



**Part 1:  
...to Busy People  
Rev. 2:1-7**

*“To the angel of the church in Ephesus write: These are the words of him who holds the seven stars in his right hand and walks among the seven golden lampstands...” Rev. 2:1* The point: Jesus \_\_\_\_\_ for us and is \_\_\_\_\_ with us

**What busy people tend to do well  
They are...**

- \_\_\_\_\_  
*“I know your deeds...” Rev. 2:2*
- \_\_\_\_\_  
*“...your hard work ...” Rev. 2:2*
- \_\_\_\_\_  
*“...and your perseverance ...” Rev. 2:2*
- \_\_\_\_\_  
*“...I know that you cannot tolerate wicked men...” Rev. 2:2*
- \_\_\_\_\_  
*“...that you have tested those who claim to be apostles but are not, and have found them false...” Rev. 2:2*
- \_\_\_\_\_  
*“... You have persevered and have endured hardships for my name, and have not grown weary.” Rev. 2:3*

**What busy people often need to work on**  
*“Yet I hold this against you: You have forsaken your **first love**.” Rev. 2:4*

First love is about:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The point: Put \_\_\_\_\_ things \_\_\_\_\_!

The Ephesian church was once filled with love:  
*They (The elders from the Ephesian church) all wept as they embraced him and kissed him. Acts 20:37*

**How to recover your first love  
Or, a cure for the common cold...**

*“Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.” Rev. 2:5*

1. \_\_\_\_\_  
*“Remember the height from which you have fallen!” Rev. 2:5a*
2. \_\_\_\_\_  
*“Repent...” Rev. 2:5b*  
“Repent”: \_\_\_\_\_
3. \_\_\_\_\_  
*“...and do the things you did at first.” Rev. 2:5c*

*“But you have this in your favor: You hate the practices of the Nicolaitans, which I also hate. **He who has an ear, let him hear what the Spirit says to the churches.** To him who overcomes, I will give the right to eat from the tree of life, which is in the paradise of God.” Rev. 2:6,7*

Ask yourself: What will be the \_\_\_\_\_ of my life?

## Daily Meditations

**This week’s memory verse:**  
*“And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge, that you may be filled to the measure of all the fullness of God.” Ephesians 3:17b-19*

**Monday**  
Read Revelation 2:1-7. What good things were mentioned of this church?

How might its strengths have been the cause of its failure?

Of the positive qualities mentioned about this church, which best characterize you?

Do you ever struggle with the one thing lacking in the Ephesian church?

*Thank God today for loving you. Ask Him to fill your heart with love for Him. Pray that love for Jesus will be your primary motivation.*

### **Tuesday**

Read Revelation 2:1-4. "You have forsaken your first love." Those are sobering words to hear. What are some of the things that get in the way of "first love" love in your life?

Read Matthew 22:34-38, Ephesians 3:14-19 & 1 John 4:18-19. Write down three things from these verses that you can apply to help you fan the flame of your first love for Jesus.

*Talk to God today about your heart's priorities. Ask Him to soften your heart to His ways and His love. Pray that your first love for Jesus will feel fresh, new and continue growing.*

### **Wednesday**

Read Rev. 2:4-5 again. Part of the cure Jesus gives for rekindling first love is this: "Remember the heights from which you have fallen." Spend some time today remembering your first blush of excitement when you found Jesus: How is your spiritual life different today in the following areas? (Circle one)

Sensing God's presence	THEN -- SAME -- NOW
Feeling love for Jesus	THEN -- SAME -- NOW
Engagement in worship	THEN -- SAME -- NOW
Enthusiasm for Bible reading	THEN -- SAME -- NOW
Sharing faith naturally & joyfully	THEN -- SAME -- NOW
Thankful attitude	THEN -- SAME -- NOW
Serenity	THEN -- SAME -- NOW

Why do you think it's important to remember what first love was like?

*Spend some time in prayer right now asking God to remind you of "the things you did at first". Ask Him how you can restore that sense of first love again. Spend time just telling God that you love Him!*

### **Thursday**

Read 1 Corinthians 13:1-13. The Corinthians seemed very interested in prestige and position within their church. In many ways they were like the Ephesians in this regard. What is Paul's point in verses 1-3?

How is this similar to Jesus' point to the Ephesians in Rev. 2:1-7?

Read 1 Corinthians 13:8-10. How is this similar to Jesus' point in Rev. 2:1-7?

Rewrite 1 Cor. 13:8-10, only substituting "prophecies", "tongues", and "knowledge" with the things you tend to get focused on:

Read 2 Cor. 11:3. How is this similar to Jesus' point to the Ephesians in Rev. 2?

*Ask God to help you retain your pure and simple devotion to Jesus.*

### **Friday**

Read Rev. 2:4-5 again. Another part of the cure Jesus gives for rekindling first love is this: "...do the things you did at first." Why do you suppose Jesus tells the Ephesian church to "do" something when part of the problem is that they are doing so much, so busily?

How do you think the things He wants them to do different from what they are doing now?

Spend some time today remembering what you did at first. How were the things you did then different from what you are doing now?

Some examples:

-Sharing your faith	-Memorizing Scripture	-Reading the Bible
-Praying	-Meditating	-Church attendance
-Exposure to books, tv, movies, music		

How are the things you did at first different from the things you are doing now?

What steps can you take this week to "do the things you did at first" in 2 or 3 areas?

Ask God to show you how you can do the things you did at first in a grace-filled, non-legalistic way.

### **Saturday**

Complete any devotions you may have missed and polish up the memory verse. Please pray for the services this weekend. Thanks!