

*The Book Of*  
*Ephesians*



*Welcome to Good Morning Girls! We are so glad you are joining us.*

**G**od created us to walk with Him, to know Him, and to be loved by Him. He is our living well, and when we drink from the water He continually provides, His living water will change the entire course of our lives.

*Jesus said: "Whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." ~ Johns 4:14(ESV)*

So let's begin.

The method we use here at GMG is called the **SOAK** method.

- **S** – The S stands for **Scripture** – Read the chapter for the day. Then choose 1-2 verses and write them out word for word. (There is no right or wrong choice – just let the Holy Spirit guide you.)
- **O** – The O stands for **Observation** – Look at the verse or verses you wrote out. Write 1 or 2 observations. What stands out to you? What do you learn about the character of God from these verses? Is there a promise, command or teaching?
- **A** – The A stands for **Application** – Personalize the verses. What is God saying to you? How can you apply them to your life? Are there any changes you need to make or an action to take?
- **K** – The K stands for **Kneeling in Prayer** – Pause, kneel and pray. Confess any sin God has revealed to you today. Praise God for His word. Pray the passage over your own life or someone you love. Ask God to help you live out your applications.

SOAK God's word into your heart and squeeze every bit of nourishment you can out of each day's scripture reading. Soon you will find your life transformed by the renewing of your mind!

Walk with the King!

**Courtney**, *WomenLivingWell.org, GoodMorningGirls.org*

***Join the GMG Community:***  
*Share your daily SOAK on*  
*Facebook.com/GoodMorningGirlsWLW*  
*Instagram.com/WomenLivingWell #WomenLivingWell*

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## GMG BIBLE COLORING CHART

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| <b>COLORS</b>     | <b>KEY WORDS</b>   |
|-------------------|--|
| <b>PURPLE</b>     | God, Jesus, Holy Spirit, Saviour, Messiah  |
| <b>PINK</b>       | women of the Bible, family, marriage, parenting, friendship, relationships                                     |
| <b>RED</b>        | love, kindness, mercy, compassion, peace, grace  |
| <b>GREEN</b>      | faith, obedience, growth, fruit, salvation, fellowship, repentance   |
| <b>YELLOW</b>     | worship, prayer, praise, doctrine, angels, miracles, power of God, blessings                                   |
| <b>BLUE</b>       | wisdom, teaching, instruction, commands  |
| <b>ORANGE</b>     | prophecy, history, times, places, kings, genealogies, people, numbers, covenants, vows, visions, oaths, future |
| <b>BROWN/GRAY</b> | Satan, sin, death, hell, evil, idols, false teachers, hypocrisy, temptation                                    |

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## **EPHESIANS 1:1-2**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 1:3-10**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 1:11-14**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 1:15-23**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**



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## **EPHESIANS 2:1-10**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 2:11-21**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 3:1-13**

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**S – The S stands for Scripture**

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**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 3:14-19**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 3:20-21**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 4:1-7**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 4:8-16**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

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## **EPHESIANS 4:17-24**

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**S – The S stands for Scripture**

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## **EPHESIANS 4:25-32**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

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## **EPHESIANS 5:1-14**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 5:15-20**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 5:22-33**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 6:1-4**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 6:5-9**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 6:10-20**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **EPHESIANS 6:21-24**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**



