

MESSAGE SUMMARY

You are called to walk carefully and intentionally, not drifting through life but living with wisdom. Paul reminds you that time is not just something to spend; it is something to redeem for God's purposes in a world full of distractions. God's will is not only about your future plans but about who you are becoming in Christ. Instead of turning to things that offer escape, you are commanded to be continually filled with the Holy Spirit, allowing Him to shape your life. When the Spirit fills you, it produces joyful worship, a grateful heart, and humble, Christ-centered relationships.

MAIN POINTS

- 1. Walk Wisely (Ephesians 5:15)** Wisdom is not just what you know; it is how you live (Proverbs 4:7). You don't drift into wisdom; you choose it. Living wisely means paying attention to your direction, not just your activity. You can be busy and still be spiritually drifting. This means taking what you learn from God's Word and applying it to your life...stay in the Word daily!
- 2. Redeem Your Time (Ephesians 5:16)** You are called to "buy back" your time for what matters most (Psalm 90:12). Distraction is one of the enemy's greatest tools (1 Peter 5:8). You don't lose your life all at once; you lose it moment by moment. If you don't decide your priorities, culture or others will decide them for you.
- 3. Know God's Will (Ephesians 5:17)** Foolishness is not ignorance; it is carelessness (James 1:22). God's will is about your transformation into Christlikeness (Romans 12:2). Clarity often comes after obedience, not before. God is more concerned with who you are becoming than where you are going.
- 4. Be Filled with the Spirit (Ephesians 5:18)** You are always being filled by something; God calls you to be filled by Him (Galatians 5:16). The world offers escape; the Spirit offers transformation. Being filled with the Spirit is ongoing, received, and commanded. A Spirit-filled life is directed and empowered by God. Pray for it daily and trust that He will according to His will.
- 5. The Results of a Spirit-Filled Life (Ephesians 5:19–21)** Joyful Worship (v.19), Grateful Heart (v.20), Humble Relationships (v.21)

Big Idea: What fills you forms you—so choose wisely.

DISCUSSION QUESTIONS

- 1. What does it mean to "walk in wisdom" according to this passage?** *Possible Answer:* Walking in wisdom means living intentionally according to God's truth, not just having knowledge (Ephesians 5:15; Proverbs 4:7). It shows up in how you make decisions and live daily...how you choose to think, speak and act!
- 2. Why does Paul contrast being drunk with being filled with the Spirit?** *Possible Answer:* Both involve being controlled by something, but one leads to destruction while the other leads to transformation (Ephesians 5:18; Galatians 5:16). God calls you to be controlled by His Spirit, not by temporary escapes.
- 3. What is currently filling your life the most right now?** *Possible Answer:* You may realize your time is filled with work, media, or stress rather than God's presence (Matthew 6:21). What fills you will shape you.
- 4. What is one practical step you can take this week to be more filled with the Spirit?** *Possible Answer:* You could start your day in Scripture and prayer, worship regularly, or remove a key distraction (Galatians 5:16; Psalm 119:105).

GOSPEL CONNECTION

You cannot walk in wisdom or be filled with the Spirit in your own strength...you need Jesus! Your sin has led you to be filled with the wrong things, chasing temporary satisfaction instead of God's presence (Romans 3:23). But Jesus lived perfectly, died for your sin, and rose again so you could be forgiven and made new (Romans 5:8).

If you are a believer, repent of what has been filling your life more than Christ, and ask the Holy Spirit to fill you again (1 John 1:9; Ephesians 5:18). If you are not yet a believer, turn from your sin and trust in Jesus alone for salvation (Acts 2:38). Only He can give you new life and the Spirit who transforms you from the inside out.

DAILY DEVOTIONS

Monday – Walk Wisely

Key Verse: “Look carefully then how you walk, not as unwise but as wise.” (Eph. 5:15)

Reflection: You are not called to drift through life; you are called to walk with intention. Wisdom is not just knowing what is right; it is choosing to live it out daily. When you slow down and pay attention to how you are living, you begin to align your life with God’s purpose.

