

# 7 Life Lessons from Ephesians

## Part 6: How to Get the M.O.S.T. Out of Life! (Ephesians 5:15-21)

“Make the most of every opportunity...” Eph. 5:16 NLT

### MAKE TIME TO EXAMINE

#### M \_\_\_\_\_ Your Life!

Jesus: “I have come in order that you might have life - life in all its fullness.” John 10:10 GNT

“Look carefully then how you walk, not as unwise but as wise.” Eph. 5:15 ESV

“Those who hear and don’t act are like those who glance in a mirror, walk away, and two minutes later have no idea who they are, what they look like!” The Message.



#### O \_\_\_\_\_ OWN GOD’S PLAN For Your Life!

“Don’t act thoughtlessly, but understand what the Lord wants you to do.” Ephesians 5:17 NLT

“Do not be shaped by this world; instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.” Romans 12:2 NCV

“Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.” Romans 8:6 The Message

“A life devoted to things is a dead life, a stump; a God-shaped life is a flourishing tree.” Proverbs 11:28 The Message

## S SATURATE GOD’S SPIRIT Into Your Life!

“And do not be drunk with wine, in which is dissipation; but be filled with the Spirit.” Ephesians 5:18 NKJV

What this verse does not say: **Do not drink wine.**

Why not be drunk? *ἀσωτία* -  
**opp. saved / prodigality (Luke 11), wastefulness, recklessness, debauchery, ruin you - GNT / physics waves lose energy**

Consider the contrast:

**Wine lowers inhibition; Spirit gives power / freedom.  
Verb is passive - we can be filled or prevent by lifestyle.**

What does it look like when I’m saturated with God’s Spirit?

“... singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts.” Ephesians 5:19 NLT

1. **“addressing one another” ESV - No lone ranger Christian.**
2. **overflow of the heart - singing / all kinds of songs!**
3. **TRANSITION TO NEXT - THANKFULNESS**

## T THANK GOD FOR EVERYTHING In Your Life!

“always giving thanks to God the Father for everything.” Ephesians 5:20 NIV  
**At all times. For all things!**

“Be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus.” 1 Thessalonians 5:18 GNT

**We want to pick the circumstances. But all... God wants this!**

**Not FOR all circumstances, but IN all!** “Give thanks to the Lord, for he is good! His faithful love endures forever!” 1 Chronicles 16:34 / Psalm 107:1 / Psalm 118:1 / Psalm 136:1 NLT  
**Why? Because God is good. FOREVER love!**

“Let me shout God’s name with a praising song. Let me tell his greatness in a prayer of thanks.” Psalm 69:30 The Message

**So... how do I do this? 1. Sing - shout praising song - form of prayer!**

“Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6 NIV

**2. petition prayer. With thanksgiving!**

“For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving.” 1 Timothy 4:4 ESV

**3. Attitude of Gratitude! - This is something that needs to be practiced**  
**This is what a “spiritual discipline” is... something we do not naturally do but, with practice, can get in the habit of doing. Ideas - prayers of grace, writing 3 thank you notes per day for 30 days, Book of abundance - journal 10 things a day, volunteer in community for less fortunate, Carolyn Blashek, Beanie Babies and Operation Gratitude - [www.opgratitude.com](http://www.opgratitude.com)**