



EPHESIANS 5:1-21 WEEK 4

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 4 will be verses 15-17.

1. **Warm up... READ and COPY.** Read Ephesians 5:1-21 and Copy verses 15-17.

2. **Memorization...** Memorize Ephesians 5:15-17.

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

3. Walk

Verse 15 tells us to **"be careful how you walk..."** This is in follow up to instructions about walking already seen in Ephesians 5:1-14. Remind yourself of those walking instructions and note the verse numbers in which they are found. Then read those verses, as well as verse 15 in at least three other Bible translations. Follow up with journaling about what God is saying to you in regard to being **"careful how you walk."**

***Notes that may inspire your thoughts...**

- Definitions of the original Greek word translated into **"be careful"** are: to see, to discern, to discover by use, to know by experience.
- The same original Greek word that we translate as **"walk"** is used in all three places in Ephesians 5. It means: to make one's way, to progress, to regulate and to conduct one's life.

4. Adjustments

In these verses God calls us to **"make the most of your time..."** Such is not easily done and takes great intention and continual adjustment. So, in response to this instruction, ponder the ways you use your time and answer the following:

- In what ways am I making the most of my time?
- In what ways am misappropriating my time?
- Is there any thought pattern regarding my schedule/time/activities that the Holy Spirit would like me to adjust?
- Is there anything the Holy Spirit would have me remove from my schedule?
- Is there anything the Holy Spirit would have me add to my schedule?

5. Understanding

In verse 17, we are instructed to **"understand what the will of the Lord is."** How many times have we prayed, **"Lord, help me know Your will."** If you are like me, probably many! The reality is that God has revealed His will about so many things throughout His Word. And here, He clearly calls us to understand His will. I believe that all too often we get so caught up in wanting to know His will about our own specific personal concerns, that we neglect His will in the areas that He has already revealed it. Let's not be so foolish! In that spirit, go back and review Ephesians 5, making note of each instruction that God's has revealed in its verses, and seeking Him for understanding of each one.

***Extra Challenge..** Go back and review 1 or more of the previous passages from our Soul Pilates study, making notes of God's will that is revealed within it and asking Him for understanding. Choose from: Psalm 1, Matthew 6:25-34, Colossians 3:1-17, Isaiah 61, Matthew 6:9-13, and Psalm 25.

6. **Use the Scripture Prayer Image** shared this week from Ephesians 5:15-17 to pray into the heart of these verses.

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