sinful nature. While this is part of the cause, the way the parents love and discipline their children has a major impact on the child’s future behavior. Parents

many times unknowingly drive their children away from the Lord, provoking them to anger, because of ungodly parenting (vs 4).

Paul moves on from the family arena to the work arena, still dealing with authority and submission. The word “Bondservant” can also be translated “slave.” In the times when Paul was writing, many people were slaves. Sometimes people sold themselves into slavery and other times they were forced into slavery by others. Slavery in those days was a bit different than slavery in early America, but being a slave was often a difficult state in life. Paul commanded slaves to be obedient to their masters. We don’t have the exact condition today, but the idea of a slave/owner relationship is comparable to the employee/employer relationship today. This obedience was to be done in respect and fear of their masters, just as believers are supposed to respect and fear God. This doesn’t mean they were to be afraid, but they were to honor and obey what they were told to do without complaining and griping. We will look more at this type of obedience tomorrow.

How Does this Apply to Me?

Are you an obedient person? Obedience is not just doing right outwardly when others are looking, but obedience comes from a heart of humility and servitude. When your parents or boss asks you to do something, do you do it all the way or just enough to get by? The world tells us that we should only do what we need to do and that is it. When you go into the workplace, wherever it might be, you are a representative of Christ. How you work shows what you are and what you believe. What an opportunity we have in a lazy society to be an example of our Lord.

Suggestions for Prayer

- * Ask God to help you obey out of a right heart.
- * Thank God for the parents and authority He has given to rule over your life.

Thought for the day

What are fathers commanded not to do (vs 4)?

Why do you think fathers are given this instruction rather than mothers?

What do you think are ways that a father can lead their children to anger?

How are fathers to bring up their children (vs 4)?

Why is discipline so important (vs 4)?

How would you describe proper discipline?

What do you think instruction is?

Why do you think it is so important for parents to pass down spiritual instruction towards their children?

How can you practice passing down spiritual instruction to your children or grandchildren (or younger relatives)?

What were Bond-servants (vs 5)?

****Though these were often slaves, many were people who chose to put themselves under the authority of another to be provided for. They would be similar in many aspects to employees today.*

What were bond-servants commanded to do (vs 5)?

Why were they told to obey with fear and trembling (vs 5)?

Why is it important that employees serve with a sincere heart (vs 5)?

What do you think it means to serve a master or employer like we would serve Christ (vs 5)?

Why is this not always easy to do?

What do you think the results will be when you live out these principles?

“Not With Eye-service”

Study: Ephesians 6:6-9

Reading: Colossians 3:18-25, James 2:1-13

Memory: Romans 8:28

When I tried out for the soccer team in college, I came in with a pretty lazy attitude. I found myself working hard when the coach was looking my direction, but would sluff off when he was looking the other way. My 17 year old mind did not comprehend that the reason that the coach had us do the drills was so we could get better. I did not realize that failing to work hard when the coach was not looking was hurting my chances of making the team. Those who worked hard all the time progressed in their skills, where my progression was much slower. Eventually, I was cut from the team and faced the consequences for my lack of effort.

Today, we are going to see how we shouldn't just be hard workers when others are watching, but that we should be hard workers all the time, no matter who is watching.

What Does the Bible Say?

Bond servants were told to choose to submit to their masters as they would submit to Christ. Paul added to this in verse six by declaring that servants should not just obey their master when their masters are watching. He described this as “eye-service.” As mentioned yesterday, our closest comparison to the master/slave relationship would be that of an employer/employee relationship today. This means that we should not just do a good job when the boss is watching or when someone will checkup on our work, but we should always seek to to a good job even if no one ever notices. Our role as believers is not to seek to please people. Yes, we do want our bosses and co-workers to be pleased with the work that we do, but they will be when we seek to work to please Christ. Basically, Paul is telling them to picture that Christ is their boss. Part of the will of God for your life is that you do a great job in whatever position in life you are placed into. Paul didn't tell them to only do a good job if they loved their job. He was speaking to slaves. He told

them to perform thier jobs to the best of their ability no matter who their human boss was. They were not only to do a great job, but also do it with a great attitude. Remember, he is speaking to some who were slaves. When you change your perspective on who gave you the job you have and who you are working for, you can approach your life with a completely different attitude than those of the world around you (vs 6-7).

