

FROM DEATH TO LIFE

[BIBLE TEXT](#) : [Ephesians 2:1-22](#); [Genesis 3:1-21](#)

LESSON 401 Junior Course

MEMORY VERSE: "We believe that through the grace of the Lord Jesus Christ we shall be saved" (Acts 15:11).

[BIBLE TEXT in King James Version](#)

Ephesians 2:1-22

¹ And you *hath he quickened*, who were dead in trespasses and sins;

² Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:

³ Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

⁴ But God, who is rich in mercy, for his great love wherewith he loved us,

⁵ Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

⁶ And hath raised *us* up together, and made *us* sit together in heavenly *places* in Christ Jesus:

⁷ That in the ages to come he might shew the exceeding riches of his grace in *his* kindness toward us through Christ Jesus.

⁸ For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God:

⁹ Not of works, lest any man should boast.

¹⁰ For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

¹¹ Wherefore remember, that ye *being* in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh

[BIBLE REFERENCES:](#)

[NOTES:](#)

In the Garden

Long ago Adam and Eve lived in the beautiful Garden of Eden. God put them there to care for the garden. For their food, they could eat the fruit from the trees. There was only one rule or law -- "But of the tree of the knowledge of good and evil, thou shalt not eat of it" (Genesis 2:17). God told them the punishment for disobeying that law, too. He said, "For in the day that thou eatest thereof thou shalt surely die" (Genesis 2:17).

Satan

But Adam and Eve had an enemy, Satan, just as we have today. One day, Satan, in the form of a serpent, or snake, talked to Eve and deceived her. Satan said she would not surely die if she ate the fruit that God had forbidden. Satan did not tell the truth. We are warned that he is a liar and the father of lies (John 8:44). Yet some people will not only listen but will also believe what he says.

Tempted

Eve listened to the serpent and was tempted to disobey God. First, she looked at the tree. Perhaps that was the first time she had really taken a close look at the tree. It was a pretty tree -- the shape and the colour of the leaves would no doubt have made a pretty picture. When Satan causes one to look at something forbidden, he makes it look good. Even the fruit looked good to eat, and perhaps it was close to the ground and easy to pick. Then Eve remembered what the serpent had said, "Ye shall be as gods" when they would eat the fruit (Genesis 3:5). She seemed to forget that God had said that she would die, but she wanted to try the fruit and be as a god. No doubt, Satan urged her a little more, and she ate the fruit. Then she gave some to her husband and he ate it too. They yielded to the temptation and sinned by disobeying God.

Christ Tempted

Jesus Christ was also tempted by Satan but He did not do what Satan wanted Him to do. Instead, Jesus quoted the Bible and what God had said. Jesus did not yield to the temptation but He said, "Get thee hence, Satan" (Matthew 4:10), and Satan had to leave.

When Satan comes to tempt you, remember how Jesus overcame him. In James 4:7 we read, "Resist the devil, and he will flee from you." We are told to watch and pray (**1 Peter 4:7** ⁷ *But the end of all things is at hand: be ye therefore sober, and watch unto prayer.*), and to "put on the whole armour of God" that we may be able to stand against the wiles of the devil (Ephesians 6:11). It is no sin to be tempted, but it is sin when one yields to Satan.

Sin

After Adam and Eve ate the forbidden fruit, things were different. They did not drop dead but they had a guilty conscience and were dead spiritually, as God had said. They tried to hide from God. They did not go to meet Him when the Lord came to walk with them in the cool of the day (Genesis 3:8). When they learned that God knew, they tried to put the blame on

made by hands;

¹² That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:

¹³ But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.

¹⁴ For he is our peace, who hath made both one, and hath broken down the middle wall of partition *between us*;

¹⁵ Having abolished in his flesh the enmity, *even* the law of commandments *contained* in ordinances; for to make in himself of twain one new man, *so* making peace;

¹⁶ And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:

¹⁷ And came and preached peace to you which were afar off, and to them that were nigh.

