



Yes!
You Really
CAN Change

DAY 6

WHAT DOES IT SAY? EPHESIANS 4:7-10

EPHESIANS 4:7-10 NASB

⁷But to each one of us grace was given according to the measure of Christ's gift.

⁸Therefore it says,

*"When He ascended on high,
He led captive a host of captives,
And He gave gifts to men."*

⁹(Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? ¹⁰He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)

Where do we get the power to change?

Key Words

- He held captive a host of captives (Psalm 68:18)
- The lower parts of the earth - Jewish view of the afterlife (Luke 16:19-31)
 - Hades - The Wicked (1 Peter 3:18-19)
 - Paradise - The Righteous (1 Peter 4:6)
- That He might fill all things (Revelation 5:9-13)

ASSIGNMENT

1. Read Luke 16:19-31 to learn the Jewish concept of the afterlife, prior to the resurrection.



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2. Then read 1 Peter 3:18-19 and 1 Peter 4:6, and make observations about Jesus’s two stops in the “lower parts of the earth”:

- Hades (1 Peter 3:18-19), where Jesus made a pronouncement to the wicked dead.
- Paradise (1 Peter 4:6), where Jesus proclaimed the good news to the righteous dead.

3. **PRAYER:** Thank God for the hope we have because Jesus not only “descended” but also “ascended,” conquering sin and death and giving us eternal life.

4. **OPTIONAL:** Listen to audiobook excerpt #6.