

Connect

Have you noticed you can tell what kind of mood someone is in, just by the way they walk? Why is walking and posture reflective of a person's thoughts, mood, or personality? Are you conscious of your own posture?

Verses - Ephesians 5:15-18 (CSB)

15 Pay careful attention, then, to how you walk—not as unwise people but as wise— 16 making the most of the time, because the days are evil. 17 So don't be foolish, but understand what the Lord's will is. 18 And don't get drunk with wine, which leads to reckless living, but be filled by the Spirit:

Study

1. What is the difference between wise and unwise people?
    a. Is it a difference in intelligence or education? What is it?
    b. How is your answer different for believers?

2. How do wise believers spend their time (v.16)? (James 3:13-14)

3. For believers, what kinds of activities are foolish (v.16)? (Proverbs 28:26)

4. What are ways we can determine God's will (v.17)? (Romans 12:1-2, Jeremiah 29:12-13, Matthew 7:7-8; Proverbs 3:5-6)

APPLY

Why is it important to "pay careful attention" if we wish to walk as wise people? (v.15) What will paying careful attention help us to do?

DISCUSS

How and why does getting drunk with wine lead to reckless living? (v 18) Compare getting drunk with wine with being filled by the Spirit. How are these experiences the same? How are they different? What point is Paul trying to make with this comparison? (vv 18-20, 1 Peter 1:13-15)

Share

Please give some examples from your own life as a Christian of how you spend time on foolish activities (vv.16-17). How have you avoided doing so?

Please share your story with the group if you are comfortable to do so.

Grow

Please pray that God will help us to understand his will better, to spend our time more fully in service to his will, and that he will fill us with wisdom and joy and thanksgiving as we serve him together.