¹⁸ For through him we both have access by one Spirit unto the Father.

¹⁹ Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;

²⁰ And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner *stone*;

²¹ In whom all the building fitly framed together groweth unto an holy temple in the Lord:

²² In whom ye also are builded together for an habitation of God through the Spirit.

Genesis 3:1-21

¹ Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every

someone else.

Because of their disobedience God sent Adam and Eve from the Garden and they had to work hard for their food. No longer did they have that sweet fellowship with God — they were dead spiritually and were separated from Him. There were many curses that came with that one disobedience. God said that they would return to dust — they would die and be buried. Not only did Adam and Eve suffer for that one disobedience but also all their children have suffered. Those curses were placed upon every person. Eve was called the “mother of all living” (**Genesis 3:20** ²⁰ And Adam called his wife's name Eve; because she was the mother of all living), so she was an ancestor of us all. Do we suffer because of that one sin? Yes. In Romans 5:12 we read: “As by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned.” All are born in sin and by nature are sinners. The Bible tells us, “For all have sinned, and come short of the glory of God” (Romans 3:23). Until one is born again, he is dead spiritually.

God's Plan

Sin, death, judgment, would be a sad picture without God's plan of redemption. One disobedience in the Garden of Eden separated all people from God who had created them and loved them. But God had a plan that would redeem men. He slew animals, shedding blood, and used the skins for a covering for Adam and Eve. The Bible teaches that sins are not forgiven unless there is blood shed (**Hebrews 9:22** ²² And almost all things are by the law purged with blood; and without shedding of blood is no remission.). The blood of animals typified the Blood of Jesus, which was to be shed for the salvation of man.

The Children of Israel were given the Law, which required them to kill animals and apply the blood, in order to have their sins forgiven and in order to worship God. But God had a better way for them to live and to serve Him — a “better covenant” with better promises (**Hebrews 8:6** ⁶ But now hath he obtained a more excellent ministry, by how much also he is the mediator of a better covenant, which was established upon better promises.).

Jesus was the Son of God. God loved Him very much but God also loved the people. God's plan was to send His Son to give His life that the people might have their sins forgiven. “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life” (John 3:16). God showed His love for us, “in that, while we were yet sinners, Christ died for us” (Romans 5:8).

Salvation

You have read that Jesus was crucified and gave His life for us. Jesus said that His blood “is shed for many for the remission of sins” (Matthew 26:28). Jesus suffered much and denied Himself many things that we might be saved. He was willing to carry out God's plan to redeem men from their sins.

God's part of the plan was completed, but each person must do his part, and that is “believe” (**Acts 16:31** ³¹ And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.). Every person must repent, ask forgiveness, and believe God in order to be saved. The Bible teaches that God will have mercy on those who confess and forsake their sins (**Proverbs 28:13** ¹³ He that covereth his sins shall not prosper: but whoso confesseth and forsaketh *them* shall have mercy.). Are you saved? Have you repented of your sins? If so, you are no longer dead spiritually but eternal life has begun in your heart, and you will live forever with the Lord if you continue to walk with Him here.

Life

tree of the garden?

² And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

³ But of the fruit of the tree which *is* in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

⁴ And the serpent said unto the woman, Ye shall not surely die:

⁵ For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

⁶ And when the woman saw that the tree *was* good for food, and that it *was* pleasant to the eyes, and a tree to be desired to make *one* wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

⁷ And the eyes of them both were opened, and they knew that they *were* naked; and they sewed fig leaves together, and made themselves aprons.

⁸ And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.

⁹ And the LORD God called unto Adam, and said unto him, Where *art* thou?

¹⁰ And he said, I heard thy voice in the garden, and I was afraid, because I *was* naked; and I hid myself.

¹¹ And he said, Who told thee that thou *wast* naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?

¹² And the man said, The woman whom thou gavest *to be* with me, she gave me of the tree, and I did eat.

