

Ephesians Study: Session 5 – Walk in Love, Light, and Wisdom

(Lori Wilhite – Ephesians: Head Held High)

Big Idea

The heart of Ephesians 5 is a call to walk in a way that matches our new identity in Christ. Paul urges us to walk in love (like Christ), walk in light (in righteousness and truth), and walk in wisdom (being filled with the Spirit). This "walk" is practical, everyday living that should reflect God's character in a dark world.

Discussion Questions

1. In what ways does the example of Christ's sacrificial love shape how you live as God's beloved child in your daily responsibilities and relationships (v. 1-2)?
2. What practical steps can we take to "take no part in the unfruitful works of darkness" while still showing Christ's light to those around us (v. 3-14)?
3. What does "walking wisely" and "redeeming your time" look like for you right now, and how can you grow in understanding God's will in your daily decisions? (v. 15-17)
4. Verses 18 to 21 teach us to be filled with the Spirit rather than controlled by other things. What does a Spirit-filled life look like in your current season, and what simple habits help you stay filled so that worship, thankfulness, and humble service flow more naturally?

5. How do the instructions for marriage in verses 22 to 33 help you understand God's design for relationships, whether you are married, single, widowed, or in another season of life?

Memory Verse(s)

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.

(Ephesians 5:15-16 ESV)

This Week:

- Continue to pray for our church and for the women in our group.
- Begin each morning by asking yourself, "How can I love people sacrificially today?" It might mean giving up some of your time to help a coworker, speaking kindly to your family even when you are tired, or quietly doing something helpful for someone without expecting thanks. Treat love as a sweet offering to God rather than just a feeling. (v.1-2)
- Make worship part of daily rhythm: sing hymns or worship songs in the car or while doing dishes, text friends a verse of encouragement, and maintain a gratitude journal. This helps to encourage a joyful attitude/spirit even on hard days. (v.19-20)
- **Read Ephesians 6**