



Life Group Work Sheet

Ephesians 5:15-20

High Impact Living

May 4, 2014

Getting to Know Each Other

1. Wisdom is something that is easy to recognize but hard to define. Who comes to mind when you think about wisdom?

Part 2 - Application

2. The entire book of the Proverbs is about wisdom. Pick 4-6 of the following texts and then answer the questions below:

Prov. 1:7	Prov. 2:6-7	Prov. 4:5	Prov. 7:4
Prov. 8:11	Prov. 9:10	Prov. 10:31	Prov. 13:10
Prov. 15:33	Prov. 16:16	Prov. 19:10	Prov. 21:10
Prov. 21:10	Prov. 24:7	Prov. 24:14	Prov. 28:26

- a. What do these passages teach us about wisdom?
 - b. What do these passages tell us about where wisdom comes from?
 - c. If a friend of yours asked you how to become wise, what would you say based off these passages?
3. **Read Eph. 5:16; Col. 4:5.** Why is it wise to be good stewards of our time when relating with outsiders?
 - a. **Read Exod. 20:8-11.** Being a good steward of our time is more than just productivity; it also involves rest. Why is setting aside an intentional time of rest important for us as Christians?

- b. Of the two extremes—being idle and working too much—which do you struggle with the most? Do you have any tips for others in your groups on how to be a faithful steward of the gift of time?

4. **Read Eph. 5:18.** Paul tells us to avoid the influence of alcohol and instead be filled with the Spirit. What are some other unhelpful influences in our lives that we need to be aware of? How can we instead fill our lives with the Spirit?

- a. What does it look like for a single mother with three kids to be “filled with the Spirit”?

- b. What does it look like for a retirement-age couple to be “filled with the Spirit”?

- c. What does it look like for you to be “filled with the Spirit”?

5. **Read Eph. 5:19-20.** Paul closes this section by talking about the importance of thankfulness in being filled with the Spirit. Would you consider yourself to be a thankful person? How is thankfulness connected to wisdom?

Thanksgiving in the month of May

“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.”
(Psalms 100:4–5 ESV)

Thanksgiving is a crucial part of the life of the Christian, but if we are honest with ourselves, we can tend to neglect this crucial part of Christian discipleship. This week, try to intentionally live a life of thanksgiving, giving thanks in every situation. Keep a running list on your phone or a piece of paper of all the things that you have to be thankful for. At the end of the week, answer the following questions:

1. How many things did you write down over the past week? If someone else were to look at your list, would they consider you a thankful person?
2. How can you continue a “spirit of thankfulness” in your life?
3. Spend some time thanking God for each thing that is on your list.