

# EPHESIANS



Rooted and Grounded  
— in love —

Lesson Nine ..... EPHESIANS 5:1-21

## Day 1



Father, fill me with your fullness—give me more of you as I take in your word. May your Spirit open my eyes to your goodness and beauty and may I become more like you.

- Read Ephesians 5:1-21 several times. Read through the passage *prayerfully*—responding to what you are reading with praise, thanksgiving, confession or surrender. (God speaks to us through his word and we respond back to him through prayer.)
- Pick one word or phrase that stands out to you to ponder on throughout the day and week. (It may be something that resonates with you or that you want to understand better.) Write it here.
- Write one sentence summarizing the passage.

## Day 2- Eph. 5:1-2

Write out verses 1-2

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1. Paul continues his instructions on how we are to live as new people, united to Christ. What reality is *therefore* (v.1) referring to? (Look back to verse 32b.)
  - What is the response we are to have to this reality according to verse 1?
  - What other reality do we see in verse 1 that motivates us to imitate God? Linger on this for a minute. How does that impact your heart?
  
2. What is the chief way we are to imitate God according to verse 2?
  - What is the kind of love are we to continually show?
  - If Jesus' giving of himself for us was a fragrant offering and sacrifice to God, and if we love others the way Jesus loves us, then our sacrificial love is also a fragrant offering and sacrifice to God. How does this motivate you to love sacrificially?



Father, help me to imitate you and live my life loving people the way Jesus did. Forgive me for so often shying away from sacrifice. I want my life to be a fragrant offering to you, Jesus; make it so.



*We love because he first loved us.* (1 John 4:19) Jesus is both our motivation and our model. When we love like Jesus loves, we give ourselves, we lay down our lives. This kind of love is not natural to us, we need the power of God's Spirit to love this way. Romans 5:5 says, *God's love has been poured into our hearts through the Holy Spirit...*

- ❖ We have opportunities to show sacrificial love every day. Operating in our own strength, with our own love, we often fall short. How can constantly remembering that you are God's beloved child help you to take opportunities to love like Jesus?
- ❖ What can you do when to help align your heart and your actions when you do take the opportunity to love or serve sacrificially, but you have a bad attitude about it?

- ❖ What opportunity do you have today to show sacrificial love? Pray for God's love to pour into your heart and overflow out to someone else through the power of the Holy Spirit.

### Day 3- Eph. 5:3-7

Write out verses 3-7

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## For Discussion

How is sexual immorality, impurity and covetousness the opposite of walking in sacrificial love?

**Scholar's Note:** "The Greek words for fornication (*porneia*) and impurity (*akatharsia*) together cover every kind of sexual sin, in other words all sexual intercourse outside its God-ordained context of a loving marriage. To them Paul adds covetousness, surely because they are an especially degrading form of it, namely the coveting of somebody else's body for selfish gratification."<sup>1</sup>

3. What does it mean that these things *must not even be named* among believers?
4. In verse 4, Paul contrasts vulgarity with thanksgiving. John Stott says that the kind of speech mentioned in verse 4 "...refers to a dirty mind expressing itself in dirty conversation."<sup>2</sup> If this is the worldly attitude toward sex, that is out of place for believers, how is thanksgiving a substitute for that?
5. What dire warning does Paul give in verse 5?

- Why can't people who practice these things and walk in this lifestyle inherit the kingdom of God?

**Scholar's Note:** "The immoral or impure person envisaged here is one who has given himself up without shame or penitence to this way of life..."<sup>3</sup>

## For Discussion

In verse 6, Paul reiterates that for those who live in perpetual disobedience to God, wrath is coming—so don't be deceived. How do people (sometimes in the world, and sometimes in the church) try to deceive believers about sexual immorality and impurity and its consequences?



If you have a history of sexual immorality, but you have repented from it, turning away from that life, and turning to God for forgiveness and new life, you can be assured that you are washed clean by the blood of Jesus. If you are struggling with this now, you can turn away from your sin and turn to Jesus. Remember, *in him we have*

*redemption, the forgiveness of our trespasses according to the riches of his grace that he has lavished on us...(Eph.1:7).*

### **Day 4- Eph. 5:8-14**

Write out verses 8-14

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6. Paul says in verse 8 that *at one time you were darkness, but now you are light in the Lord*. He doesn't say you were *in* darkness and now you are *in* light. What is the significance of this?

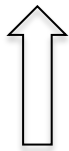
# For Discussion

How would you describe light?

7. What will we radiate as children of light according to verse 9?



We display light by doing what is pleasing to the Lord (v.10). Where do you struggle with trying to please people instead of God?



Father, forgive me for so often being tuned toward pleasing others instead of caring only about what pleases you. Help me to constantly reorient my heart toward you and pleasing you in all that I do and say.

8. Paul tells us in verse 11 that as children of light we are to expose works of darkness. The word expose “carries the idea of correcting or convincing someone.”<sup>4</sup> How can you be light with your words?