As extra encouragement to be obedient in this matter (Paul knew that it would not be easy for many) the Ephesians were told that they would be rewarded by God for their choice to be a great worker. God blesses those who do His will and when a person chooses to be a hard worker for the Lord, even in the middle of a secular, mundane job, he will be rewarded by the Lord (vs 8).

Believing masters were addressed next. They were told not to treat their workers with threats or disdain. Paul reminded the masters that they were no better than the slaves. Both were servants of the God of heaven and God does not show partiality. This meant that they were to treat their slaves with respect, honor and dignity. The same goes for employers today. Paul doesn't say it directly, but the verse implies that employers need to treat their employees as if Christ was working for them (vs 9).

How Does this Apply to Me?

What is your relationship like with those you work for, work with and those who work under you? Keep in mind that Paul was talking to many who were not in the “ideal” work situation. So often people get the idea that if they could simply change their circumstances, everything will be better. The first thing you need to do is change the attitude in the circumstance that you are in. Even when you have a terrible employer or manager, you can still be blessed when you choose to work for Christ and not for men. Even if you have workers under you who are lazy and have difficult personalities, you will be blessed when you choose to treat them with care and respect. Following these practical truths as you go to your daily workplace can make a great difference in your daily life.

Thought for the day

How would you describe “eye-service” (vs 6)?

What is a “people-pleaser” (vs 6)?

Is it wrong to be a people-pleaser? Explain.

Why did Paul say we are “bondservants” of Christ (vs 6)?

Why is this such an important perspective to have on life?

How should you do the will of God (vs 6)?

How can you know if you are doing the will of God from your heart?

Who are you really working for (vs 7)?

Why is it important that you serve with the right attitude (vs 7)?

Why should you remember that you are not working for men (vs 7)?

What do you think are some practical steps you can do to make sure you are going to work with the right attitude?

What promise are you given in verse 8?

Why do you think this promise was given?

How does this make serving your boss easier, especially when you are not in the most ideal work situation?

What do you think Paul meant when he told masters to “do the same” (vs 9)?

What were masters told not to do (vs 9)?

What did Paul say about the true Master (vs 9)?

What does it mean not to show partiality (vs 9)?

“The Reality of Satan”

Study: Ephesians 6:10-13

Reading: Luke 14:25-35, Isaiah 14:12-17

Memory Romans 8:28

When I was in eighth grade, I was good friends with a girl in my class. She had a boyfriend in 11th grade. One day, in gym class, we were playing floor hockey. It was my job, when my team wasn’t playing, to sit behind the goal and be the goal judge. While I was sitting by the goal, Jessica came by and I stuck my pointer fingers out. She walked by and my fingers touched her knee cap. A couple of seconds after Jessica walked passed, I looked up and her boyfriend was standing right in front of me. Before I knew it, he reared back and socked me in the head. I just sat there stunned. I had never been hit before and wasn’t at all prepared to be punched. Did I fight back? No, I actually went and cried.

Many times, we as Christians are attacked by the forces of the enemy. Most of the time we do not expect it and are not prepared to resist. Today, we are going to see how we as Christians need to be ready to stand against the schemes of the devil.

What Does the Bible Say?

Paul closes out the letter of Ephesians by encouraging us to be strong in the Lord. It is not our power that is going to win the spiritual battle, but it is the power that He gives us. God has unlimited power, so when we use His power we will not lose. Paul wanted the Ephesians to understand that in order to obtain any type of spiritual victory, they would need the power that only comes from the Lord (vs 10).

