

# Ephesians Week #8 – We are the LIGHT

4:17-32

- **17-18:** Gentiles=Sinners, Lost souls
  - They are feeling hopeless
  - Sin makes us walk in darkness-Minds are dark
  - Wandering in their own actions,desires,lusts, etc.
  - Have closed minds-not open to truth and Gods freedom
  - Hard hearted
- Thank God for my salvation- How we are to live as Christ Followers
  - A. Hopeful-Trusting-Rely on God
  - B. The word gives me LIGHT and guides me daily, it encourages and strengthens me, and it kills any fear that tries to overcome me.
  - C. I have angels of protection around me, I can be confident and safe in Him, the Holy Spirit is my comforter and guide.
  - D. My mind will be renewed and transformed daily as I spend time in pray, and bible study. Seek Him first and the rest of the day will go a lot better.
  - E. God can give us tender hearts-stay in fellowship with Him. “Create in me a clean heart O God”.
- **19-21**
  - The Lost have no sense of shame
  - They follow their feelings and desires: If it feels good, do it.
  - They “practice” sinning- no guilty consciences
    - A. This is not how we live as Christ Followers. We have learned the way to live according to what Jesus says in His Word.

- B. Since I got saved, I have a new heart and I continue to learn how to be more like Jesus through His Word.
- C. I know the truth and the truth sets me FREE.

➤ 22-24

- Throw off – remove – rebuke- don't give in to my old sinful nature and habits.
  - A. Any strongholds or addictions can be conquered through Jesus; sometimes quickly, other times NOT so quickly; we need perseverance, self-denial (self-control) and just plain out and out Pray, Pray, Pray and pray some more, study, study, study.
  - B. Sin was my old nature prior my salvation; NOW I don't Practice sin, although I do still sin, I have forgiveness and my heart hurts when I sin, I go to Jesus and He loves and forgives me and never reminds me of it again (satan does that!)
  - C. Instead, let the Holy Spirit work in and through me. I am changed and transformed by the renewing of my mind, taking every thought captive to Jesus and His word. My mind is renewed, healed and going the right direction through Gods Word.
  - D. I put on my new nature DAILY. God said, "Be ye holy for I am holy". I can't do that on my own for sure!

➤ 25-27

- Stop telling lies – we can take this personally
  - A. Don't hide behind our so called "justified" thoughts and actions. When, and if we are honest with God and ourselves, we can be guilty of lying to ourselves and God, when we need to confess it as sin. Be truthful with ourselves, others and God.

## B. We are all parts of the same body

- NLT Commentary on this: Lying disrupts Unity in the church creating conflicts and destroying trust. It tears down relationships and leads to open warfare in a church.
  - Don't let anger become sinful thoughts and actions.
    - Pray, be honest about your anger, God is not surprised, we don't hide anything from His sight. (If we could really grasp this, what a difference it would make in our lives)
    - Confess, repent, turn the other way. We may have to do these actions SEVERAL TIME, before we calm down and regain our victory and peace!
  - Anger can become a stronghold in us. If anger is a real "root issue" gather some scriptures on the subject of anger and read them over and over and over until you get them in your heart, and with the help of the Holy Spirit you will see victory from this bondage.

➤ 28-29

- Remember scriptures is talking to the lost/Gentiles here..
  - A. Don't steal (don't hold back tithes, offerings, generosity and time that God wants you to give back to him)
  - B. Use our hands (gifts and callings from God) to give to those in need (what are some ways we can help in this virus time? What are some ways you have heard of others helping in this time?)
  - C. Don't use foul language (don't gossip, murmur, complain, criticize and judge others)
  - D. Be an encourager-speak life and joy and hope-share Gods word and grace

➤ 30-31

- Don't bring sorrow to Holy Spirit – Don't grieve the Holy Spirit by living in sin (practicing it on purpose, with no regard to striving to do what He tells us), not obeying Gods word. Crucify the fleshly desires, be filled with the fruit of the Holy Spirit. Pray, study, learn and APPLY what truths God gives us.
- We have guaranteed salvation and eternal life when we are born again. We shall be raised to new life when Jesus comes back again and gathers all His saints.
- Get rid of all evil behaviors – you're gonna sin, as much as we strive to live godly lives as Christ followers, the sinful nature still resides within us, it still rages and roars like a lion at times – daily battle. Study, apply Gods Word, Pray, We win. Im gonna have the victory!

➤ 32

- Be kind, tenderhearted and forgiving as Jesus forgives us.
- How do we do this??? Not on our own that's for sure.

