



EPHESIANS 5:1-21 WEEK 1

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 1 will be verses 1-2.

1. Warm Up Part 1... WATCH. Watch the Intro to Ephesians 5 video on our YouTube channel, Established Footsteps Ministry.

2. Warm up Part 2... READ and COPY. Read Ephesians 5:1-21 and Copy verses 1-2.

3. Memorization... Memorize Ephesians 5:1-2.

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

3. "Therefore..."

As discussed in the Intro Video, Ephesians 5 is full of action items for us as believers. But it's important to see that the instructions in chapters 4 – 6 flow from the rich Truth shared in Ephesians 1-3. Hence, **"Therefore"** is the first word chapter 5. So... before we move on to the actual instructions, read through Ephesians 1-3 and make notes in your journal of the main Truth themes you find in those chapters.

4. Imitators

Ephesians 5:1 begins, **"Therefore, be imitators of God as beloved children."**

*Before you even get started on this exercise, first pause and recognize the tone of instruction is **"as beloved children"** Children imitate the qualities and actions that they value and love in their parents. In that spirit, complete the following:

- Make a list of at least 7 character qualities or actions you value and love about your Heavenly Father.
- Connect each quality or action to a specific Scripture.
- Journal about why you value and love those character qualities and actions.
- Journal about how you see yourself imitating or not imitating those character qualities and actions.
- Think about someone you know who specifically imitates one or more of those character qualities or actions. Take a moment to send him/her an affirming note, email or text, or even better, share face to face or on a phone call.

5. Walk in Love... Taking the **"just as"** Challenge

The Bible tells us in I John 4:16, **"God is love..."** so obviously love defines the character of God! Perhaps that is why verse 2 singles out this character quality of God as one for us to specifically imitate... and it is not an easy instruction. It says, **"just as"** meaning we are to imitate love **"just as"** God loves us, walking it out, moment by moment. The challenge is in this part, **"just as"** because Christ loved us sacrificially as verse 2 describes. Can we also love **"just as"** He did? Against the backdrop of those two words, work out your soul in this instruction as you answer the following in your journal:

- In what ways are my thoughts **"just as"** His sacrificial love? In what ways are my thoughts not **"just as"** His?
- In what ways are my emotions **"just as"** His sacrificial love? In what ways are my emotions not **"just as"** His?
- In what ways is my will **"just as"** His sacrificial love? In what ways is my will not **"just as"** His?
- What specific things would the Lord have me do in response to all these things?

6. Use the Scripture Prayer Image shared this week to begin a conversation with God about His instructions to you in Ephesians 5:1-2.

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