



GoodMorningGirls.Org



Welcome to Good Morning Girls!

I am so glad you are here! Before we begin this new session, I want to take the time and let you know that YOU have been prayed for! It is not a coincidence you are in this online bible study.

My prayer for you this session is simple, **that you will grow closer to our Lord as you dig into His Word each and every day!** As you develop the discipline of being in God's Word on a daily basis, I pray you will fall in love with Him even more as you spend time reading from His Word.

Each day before you read the assigned scripture, pray and ask God to help you understand it. Invite Him to speak to you through His Word. Then listen. **It's His job to speak to you and your job to listen and obey.**

Take time to read the verses over and over again. We are told in Proverbs to *search and you will find.*

Search for it like silver, and hunt for it like hidden treasure. Then you will understand respect for the Lord, and you will find that you know God. (Prov. 2:4-5 NCV)

I can't wait to get started and I hope to see you at the finish line- endure, persevere, press on- and don't give up! Let's finish well what we are beginning today. I will be here every step of the way- *cheering you on!* **We are in this together- fight to rise early, to push back the stress of the day, to sit alone and drink a tall glass of God's living water!** I can't wait to see what God has in store for us this session!

Let's get started- week 1 will be simple- but hold on for the ride because when it picks up and God enlightens our hearts with his truth, the excitement will be palpable!

Journey with me as we learn to **Love God Greatly** with our lives!!!

-Angela



The method we use at **GoodMorningGirls.org** is a simple, slow method. The point is to fully meditate and take in each and every word in the passage for the day.

Psalm 1:2,3 says: Blessed is the man whose “delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.”

True meditation takes time to chew on the passage before moving on.

William Gurnall writes: *“Remember, it is not hasty reading- but serious meditating upon holy and heavenly truths, that make them prove sweet and profitable to the soul. It is not the bee’s touching of the flower, which gathers honey- but her abiding for a time upon the flower, which draws out the sweet. It is not he who reads most- but he who meditates most, who will prove the choicest, sweetest, wisest and strongest Christian.”* – William Gurnall, *The Christian in Complete Armour*

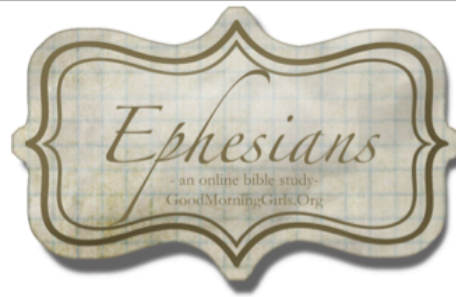
What is the SOAP Method that the Good Morning Girls use?

Get out your Bible and begin:

1. **S**- Write out the **scripture** passage for the day.
2. **O**- Write down 1 or 2 **observations** from the passage.
3. **A**- Write down 1-2 **applications** from the passage.
4. **P**- **Pray** over what you learned from today’s passage.

By the end of the 12 weeks, you will have written out the entire book of Ephesians in your journal. You will have meditated on every single verse in Ephesians as you have written it out and pondered verse bit by bit.

Some days you feel like you are done quickly. Other days it will take a little more time to complete the day’s assignment. When you are finished with your work quickly, we encourage you to stop by GoodMorningGirls.org for extra insight or to share what you have learned.



Week 1		Week 7	
M	Eph 1:1-4	M	Eph 4:1-3
T	Eph 1:5-6	T	Eph 4:4-6
W	Eph 1:7-10	W	Eph 4:7-10
TH	Eph 1:11-12	TH	Eph 4:11-13
F	Eph 1:13-14	F	Eph 4:14-16
Week 2		Week 8	
M	Eph 1:15-16	M	Eph 4:17-19
T	Eph 1:17	T	Eph 4:20-24
W	Eph 1:18-19	W	Eph 4:25-27
TH	Eph 1:20-21	TH	Eph 4:28-29
F	Eph 1:22-23	F	Eph 4:30-32
Week 3		Week 9	
M	Eph 2:1-3	M	Eph 5:1-4
T	Eph 2: 4-5	T	Eph 5:5-7
W	Eph 2:6-7	W	Eph 5:8-14
TH	Eph 2:8-9	TH	Eph 5:15-17
F	Eph 2:10	F	Eph 5:18-20
Week 4		Week 10	
M	Eph 2:11-12	M	Eph 5:21-24
T	Eph 2:13-15	T	Eph 5:25-27
W	Eph 2:16-18	W	Eph 5:28-30
TH	Eph 2:19-20	TH	Eph 5:31-32
F	Eph 2:21-22	F	Eph 5:33
Week 5		Week 11	
M	Eph 3:1-3	M	Eph 6:1-3
T	Eph 3:4-6	T	Eph 6:4
W	Eph 3:7-9	W	Eph 6:5-6
TH	Eph 3:10-11	TH	Eph 6:7-8
F	Eph 3:12-13	F	Eph 6:9
Week 6		Week 12	
M	Eph 3:14-15	M	Eph 6:10-12
T	Eph 3:16-17	T	Eph 6:13-15
W	Eph 3:18	W	Eph 6:16-17
TH	Eph 3:19	TH	Eph 6:18
F	Eph 3:20-21	F	Eph 6:19-24
www.goodmorninggirls.org			



