

# Paul's Epistle to the Ephesians

**SIT  
WALK  
STAND**

## STUDY SEVEN – WALK AS GOD'S CHILDREN

*Read Ephesians 5:1-20*

We talk about being children of God because as believers in Christ Jesus, that is what we are. Born again by the Holy Spirit to become God's children. As such, the Scriptures teach us we should walk in **love** and **light**. This is important because we are the ones who represent the Godhead to this world in which we live.

It is interesting that verse 1 tells us to **IMITATE GOD**. 1 John 4:16 says: "*We know how much God loves us, and we have put our trust in him. **GOD IS LOVE**, and all who live in love, live in God, and God lives in them.*"

- If we want to walk as God's children, how do we grow the love of God in our lives so that it reaches out to other people?
- This verse is clearly telling us that we must have God's love in our hearts, otherwise, how can people learn that God loves them?
- Do we understand how important we are in God's plans?

*"Everyone who calls on the name of the Lord will be saved."*

*How can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? Romans 10:14-15*

It doesn't mean we have to preach standing in a pulpit, but we must tell people the Good News that God loves them and sent Jesus to take away their sins. To bring forgiveness. I always remember my husband David saying he had been listening to a psychiatrist speaking on the radio who said that the greatest need of people was to know forgiveness.

- What effect does being forgiven have on us?
- Do you find talking to non-Christians about God's love easy?
- One of the best ways is through friendship.

- It's interesting listening to children talk to their friends about what they and their families have been doing. They don't plan what to say, it just comes pouring out of them so naturally. Our sharing of Jesus should be natural and in no way contrived.

So, let us pray that we will be so full of God's love that others will recognise we have something different in our lives. *(Read verse 2)*

In verses 3-5, Paul pulls no punches about the way we must live our lives.

- What does verse 4 say we should have?
- *Read verses 8-9:* Are we able to explain what this means?
- What does Paul admonish us to do in *verse 10*? How do we do this?
- Does our behaviour and manner of speaking change depending on the company we are in?

The concept of Christ being our light is very important. I remember being in Beverley Minster when it was full of young people and the preacher asked for all the lights to be turned off. The darkness was pretty much absolute. Then he lit a candle, and everyone could see the light despite it being small! I believe we must be like that candle, as the Lighthouse song says, we must shine in the darkness.

*Read verses 15-18:* Do God's standards seem difficult to achieve? Why do you think he says: ***be careful how you live. Don't live like fools, but like those who are wise.***

Matthew 25 talks about the wise and the foolish virgins who were awaiting the arrival of the bridegroom. They all had with them their lamps so they could see and be seen. However, some had not prepared with enough care and found the oil in their lamps was quickly running out, and there was no time to go out and buy more as they didn't know exactly when the bridegroom would come.

- Do you think this is what verses 16-18 of Ephesians 5 means?
- How do we make, and keep, ourselves ready?
- Do we act thoughtlessly?
- God clearly wants us to be filled with the Holy Spirit. What does that allow us to do?
- Do you feel uplifted when you listen to Christian music. We are fortunate to have such easy access these days. I find listening whilst I'm driving a great blessing. Paul encourages us to sing psalms and hymns and spiritual songs – making music to the Lord in our hearts. It makes you feel so much better than running through a list of complaints!

*Read verses 21-33*

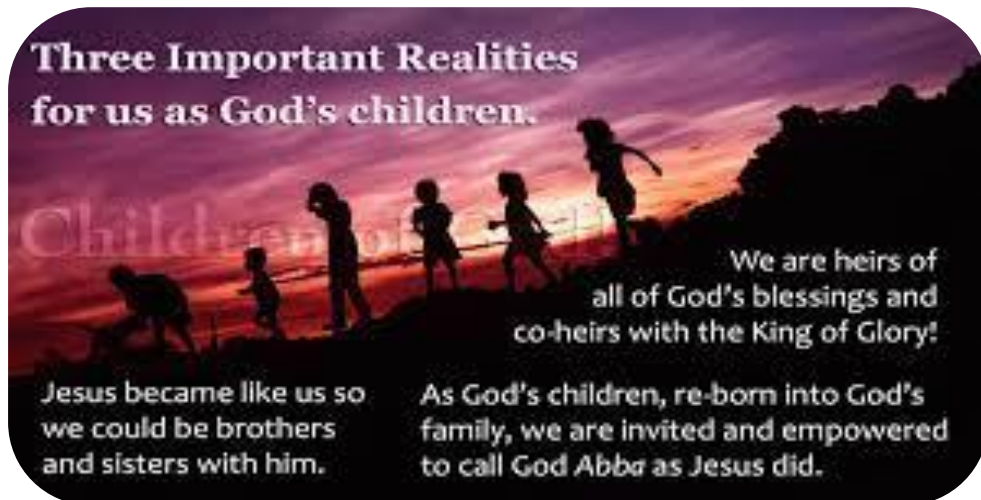
Although much of this refers to husbands and wives submitting to one another, but I feel there is an important principle that we need to observe.

First, it says to submit to one another out of reverence for Christ. Now it's not the kind of submission that happens in wrestling. I remember my daughter when she was about five play-wrestling with her dad and each trying to get the other to submit. It was funny to watch. I think this means being prepared to listen to one another, giving people a chance to say what they want to say, as well as ourselves!

- How would you define submitting to each other?

Although I don't want to get into teaching on behaviour in the marital home, we can see that if husbands and wives are prepared to listen to, and consider each other, then family life would be much more harmonious and peaceful.

- When you know God wants you to do something are you prepared to submit to his will, rather than your own?
- Do you, like the old Sinatra song, want to do it your way?
- We try to teach our children to be obedient. Do we follow that pattern in being obedient to God and his word?



**Prayer**

**Father, thank you that we are no longer slaves to fear but we are your children.  
Help us to live this out each day. Amen**