As with pretty much everything in life, you have a role to play and choices to make, though you have limited power and control in life. God will give you the power to overcome sin and temptation, but you have to choose to follow the commands of your Master. Paul illustrated our role in our spiritual fight by comparing it to armor. It was vital, no matter how well a soldier was trained, that they go into battle with the correct armor and correct weapons. Paul declared that the devil will have many

different schemes and battle plans to trip you up and pull you away from your faith. This is why it is extremely vital that you prepare yourself by regularly putting on the armor of God. You don't know what battles each day holds so you must continually put on that armor of God so you will always be ready (vs 11).

We are in spiritual warfare. We do not realize the many evil forces that are at work daily all around us. Verse 12 tells us that we as Christians are not in a physical battle, but a spiritual battle. Satan and his host of demons have tremendous power. Demons are angels that were kicked out of heaven when Satan rebelled (Isa. 14:12–17). We are not just fighting against ourselves and our struggles with sin, but against Satan and his demons who bring things into our lives to tempt us. I have mentioned before that most likely Satan does not tempt you directly and maybe his evil forces don't bother you on a regular basis, but He does know your sinful flesh and does set up the world in a way to be most tempting and dangerous. He is an expert deceiver and the power you are up against is a very strong power (vs 12).

How can we win if Satan is stronger and has more ability than we do? We win with God! It is so important that we are prepared to do battle against Satan. If we do not have on the armor, we can not stand against the power of evil. When we do what God tells us to do, we can stand firm when we are attacked by Satan. Tomorrow, we will look at what the armor of God is.

How Does this Apply to Me?

You need to realize that the Devil is real. He does not carry around a pitchfork or have horns sticking out of his head. He and his demons are sly, crafty, and many times unnoticeable if you are not looking. You need to be in God's Word everyday and in constant prayer so that you know what His Word says. Many people are tricked by Satan into believing something that is not true because they have not taken time to know what the truth is. You need to realize that you are in a battle and to succeed you must be prepared. If you are not prepared, you will fall.

Suggestions for Prayer

* *Ask the Lord to show you any areas of your life where you have let Satan sneak in.*

What do you think it means to be strong in the Lord (vs 10)?

What do you think the phrase at the end of verse 10, "the strength of His might" means (vs 10)?

Why is it important to realize that you have the power of God on your side?

Why do you need to trust in the power of God and not your own?

What should you put on (vs 11)?

Why do you think he says the "whole" armor of God (vs 11)?

****It is very easy to be satisfied with a little Christianity that covers or protects part of your life. It is often easy to think that you have great power in yourself.*

What will the whole armor of God allow you to do (vs 11)?

Why do you think the devil uses schemes (vs 11)?

What do we not do (vs 12)?

What do you think this means?

Who do you fight against (vs 12)?

Why do you think that Paul told the Ephesians this?

Why is it very important to know what you are up against when you are going to do battle (vs 12)?

What are you told to put on (vs 13)?

Why do you think you need the whole armor (vs 13)?

What will the armor of God give you the ability to do (vs 13)?

“Truth”

Study: Ephesians 6:14

Reading: Isaiah 59:16-21, I Thessalonians 5:1-8

Memory: Romans 8:28

Some years ago there was a young Jewish man from the United States who decided to go to Israel and live. After working there for two years, he was required either to serve in the army for a given period of time or to return back to the United States. He decided to join the army. His father was a good friend of an Israeli general, who at first was afraid the young man would use that friendship to secure an easy, safe assignment. Instead, this young man went to the general and said, “My present duty is too easy. I want to be in the finest, most strategic, diligent, and difficult regiment in the Israeli army.” Commenting on that spirit of dedication, the general said, “People think Israelis are so successful at war because we are a super people or that we have super intellect or super strength, but our success is not built on any of those things. It is built on commitment, unreserved and sacrificial commitment.”