- When we live as children of light, not taking part in darkness, and our light exposes the darkness of others, what are some possible reactions to this exposure (v.14)?

## Day 5- Eph. 5:15-21

Write out verses 15-21

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Verses 15-17 tell us three things wise people do. Pray through these, asking God for wisdom and insight.

1. **Look carefully at how you walk.** (v.15) What actions do you need to take to live out who you are in Christ? How can you make it a practice of looking carefully at how you walk?
  
2. **Make the best use of the time you have.** (because the days are evil) (v. 16)  
How well do you use the time God has given you? What are some ways you can manage your time better and not waste it? We clearly see how evil abounds in the times we are living in. How can you use your time to spread the good news of Jesus in these evil times?
  
3. **Understand what the will of the Lord is.** (v. 17) God's will is revealed in his word—his commands are his will for us. Has God shown you any place you are not living in obedience to his will?

## For Discussion

God's will for all believers is found in his word. How do you discern his specific will for you in decisions you have to make?

9. Why does Paul tell children of God not to get drunk in verse 18?
  - Instead of being drunk, what should we be?

Scholar's Note: "The imperative makes it clear that this is a command for all Christians. The present tense rules out any once-for-all reception of the Spirit but points to a continuous replenishment (literally, "go on being filled"). Finally, the verb is passive: "Let yourselves be filled with the Spirit."<sup>5</sup>



Why is being filled with the Spirit posed as the opposite of being drunk? Dr. Martin Lloyd Jones, physician and theologian, helps us understand. "...[alcohol] depresses first and foremost the highest centers of all in the brain ... [These centers] control everything that gives a [person] self-control, wisdom, understanding, discrimination, judgment, balance, the power to assess everything; in other words everything that

makes a [person] behave at their very best and highest. What the Holy Spirit does, however, is the exact opposite...He stimulates our every faculty...the mind and the intellect...the heart... and the will..."<sup>6</sup>

- ❖ When we trust in Jesus as our Savior and King, we are given his Spirit to live within us. What prevents us from being *filled* with the Spirit? (1 Thes. 5:19, Rom.8:4-8)
  
- ❖ How do we get continually replenished with the Spirit?

10. In verses 19-21 we see four outcomes of being filled with the Spirit. What are they?

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- What do these four things have in common?
  
- What are the opposites of these things that would be an indication of quenching the Spirit in your life?

## Digging Deeper

The word *sing* is mentioned over 200 times in the Bible (ESV). That is not to mention the words- *music, songs, hymns, melody, or instruments*. This makes sense because we see in Ephesians that music is connected to God's Spirit. What a powerful and unique gift God created in music! Read the following Scriptures for help in answering the following questions:

- What all is singing associated with?
  
- What effect does singing together have? (...addressing one another in psalms, and hymns and spiritual songs )
  
- What effect does singing by yourself or, in your heart to the Lord have? (...making melody to the Lord with your heart)
  
- What part does music and singing play in your corporate and personal worship?

*Oh sing to the LORD a new song; sing to the LORD, all the earth! Sing to the LORD, bless his name, tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples! Psalm 96:1-3*

*Rise up, O LORD, in all your power. With music and singing we celebrate your mighty acts. Psalm 21:13 (NLT)*

*Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the LORD with music. Psalm 27:6 (NLT)*

*Let us come to him with thanksgiving. Let us sing psalms of praise to him. Psalm 95:2 (NLT)*

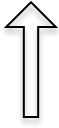
*Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises! Psalm 98:4*

*My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! Psalm 57:7*

*My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God. Psalm 84:2*

*Well then, what shall I do? I will pray in the spirit,<sup>[a]</sup> and I will also pray in words I understand. I will sing in the spirit, and I will also sing in words I understand. <sup>16</sup>For if you praise God only in the spirit, how can those who don't understand you praise God*





Father, thank you for music! It is such a beautiful and kind gift that points me to you.

## For Discussion

Giving thanks always and for everything is an outcome of being filled with the Spirit (v. 20). How can we do this in light of sin and evil?

## Taking Root:

- What in this portion of Scripture swells your heart with love for God, or makes your heart treasure Jesus?
  
- What from this portion of Scripture spurs you on to love others?
  
- How are you challenged to reach God's world after living with this portion of Scripture this week?

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<sup>1</sup> Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 191). InterVarsity Press. Kindle Edition.

<sup>2</sup> Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 192). InterVarsity Press. Kindle Edition.

<sup>3</sup> Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 197). InterVarsity Press. Kindle Edition.

<sup>4</sup> Merida, Tony Exalting Jesus in Ephesians. P. 126 B&H Publishing 2014

<sup>5</sup> Expositor's Commentary Copyright © 1998-2018 Olive Tree Bible Software

<sup>6</sup> Dr. Martin Lloyd Jones, Life in the Spirit p. 19 as quoted in, Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 205). InterVarsity Press. Kindle Edition.