



July 11-12, 2009

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Make the Most of Every Moment

Ephesians 5:15-21

Make the most of every
_____!

¹⁵Be very careful, then, how you live—not as unwise but as wise, ¹⁶making the most of every opportunity, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the Lord's will is.

Let the _____ lead.

¹⁸Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

He'll lead me to

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¹⁹Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ²⁰always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. ²¹Submit to one another out of reverence for Christ.

¹⁶So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ¹⁸But if you are led by the Spirit, you are not under law. ¹⁹The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit.

Galatians 5:16-25

Spend some time each day reading, meditating on, studying, resting in and applying Ephesians 5:15-21. Here are some resources that may help:

<http://parkerhill.wordpress.com> – weekend follow-up questions for you and your small group

Soul Revolution by John Burke (soulrevolution.net)

Walking with God by John Eldredge (walkingwithgod.net)

Life Lessons: ook of Ephesians by Max Lucado

The Best Question Ever by Andy Stanley

www.crosswalk.com

www.studylight.org