

1. Motivate

When has someone shown you that they really “had your back”?

**2. Transition**

As we studied earlier, “no man is an island.”

- We need one another
- We *strengthen* one another to live a life honoring to God.

3. Bible Study

3.1 Help to Stand Against Worldly Sin

A video introduction is available. View at https://watch.liberty.edu/media/1_2qc965c8

Listen for a contrast.

Ephesians 5:8-14 (NIV) For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 For it is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible, 14 for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."

What contrasting imagery did Paul use to describe the change that had taken place in the lives of his readers?

What are effects of light on darkness?

These are physical qualities of light. What point is Paul trying to make spiritually? What does he mean is spiritual “light”?

What do you think it means to be ‘children of light’?

How does the apostle describe light or its fruit in Ephesians 5:9? Define each term in your own words.

What are some examples of “fruitless works of darkness” that exist in our culture?

What is to be the relationship of the believer to works of darkness?

How can we avoid becoming desensitized to this darkness?

How can we expose fruitless works of darkness without saying a word?

3.2 Help to Make Wise Use of Time

Listen for a contrast between wise and unwise.

Ephesians 5:15-17 (NIV) Be very careful, then, how you live--not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is

What is the admonition in these verses?

What would be some characteristics of a believer who lives wisely in the midst of our sensual culture?

How is it that even a believer can lose focus on living wisely?

Why is seeking pleasure an unwise way to spend life?

You may know or admit to being a “workaholic.” How might this be an unwise use of one’s time and even result in impurity?

In addition to time alone with God and quality time with family, what are some other wise uses of our time where you support others?

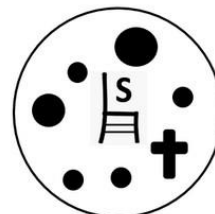
3.3 Help to Living in Mutual Submission

Listen for yet another contrast.

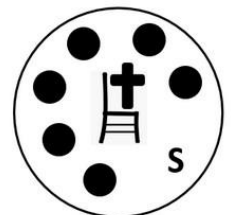
Ephesians 5:18-21 (NIV) Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. 19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. 21 Submit to one another out of reverence for Christ.

What two contrasting options are identified for determining our conduct

What does it mean to be filled with the Spirit?



- Christ in the life
- Self on the throne
- Issues of life in disarray



- Christ on the throne
- Self submits to Christ
- Issues of life in harmony with Christ's purposes

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We Strengthen One Another

What are some of the results of being filled with the Spirit?

- Fruit of the Sprit demonstrated in our lives

How does the biblical concept of being submissive differ from the popular cultural view?

Biblical Submission	Cultural View of Submission

What motive does Paul give for being submissive to one another?

Application

Identify.

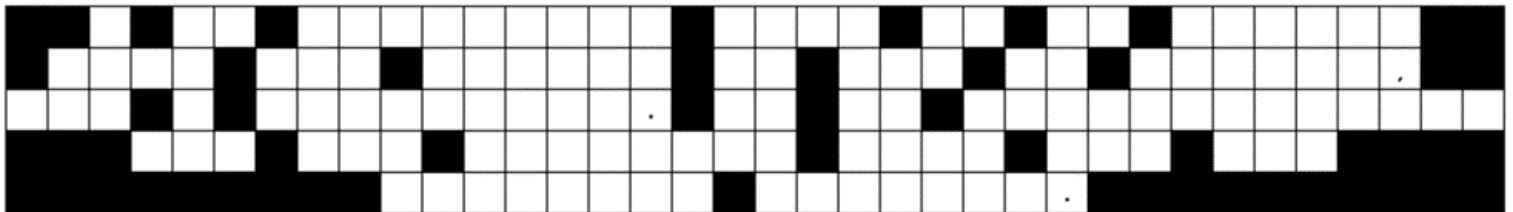
- Through prayer and introspection, identify recurring sins and temptations that weigh you down.
- Confess those things to God and ask Him to bring others into your life to strengthen your walk.

Influence.

- As you experience strength and victory in your own life, look for opportunities to influence others.
- Be a self-less and submissive member of your church.

Invite.

- Invite another Christian or group of Christians to be a part of your fight against temptation.
- Confess your temptations to them and allow them to confess theirs to you. Stand together against those struggles.



S I R I H L
 A T E F R U I C E U T S R V T E B I O L
 T H H H N V I N U Y D I S T S F C N N E D P E L O E
 U I T A R T E C E S P I T N T L I T E N O I I A D N O P F N S N B
 B W I F O M N C O E S A B T F D A N T A I I T O E A I S F T I R A D L E



All over this great auditorium people are wondering what has happened. Well, the letters fell straight down. You can put my quote back together, right where you are. Work on the two and three letter words first to see what letter combinations make sense. Then figure out the longer words. Check Eph. 5:18b for clues. You will be strengthened by the Truth in that verse. You can find personal help and further Family Activities at <https://tinyurl.com/y6rmg8dk>