Application Question: Where in your life are you living on “autopilot” instead of with intentional wisdom?

Possible Answer: You may realize your routines, like how you spend mornings or evenings, are unintentional and not centered on God (Proverbs 4:7). Choosing wisdom might mean starting your day with Scripture instead of distraction.

Prayer Response: Lord, help me to walk carefully and intentionally today. Open my eyes to areas where I’ve been careless, and give me the wisdom to live in a way that honors You. Guide my steps so my life reflects Your truth, in Jesus’ Name, Amen.

Tuesday – Redeem Your Time

Key Verse: “Making the best use of the time, because the days are evil.” Eph. 5:16)

Reflection: Time is one of the most valuable gifts God has given you. You are not just called to spend time; you are called to redeem it for what matters most. In a distracted world, choosing what deserves your attention is a spiritual decision.

Application Question: What is one distraction you need to cut back this week to make room for what matters most?

Possible Answer: You might reduce time on social media, TV or entertainment to focus more on prayer, Scripture, or relationships (Psalm 90:12). Small changes can lead to meaningful transformation...you can do it!

Prayer Response: Father, teach me to value the time You’ve given me. Help me to recognize distractions and choose what truly matters. Give me focus and discipline to live for Your purposes today, in Jesus’s Name, Amen.

Wednesday – Know God’s Will

Key Verse: “Do not be foolish, but understand what the will of the Lord is.” (Eph. 5:17)

Reflection: God’s will is not just about where you are going; it is about who you are becoming. He desires to shape your character into the likeness of Christ. As you obey what He has already revealed, He gives clarity for what comes next.

Application Question: What is one area where you know what God wants, but you haven’t yet obeyed?

Possible Answer: You may sense God calling you to forgive someone, spend time in His Word, or step out in faith (Romans 12:2). Obedience in small things leads to clarity in bigger things. What areas of your character needs to be more like Jesus?

Prayer Response: God, help me not to live carelessly but to pursue Your will. Give me a heart that is quick to obey what You’ve already shown me. Shape me into the person You want me to become, in Jesus’ Name, Amen.

Thursday – Be Filled with the Spirit

Key Verse: “Do not get drunk with wine... but be filled with the Spirit.” (Eph. 5:18)

Reflection: You are always being filled by something, what you turn to for comfort, strength, or escape. The world offers temporary relief, but the Holy Spirit offers lasting transformation. When you surrender daily to Him, He leads and empowers your life. The Holy Spirit’s ministry is to transform you more and more into the likeness of Jesus.

Application Question: What do you tend to turn to for comfort or escape instead of the Holy Spirit?

Possible Answer: You might rely on entertainment, work, or approval from others (Galatians 5:16). Replacing those habits with prayer and dependence on God leads to real change.

Prayer Response: Holy Spirit, fill me today. I surrender my thoughts, desires, and choices to You. Lead me, strengthen me, and help me depend on You instead of lesser things, in Jesus’ Name, Amen.

Friday – Live the Results of a Spirit-Filled Life

Key Verse: “Giving thanks always and for everything... submitting to one another out of reverence for Christ.” (Eph. 5:20–21)

Reflection: When you are filled with the Spirit, it shows in your life. Joyful worship, gratitude, and humility begin to overflow in your relationships. These are not forced behaviors; they are the natural result of a heart shaped by God.

Application Question: Which result of a Spirit-filled life, joy, gratitude, or humility, do you most need to grow in right now?

Possible Answer: You may need to practice gratitude by intentionally thanking God daily (1 Thessalonians 5:18), or grow in humility by putting others first (Philippians 2:3–4).

Prayer Response: Lord, let my life reflect Your Spirit. Fill my heart with joy, gratitude, and humility. Help me to honor You in my relationships and point others to You through the way I live, in Jesus’ Name, Amen.

Sources: Crossway Bibles, *ESV Study Bible* (Ephesians 5:15–21 notes); John MacArthur, *The MacArthur New Testament Commentary: Ephesians*; F.F. Bruce, *The Epistles to the Colossians, to Philemon, and to the Ephesians*.