



HANDOUT

Lesson 7: Ephesians 5:8-21

THE BOOK OF

EPHESIANS

DISCUSS

Why do you think J.D. made the point that life is war? Do you agree? Why or why not?

Why do you think Paul says we are light in verses 8–14? Is there something in our identity that has changed from darkness to light?

Paul also asks us to “live as children of light” (v. 8). What does that mean for the way you live your life?

Verse 9 also talks about the “fruit of the light.” That seems to be a strange mixing of metaphors. How does light have fruit? What does that mean to you?

Why do you think Paul used this hymn in verse 14? How did it help his case? What sort of “sleep” do we need to “wake up” from?

What “opportunity” is Paul talking about in verse 16? How should we “make the most” of it?

What sort of “unwise” or “foolish” things might we do when faced with the opportunities Paul’s talking about? How can we avoid those foolish actions?

Back in verse 10, it said, “Find out what pleases the Lord.” Here in verse 17, it says almost the same thing (“understand what the Lord’s will is”). How can we do that?

Why would Paul compare God’s Spirit with wine in verse 18? What’s the connection?

Why does Paul suddenly get musical in verse 19? What do songs have to do with waking up and redeeming the time?

According to verse 19, we speak to one another in these songs. What effect on each other can we have when we address one another through our songs?

Do you think that gathering together in worship helps us to “find out what pleases the Lord”? If so, how?



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LIVE IT OUT

Alert Prayer: Ask God to wake you up to the opportunities of each day. Then find a time during the day when you “walk and talk with God”—ten minutes of specifically tuning into His voice as you go through your normal activities.

Time Budget: How did you use your time last week? You had 168 hours—what did you do with them? Map it out, as best you remember. Then evaluate. How could you adjust your schedule to reflect your priorities? Set a new schedule/budget for this week.

Coping Check: When you’re stressed, where do you turn? To alcohol or something less damaging but just as wasteful? Can you begin to train yourself to seek the Lord’s strength in those times? For now, have Psalms 23, 42, and 103 at the ready, and then find other ways to connect with the Spirit in those critical moments.

Praise: Find some creative, lavish way to thank God. Write a song. Do a dance. Make a video. Create a rock garden. Fill your heart with praise and then offer it, as the Spirit leads.

Worship Together: Throw yourself fully into the church worship service. Prepare well. Participate enthusiastically. Review it afterward, perhaps talking with family or friends.