

TITLE AND NUMBER: 160: Be careful how you live



REFERENCE AND KEY VERSE(S): Ephesians 5:15-20

Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

LOOKING FURTHER: Isaiah 61

What does this Bible passage tell us?

When a group of people were asked what their definition of a good night out was, the responses were extremely varied. However, many were based around getting drunk and worrying about the consequences in the morning! When pressed further, many admitted they were looking for an escape from difficult situations they were facing.

As the apostle Paul was writing to the church in Ephesus, he was very aware of their temptation to run away from reality, rather than to consider what God’s will was and the remedy He had for the situation they were in. Paul encouraged them then, and us today, to have a different approach:

1. Take care as to how you live, be very wise and make the most of each day;
2. Don’t rush to an inappropriate ‘solution’ which is likely to make matters even worse;
3. Very importantly, seek to understand what God’s will is for you in the situations you face today and ask for the help of the Holy Spirit to guide you forward;
4. Share your situation with other Christians who are ready to support and encourage you. Let them remind you of what God can do in your time of need;
5. Come before God, He longs to bless you. Praise Him for all He can do for you;
6. Worship together with others. You will discover that rather than experiencing a spirit of despair you will experience a garment (attitude) of praise! (Isaiah 61:3b);
7. Always give thanks to God the Father for everything, in the Name of our Lord Jesus Christ. (v20).

This will enable us to live the best life possible, whatever our circumstances may be.

Reflections:

- How are you tempted to react when times are difficult?
- God longs for and enjoys our praise and worship. Who around you can help you to move forward in your worship?

Write or draw something you read in this Bible Study that stood out to you.



GOD'S WILL

Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

