

Living in the Light



MEMORY VERSE: “Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:32

DAY 1 EPHESIANS 4:17-24—Throw Off Old Sinful Nature

1. What does Paul, with the Lord’s authority, tell us? Why? vv. 17-19
2. What stands out most to you about the way unsaved people live? Why?
3. What are believers to throw off? Why? vv. 21-22
4. Read verse 23-24. As new creations, we are totally changed - including our outlook - our values, goals and meaning of life! Why is this only possible through the power of the Holy Spirit?

DAY 2 EPHESIANS 4:25-32—The Way You Should Live

5. What are we not to do? Why?
v. 25

vv. 26-27

6. Verses 28-29 tell us what not to do and what to do instead.

What are the benefits of giving generously?

Why are your words so very important?

7. What brings the Holy Spirit sorrow? v. 30

How does this make you feel?

8. From verse 31, how do you see that these sins:

Interrupt your walk with the Lord?

Undermine the whole body of Christ?

9. How does verse 32 say we should live our lives? Which of these can you do this week?

DAY 3 EPHESIANS 5:1-9—Be People of the Light

10. Read verses 1-2. What is the difference in “imitating God/example of Christ” versus comparing yourself and imitating peers/others?

11. Who will not inherit the Kingdom of Christ and God? vv. 3-5

12. Whom should we not be “fooled by”? Why? v. 6

13. What does this light within us produce? vv. 7-9

DAY 4 EPHESIANS 5:10-20—Be Careful How You Live

14. Read verses 10-14a. How will people's evil intentions be exposed? Why?
15. Read verses 15-18. Why does God want you to be careful how you live?
16. Read verses 19-20. What does *"giving thanks for everything to God in the name of our Lord Jesus Christ"* mean to you?

DAY 5 EPHESIANS 4:17-5:20—Wrap Up

17. How should a Christ follower act differently than those of the world? What happens to believers when we are continually influenced by old habits, the world and Satan?
18. What life do you want to live and what steps can you take to make this choice happen?

TAKE AWAY

You can't change how someone treats you, but try this week to respond to them with kindness.

BLESSING

We are alive in Christ - a new creation!

Living in the Light

The second part of Ephesians 4, verses 17-32) develops the concept of the new life believers have in Jesus. Paul begins to assign specific actions and attitudes to the “new self” all believers ought to take on. The first part of Chapter 5 discusses how believers are to be imitators of God through a focus on the love demonstrated by Christ (Ephesians 5:1–20).

Ephesians 4:17–32 focuses on the new life believers have in Christ. Believers are to no longer live sinfully “as the Gentiles do” (Ephesians 4:17). In this context, Paul is using the term “Gentiles” to refer to those who do not have a saving knowledge of Christ. Non-believers lack understanding and are separated by God due to a hardness of heart (Ephesians 4:18). They are calloused to sin (Ephesians 4:19). Believers must not be known for this way of life (Ephesians 4:20–21).

Instead, believers put off this “old self” and set their minds on spiritual things (Ephesians 4:23), putting on the “new self” of godly living (Ephesians 4:24). The phrase put off is a translation from the Greek (*apotithemi*) referring to putting off garments. The “old self” is the person you were in your pre-Christian days when you were dominated by sin, influenced by the world, and led by Satan. Now, in Christ, we no longer have to be dominated by this side of us, although it will remain a content fight. We can now choose to live by the Spirit of Christ. Our part is to cooperate actively with the work God is

doing. We choose to obey Him rather than going our own way, which leads away from God.

As part of this “new self,” each believer is called to speak truth to “his neighbor” since we are family (Ephesians 4:25). We are not to sin when angry (Ephesians 4:26), not giving the devil an opportunity or advantage in our lives (Ephesians 4:27). Believers are to work honestly (Ephesians 4:28), speak encouragement (Ephesians 4:29), and not grieve the Holy Spirit (Ephesians 4:30). Believers are called to put away sinful practices and attitudes (Ephesians 4:31), being kind to one another and forgiving, as Christ has forgiven us (Ephesians 4:32).

Ephesians 5:1–20 encourages believers to imitate God like loving children (Ephesians 5:1). Sexual impurity is not to be known among believers (Ephesians 5:3). The same is true of foolish talk (Ephesians 5:4). Non-believers are marked by a persistent pattern of these behaviors (Ephesians 5:5). The Greek word he uses for immorality is *porneia*, from which we get the word pornography. Believers are not to be deceived by lies (Ephesians 5:6) and must not be partners with those who deceive (Ephesians 5:7). Yes, believers once lived in this way, but are no longer walking in darkness (Ephesians 5:8).

Believers are to find out what pleases God (Ephesians 5:10). Believers should take no part in sin, but rather expose sin (Ephesians 5:11). This does not require us to be vulgar

or offensive in discussing sinful acts (Ephesians 5:12). Paul then quotes from what was likely part of an early Christian song in verse 14. He encourages believers to walk with wisdom (Ephesians 5:15).

Believers are to make the most of their time, because the days are evil (Ephesians 5:16). Paul encouraged readers to understand the will of God (Ephesians 5:17) and not become drunk on wine (Ephesians 5:18). Instead, believers are to be filled with the Spirit, praising the Lord and giving thanks to Him (Ephesians 5:18–20). Because they are children of light, Paul urges them to live in a way that is consistent with who they are. That counsel was good for the Ephesians, and it is good for us today.

As we draw closer to Jesus, we will want to be more like Him. When we are filled with His Spirit, we are filled with His light and we will read His Word to find His will for our lives. Living in Him and His glorious light, we respond to Him in obedience. Although obedience is our choice, He enables us to obey. Walking with Him brings great joy, and we give thanks to God the Father for all we have and all we are in Jesus.

Notes
