



EPHESIANS 5:1-21 WEEK 3

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

Ephesians 5 is full of rich instruction for us as believers.

All month we will work out our souls in verses 1-21 of those instructions.

Our focus for Week 3 will be verses 7-14.

1. **Warm up... READ and COPY.** Read Ephesians 5:1-21 and Copy verses 7-14.

2. **Memorization...** Memorize Ephesians 5:8-10. For extra challenge: add in verse 14.

*Tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

3. Remembering

Verses 8-9 point back to the history of our stories ***"you were formerly darkness, but now you are light in the Lord..."***

Every now and then it is important to revisit the transformation that God has brought about in our lives. So, in the spirit of verses 8-9 take a moment and ponder the ***"darkness"*** that used to define your life. One way to do that would be to use the opposite of words found in verse 9 (***goodness, righteousness and truth***) which define the fruit of the light. Opposites would be ***depravity, unrighteousness and deception***. In what ways did those 3 formerly define you? Journal your thoughts.

4. The Fruit of the Light

As mentioned, verse 9 defines the fruit of light as ***"goodness, righteousness and truth."*** And then verse 10 goes on to say, ***"trying to learn what is pleasing to the Lord."*** As believers fully immersed in the rich Gospel described in Ephesians 1-3, these phrases should describe us. Sure, we don't have it all figured out yet, but we have been exposed to the awesome light of heaven, and so now we are growing more and more of the fruit of that light in our souls as we are, ***"trying to learn what is pleasing to the Lord."*** In that regard, work out your soul in the words of these verses by answering the following.

- How has the light of Christ produced goodness in me? How does it show forth in my mind, will and emotions?
- How has the light of Christ produced righteousness in me? How does it show forth in my mind, will and emotions?
- How has the light of Christ produced truth in me? How does it show forth in my mind, will and emotions?
- In what areas of my life am I currently ***"trying to learn what is pleasing to the Lord"*** and how am I doing so?

5. Early Morning Workout

Early morning workouts can be brutal because, as the alarm clock wakes us from our slumber, and the lights come on, we are called to rise up and get moving! As someone who usually works out physically in early morning, I am all too familiar with how that feels. But it is worth it because the fruit of early morning workouts is so good! In the same way, verses 11-14 are sounding an alarm and shining the light in some dark places where we have perhaps settled into spiritual slumber. Using the words of these verses, ponder the following and record your thoughts in your journal.

- What unfruitful deeds of darkness in my life would God like to expose?
- Am I willing to respond when the Holy Spirit calls to me about those things, ***"Awake, sleeper, and rise up and Christ will shine on you."***
- And... what is my response? Am I working out with Him or have I settled back down to comfortable sleep?

6. Use the Scripture Prayer Image shared this week from Ephesians 5:7-14 to respond to God's call to light in your life.

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