For the next several days, we are going to look at each piece of the armor that we need to add to our lives spiritually. If we put on the armor of God, we will have the ability to resist the Devil. If we are not willing to put the armor on, we will be subject to constant attack and will be opening ourselves up to failure.

What Does the Bible Say?

The previous verses described how we need to put on the whole armor of God to defeat the evil, spiritual forces. The first piece of armor that we need to put on is the belt of truth. The Roman soldier would wear a tunic, an outer garment that served as his primary clothing. It was usually made of a large, square piece of material with holes cut out for the head and arms. Ordinarily it draped loosely over most of the soldier’s body. Since most of ancient combat was hand-to-hand, a loose tunic was a potential hindrance and even a danger. Before a battle, the tunic was carefully gathered and tucked into the heavy leather belt that allowed the

soldier the ability to fight without hindrance.

The idea of truth in this verse carries the idea of a truthful life. The truth here that Paul seems to have in mind is one of integrity and faithfulness. Living in a way that is truthful, and not in a way that is hypocritical. Just as a belt would keep loose clothes from getting caught or tangled, a life of truthfulness will help keep you from entrapping yourself in the evil of the world.

Many times we deceive ourselves by making excuses for sin in our lives. It is so important to understand that defeating Satan takes truthfulness. Not only do we need to know the truth, but we must be truthful. It is so easy for a Christian to fall into the attitude of hypocrisy. We want others to think we are better than we really are. If we are untruthful, we hurt the cause of Christ much more than we help it. If we name the name of Christ (“Christian” means “Christ-like”), we must represent Him by our truthfulness.

How Does this Apply to Me?

How truthful are you? Are you honest with yourself and who you are and honest with others around you? It is very easy to be one type of person at church and another type of person at home or in the workplace. One of the best things you can do to keep you from falling into the hands of the enemy is to be truthful with yourself and with others around you. A soldier who does not constantly train to prepare himself for battle, is not a good soldier. You need to know the truth and be truthful yourself. James 1:22-25 tells us that the Word of God is like a mirror. The Word shows us what we are supposed to look like as Christians. When we see an area that needs fixing, we need to fix it. If you see an area where your life does not match up to the Bible, and you leave it the same, you are not being truthful.

Suggestions for Prayer

* *Ask God to show you any area of your life where you are not being truthful.*

Thought for the day

Why do you think we are told to stand (vs 14)?

****A soldier could stand his ground or fall back from fear. We are reminded that we should do everything in our power to stand and fight for our faith. In order to stand we must prepare ourselves for battle.*

What was a belt used for (vs 14)?

Why do you think Paul referred to it as a belt of truth (vs 14)?

Why is being truthful with yourself and others so important?

Matthew 23:1-8

What did Jesus say the scribes and Pharisees do (vs 2)?

What do you think that meant?

****The seat of Moses was the place of authority in the synagogue.*

What did Jesus tell the people to do (v 3)?

What did Jesus tell them not to do (vs 3)? Why not?

What did Jesus say the Pharisees did (v 4)?

Why did the Pharisees do their deeds (vs 5)?

How can you fall into this same type of Christianity?

How is this the opposite of being truthful?

What did they love to do (vs 6-7)?

What did Jesus declare about your position in life (vs 8)? Why is this such an important truth?

****We are all equal before Christ. Part of being truthful with yourself is knowing and understanding that you are not greater than others.*

Romans 8

10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. 12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. 14 For all who are led by the Spirit of God are sons of God. 15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" 16 The Spirit himself bears witness with our spirit that we are children of God, In 17 and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. 18 Yet what we suffer now is nothing compared to the glory he will reveal to us later. 19 For the creation waits with eager longing for the revealing of the sons of God. 20 For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope 21 that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. 22 For we know that the whole creation has been groaning together in the pains of childbirth until now. 23 And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. 24 For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? 25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. 28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.