



Title | Pedometer
Text | Ephesians 5:15-21
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Sermon Notes

Ephesians 5:15 Therefore be careful how you walk, not as unwise men but as wise.

¹⁶ Making the most of your time, because the days are evil. ¹⁷ So then do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; ²⁰ always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; ²¹ and be subject to one another in the fear of Christ.

NASB

Big Idea:

Ephesians 5:15-16

¹⁵ Therefore be careful how you walk, not as unwise men but as wise.

¹⁶ Making the most of your time, because the days are evil. *NASB*

For Reflection & Application:

Monday:

Read Ephesians 5:15-17. What does it mean to make the most of my time? Is it about achievements and goals with the time that I have left?

Tuesday:

Read Ephesians 5:18-19 and Matthew 22:37-40. How do these two passages relate to each other?

Wednesday:

Read Ephesians 5:21 and James 1:19. What does it mean to be subject to one another and to fear Christ? How does doing this help me to walk in love?

Thursday:

If walking wisely requires that I be more interested in how I walk instead of how much I walk, and to walk in love and humility toward God and others, how does this affect my “walk” when I am at home? How about with my relationships with friends and co-workers?

Friday:

If walking wisely requires that I be more interested in how I walk instead of how much I walk, and to walk in love and humility toward God and others, how does this affect my “walk” regarding church relationships and ministry plans?

Daily Prayer:

Heavenly Father, thank you that you are a God who prioritizes building loving relationships instead of achievements. Thank you that Jesus made the ultimate sacrifice, humbling himself to love me at all cost. Please help me to never be focused on building a spiritual resume or list of achievements, but rather on loving You and loving others with humility.