Week 1: Monday

Read: Ephesians 1:1-4

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 1: Tuesday

Read: Ephesians 1:5-6

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 1: Wednesday

Read: Ephesians 1:7-10

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 1: Thursday

Read: Ephesians 1:11-12

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 1: Friday

Read: Ephesians 1:13-14

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 1: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 2: Monday

Read: Ephesians 1:15-16

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 2: Tuesday

Read: Ephesians 1:17

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 2: Wednesday

Read: Ephesians 1:18-19

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 2: Thursday

Read: Ephesians 1:20-21

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 2: Friday

Read: Ephesians 1:22-23

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 2: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 3: Monday

Read: Ephesians 2:1-3

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 3: Tuesday

Read: Ephesians 2: 4-5

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 3: Wednesday

Read: Ephesians 2:6-7

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 3: Thursday

Read: Ephesians 2:8-9

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 3: Friday

Read: Ephesians 2:10

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 3: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 4: Monday

Read: Ephesians 2:11-12

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 4: Tuesday

Read: Ephesians 2:13-15

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 4: Wednesday

Read: Ephesians 2:16-18

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 4: Thursday

Read: Ephesians 2:19-20

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 4: Friday

Reflection: Ephesians 2:21-22

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 4: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 5: Monday

Read: Ephesians 3:1-3

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 5: Tuesday

Read: Ephesians 3:4-6

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 5: Wednesday

Read: Ephesians 3:7-9

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 5: Thursday

Read: Ephesians 3:10-11

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 5: Friday

Read: Ephesians 3:12-13

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 5: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 6: Monday

Read: Ephesians 3:14-15

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 6: Tuesday

Read: Ephesians 3:16-17

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 6: Wednesday

Read: Ephesians 3:18

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 6: Thursday

Read: Ephesians 3:19

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 6: Friday

Read: Ephesians 3:20-21

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 6: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 7: Monday

Read: Ephesians 4:1-3

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 7: Tuesday

Read: Ephesians 4:4-6

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 7: Wednesday

Read: Ephesians 4:7-10

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 7: Thursday

Read: Ephesians 4:11-13

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 7: Friday

Read: Ephesians 4:14-16

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 7: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 8: Monday

Read: Ephesians 4:17-19

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 8: Tuesday

Read: Ephesians 4:20-24

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 8: Wednesday

Read: Ephesians 4:25-27

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 8: Thursday

Read: Ephesians 4:28-29

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 8: Friday

Read: Ephesians 4:30-32

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 8: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 9: Monday

Read: Ephesians 5:1-4

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 9: Tuesday

Read: Ephesians 5:5-7

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 9: Wednesday

Read: Ephesians 5:8-14

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 9: Thursday

Read: Ephesians 5:15-17

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 9: Friday

Reflection: Ephesians 5:18-20

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 9: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 10: Monday

Read: Ephesians 5:21-24

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 10: Tuesday

Read: Ephesians 5:25-27

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 10: Wednesday

Read: Ephesians 5:28-30

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 10: Thursday

Read: Ephesians 5:31-32

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 10: Friday

Read: Ephesians 5:33

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 10: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 11: Monday

Read: Ephesians 6:1-3

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 11: Tuesday

Read: Ephesians 6:4

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 11: Wednesday

Read: Ephesians 6:5-6

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 11: Thursday

Read: Ephesians 6:7-8

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 11: Friday

Read: Ephesians 6:9

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 11: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



Week 12: Monday

Read: Ephesians 6:10-12

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 12: Tuesday

Read: Ephesians 6:13-15

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 12: Wednesday

Read: Ephesians 6:16-17

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 12: Thursday

Read: Ephesians 6:18

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 12: Friday

Read: Ephesians 6:19-24

S- Write out the **scripture** passage for the day.

O- Write down 1 or 2 **observations** from the passage.

A- Write down 1-2 **applications** from the passage.

P- **Pray** over what you learned from today's passage.



Week 12: Reflection

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by: