



EPHESIANS 5:15-21

GETTING STARTED...

If you open your phone, you will be able to get a “Screen Time” report. If you are feeling brave enough, share that with your group! It can be a stark, even embarrassing thing to look at and see how you have used your time in the last week. The reality is, we don’t always use our time to for the best purposes, even if you are not on your phone. We have terms for things called, “time-wasters” that don’t add anything to our lives except to make time go by faster. Yet all of us know that time is the one thing that we cannot get back. God calls us to consider how we use our time and whether or not we are using it wisely. Paul as he writes to the Ephesians calls us to be “imitators of God” (5:1) and that includes how we use our time. Rather than being distracted, or out of control, we are to be filled with the Holy Spirit to worship, build up other believers and give thanks.

READ THE TEXT: EPHESIANS 5:15-21

¹⁵ Look carefully then how you walk, not as unwise but as wise,
¹⁶ making the best use of the time, because the days are evil.
¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.

UNDERSTANDING THE WORD

1. Paul calls the Ephesians to understand the will of God. How do we know what the will of God is for our lives? (see Rom 12:1-2, 1 Thess 4:3)
2. Paul calls the believers to be filled with the Spirit and lists 4 ways in which the Holy Spirit calls us to act. What are they? How do they help us understand being filled with the Holy Spirit better?

REFLECTING ON THE SERMON

3. What was the main point of the sermon?
4. What has God been impressing on your heart from the sermon?

APPLYING THE POINT

5. How do we put this into practice?

Agassiz Prior to the sermon, what was your understanding of being "Spirit filled?" And afterwards, did your understanding change, stay the same, or become more well-rounded? If so, how?

Chilliwack What has been your experience with alcohol and other substances? Is this a present challenge you would welcome accountability for? The text explains that wisdom, submission, joy, and thankfulness are the overflow of being filled with the Spirit. Do any of those surprise you? How have you experienced each of them as Spirit-filled followers of Jesus in recent weeks/months/years?

Harrison/Lake Errock How does worshiping together impact your relationship with other believers? Can you think of a moment when corporate worship deepened your sense of unity? Paul contrasts the "wisdom of the world" with the wisdom of Christ. What are some examples in your life where worldly wisdom conflicts with gospel wisdom?

Promontory What things do you find waste your time? How can you redeem your time better in this week? How does the description of being filled with the Spirit in vs 19-21 change how we think about worship in church? How does our commitment to follow Christ impact others?

PRAYING & SHARING

1. How can you share what you have learned with... another believer? An unbeliever?
2. Share and pray for one another in your life group. How can you specifically pray for and encourage one another in response to this text?



How to Use this Guide

This guide is intended to help facilitate Central Life Groups as they meet to understand the Bible passage, discuss the sermon, and how to put it into practice in our lives. What is contained in this guide is not an exhaustive text analysis nor a full list of questions that can or should be asked during Life Group. This is simply a guide to help **start conversations that are centered on the Word of God.**

The Life Group Guide is separated into three main sections that are arranged with an intentional order: *Understanding the Word*, *Reflecting on the Sermon*, and *Applying the Point*. We want to first understand the Word of God, and then check that understanding by what has been preached, and then discuss how to put it into practice in our own lives. The order is intended to imitate the process of how the Word of God makes changes in our lives. Head, heart, hands, and all of it wrapped in prayer.

While the meaning of a text doesn't change, the way that we are called to apply it may look different from campus to campus, and even person to person. To reflect this distinction, you will see application questions from each campus in this guide.

Start with the question(s) from your campus and then look at others to see if they are helpful for your group. You may be surprised how similar or different they end up being and how the diversity brings a fuller understanding to how we can apply the Word of God.

Our goal is not that you answer every question in this guide, but that you are able to discuss the Word of God in a way **that helps everyone follow Jesus together!**

*"Great are the works of the LORD,
studied by all who delight in them." - Psalm 111:2*