¹³ And the LORD God said unto the woman, What *is* this *that* thou

When Jesus died and shed His Blood He made the way for us to escape hell. Instead of being spiritually dead, people can be spiritually alive. Instead of death and darkness, there is now life and light. Jesus taught the people: "He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life" (John 5:24). Jesus said, "Whosoever liveth and believeth in me shall never die" (John 11:26). In I John 5:12 we read: "He that hath the Son hath life; and he that hath not the Son of God hath not life."

The Apostle Paul wrote to the people of the city of Ephesus. He reminded them of what the Lord had done for them when they asked forgiveness and were saved. One who is not saved is "dead" spiritually because of his trespasses and sins. When that person repents of his sins and knows that the Lord forgives him, he is given life eternal. He is "quickened" to life, and is no longer a child of disobedience. When one is born again and has Jesus in his heart, he does not sin any more (**1 John 3:9** ⁹ Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.). He is delivered from the power of Satan (**1 John 5:18** ¹⁸ We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not.). Jesus came to destroy the work of Satan, and to help people — "to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith" (Acts 26:18).

Grace

How can one be saved? "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: not of works, lest any man should boast." One cannot work his way into eternal life nor can he pay a certain sum of money to be saved. One is saved by grace through faith in Jesus Christ. Grace is favour that we do not deserve. The Lord is gracious and merciful to those who seek Him. Jonah said, "For I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness" (Jonah 4:2). Nehemiah said, "Thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness" (Nehemiah 9:17).

Changed

What a change the Lord makes! When one is saved his sins are forgiven and he does them no more. He is a new creature, and is saved to do good works. He has peace with God and fellowship with Christ. He receives many blessings, for Jesus has lifted him to sit in "heavenly places" with other Christians and with Jesus Christ Himself. He is no longer separated from God, no longer a stranger but a fellow citizen.

All those who are saved, regardless of their nationalities, whether Jew or Gentile, are all fitted together to be the Church. Each one has his place, like each stone, each brick, and each board in a building. They are all framed together to be the temple of the Lord. Each one must walk close to God and be careful what he says and does so that the Spirit of God will dwell in that temple. What a privilege we have, and how much the Lord has planned for us who are obedient to Him!

QUESTIONS

1. What is an epistle?
2. Who wrote the letter to the Ephesians?
3. What does "quickened" mean?
4. How did sin come by one man?
5. Name some of the curses that came with the first

hast done? And the woman said,
The serpent beguiled me, and I
did eat.

¹⁴ And the LORD God said unto
the serpent, Because thou hast
done this, thou *art* cursed above
all cattle, and above every beast
of the field; upon thy belly shalt
thou go, and dust shalt thou eat
all the days of thy life:

¹⁵ And I will put enmity between
thee and the woman, and between
thy seed and her seed; it shall
bruise thy head, and thou shalt
bruise his heel.

¹⁶ Unto the woman he said, I will
greatly multiply thy sorrow and thy
conception; in sorrow thou shalt
bring forth children; and thy desire
shall be to thy husband, and he
shall rule over thee.

¹⁷ And unto Adam he said,
Because thou hast hearkened unto
the voice of thy wife, and hast
eaten of the tree, of which I
commanded thee, saying, Thou
shalt not eat of it: cursed *is* the
ground for thy sake; in sorrow
shalt thou eat *of* it all the days of
thy life;

¹⁸ Thorns also and thistles shall it
bring forth to thee; and thou shalt
eat the herb of the field;

¹⁹ In the sweat of thy face shalt
thou eat bread, till thou return
unto the ground; for out of it wast
thou taken: for dust thou *art*, and
unto dust shalt thou return.

²⁰ And Adam called his wife's
name Eve; because she was the
mother of all living.

²¹ Unto Adam also and to his wife
did the LORD God make coats of
skins, and clothed them.

disobedience.

6. Who suffered because of the first sin?
7. What was God's plan to redeem men?
8. What is grace?
9. What part did Jesus have in God's plan?
10. Memorise John 3:16.