



EPHESIANS 5:1-21 WEEK 2

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 2 will be verses 3-7.

1. **Warm up... READ and COPY.** Read Ephesians 5:1-21 and Copy verses 4-7.

2. **Memorization...** Memorize Ephesians 5:6-7. For extra challenge: add in verse 5.

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

3. Soul Planks

In previous months we challenged ourselves with Soul Planks. For a quick review of Soul Planks read the following:

Planking is an exercise in which a prone person balances on the toes and forearms while holding the rest of the body up off the ground for a set amount of time. It requires strength and continuous focus.

In Soul Pilates, we won't plank physically, but we will intentionally Soul Plank!

Soul Planks are those moments when God calls us to look at the junk in this world, but to raise our souls above it.

So, with that understanding, let's Soul Plank in verses 4-5. In these verses God calls us to live above certain things. As a Pilates instructor I often offer verbal correction to participants for parts of their body that are not fully engaged in the plank. I do so to help them perfect their plank. In that spirit, we are going to let these words from verses 4-5 listed below offer us correction for our soul planks. Read/ponder verses 4-5, letting the words bring correction if needed. Journal your thoughts.

Immorality Impurity Greed Filthy and Silly Talk Coarse Jesting Covetousness Idolatry

4. Identifying Your Soul Inheritance

When I first started practicing physical Pilates, I had to learn to identify my core muscles. There were lost in my belly somewhere, but over time, through repetition and practice of Pilates, I found some. And I am still seeking to find others 😊. It's a process. In the same way as we practice living out the Gospel in our lives, it is a process to identify ourselves in Christ. That process also takes repetition and practice over time. For most of us, when Jesus found us in our sin, we could've easily been identified as an immoral, impure idolater. It is interesting to me that all of those words start with "I" because they are all focused in self-centered living. The biggest idol most of us have in our lives is ourselves. But this passage calls us to identify ourselves differently... as inheritors... those who inherit the kingdom of God in the Gospel of Jesus. Identifying ourselves as an inheritor in our minds, will and emotions is a process of repetition and practice over time. So... **read through Ephesians 1:3 again**, allowing its words to remind you of your identity as an inheritor in Christ. Journal your thoughts.

5. Empty Words/Full Words

Verse 6 instructs, **"let no one deceive you with empty words..."** One sure way to safeguard against empty words is to fill up our minds/hearts with rich words from heaven. So, ponder these questions and record your answers in your journal.

- In what ways am I inviting the empty words of this world to speak into my life? What is their source? How are they deceiving me?
- In what ways am I inviting the rich words of heaven to speak into my life? What is their source? How are they enriching me?
- Which source am I giving more invitations? Which source as the louder voice? Would the Holy Spirit have me to make any adjustments?

6. Use the Scripture Prayer Image shared this week to begin a conversation with God based on Ephesians 5:5.

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