



BEYOND

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Living Beyond Ourselves *Ephesians 5:15-21*

1. Live WISELY (vs. 15-17)

Be very careful then, how you live, not as unwise, but as wise... (v. 15)

- Pay close ATTENTION (v. 15)
- Grab OPPORTUNITIES (v. 16)
- Reject FOOLISHNESS (v. 17)

Principle: SELF-CENTERED Christians make MISERABLE Christians.
SELF-FOCUSED churches make MISERABLE churches.

2. Be FILLED with the Spirit (vs. 18-21)

Do not get drunk on wine... but be filled with the Spirit (v. 18)

To be filled with the Spirit means to be under His CONTROL and influence.

Exercise: “Spiritual BREATHING”

Breathe Out:

Confess SIN and give CONTROL

Breathe In:

Ask the Spirit to FILL, EMPOWER and LEAD

Spirit-filled Christians choose to:

- Express PRAISE for God (v. 19)
- Give THANKS to God (vs. 19-20)
- Submit to ONE ANOTHER because of Jesus (v. 21)

Principle: Submitting to one another leads to SERVING others, giving GENEROUSLY, and sharing our FAITH, rather than focusing on what we want out of church.

Next Steps

- I am committing to follow Jesus for the first time today.
- I am re-committing to follow Jesus today.
- This week I will practice “Spiritual Breathing” at least once a day.
- This week I will listen to and learn a praise song and try to sing it on my own or with a group.



Lesson Aim: To look beyond ourselves & serve others.

Icebreaker: What are some ways that children imitate others as they grow up?

1. In the message this weekend, Chris said that “Self-centered Christians make miserable Christians. Self-focused churches make miserable churches.” How have you seen and/or experienced this to be true?
2. How have you seen and/or experienced the opposite of this statement to be true as well?
3. **Read Ephesians 5:1-14.** Verse 2 tells us that Christ is the perfect example of living a life of love that imitates God. How does it help us to know that Christ has gone before us in living this life of love?
4. What behaviors does Paul condemn (verses 3-4)?

5. Paul contrasts light and darkness to discuss holy living in verses 8-14. Share a practical example of what it means to live as “children of light”.
6. What are some ways we go through processes of change to be able to live more like “children of light”? Please share personal examples if able.
7. **Read Ephesians 5:15-21.** What characterizes wise people according to verses 15-17?
8. As we consider our own lives, how then can we live more wisely?
9. Using your own words, discuss the characteristics of those who are filled with the Holy Spirit (verses 18-20).
10. As you consider your life, in what areas do you most need to be filled with the Holy Spirit?

Memorizing Scripture is a key tool to resist temptation, make wise decisions, strengthen us under stress, comfort us when we're sad and to witness to those who don't know Christ.

Memory Verse(s) of the Week: Ephesians 5:19-20