BE THE CHURCH

Ephesians







By what wisdom?

HOW?



What ≠ How

Principle Ephesians 5:1-14

Spiritual formation is the fostering of a life of sacrificial love modeled after the Father and Jesus; committing ourselves to thinking, talking, and living in step with Him and not in the sensuality of our flesh.

Ephesians 5:15-21

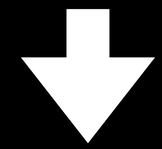
15 Look carefully then how you walk, not as unwise but as wise,
16 making the best use of the time, because the days are evil.
17 Therefore do not be foolish, but understand what the will of the
Lord is. 18 And do not get drunk with wine, for that is debauchery,
but be filled with the Spirit, 19 addressing one another in psalms
and hymns and spiritual songs, singing and making melody to the
Lord with your heart, 20 giving thanks always and for everything to
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to one another out of reverence for Christ.

Ephesians 5:15-16

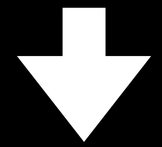
15 Look carefully then how you walk,

> not as unwise
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*INFLUENCE



UNDERSTANDING



ACTION

Genesis 3:1-6

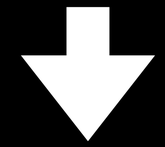
1 [Satan] said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden’?” … 6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate

Ephesians 5:15-16

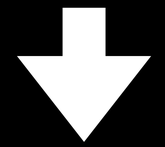
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UNDERSTANDING



ACTION

Matthew 4:1-11

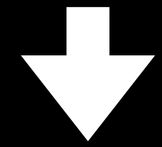
1 …Jesus was led…into the wilderness to be tempted by the devil… 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But Jesus answered, “It is written, “ ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’ ”

Ephesians 5:15-16

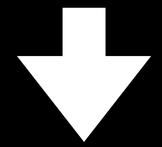
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UNDERSTANDING



ACTION

Matthew 26:36-46

36 Then Jesus went with them to a place called Gethsemane…37 And taking with him Peter and the two sons of Zebedee, he began to be ***sorrowful and troubled****.*
38 Then he said to them, "…remain here, and watch with me." 39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, ***not as I will, but as you will****."*

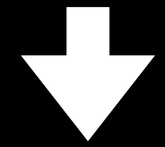
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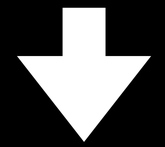
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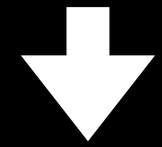


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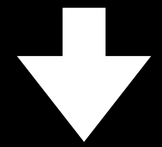
Ephesians 5:17-21

17 Therefore do not be foolish,
but understand what the will of the Lord is.

INFLUENCE



*UNDERSTANDING



ACTION

foolish → *áphrōn*

a *(without)****; phren*** *(understanding)*

“Therefore, do not be without understanding."

“Therefore, do not be unwise."

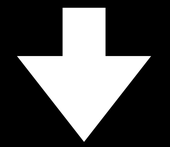
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18 And do not get drunk with wine,
for that is debauchery,

INFLUENCE



UNDERSTANDING



*ACTION

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a pattern of reckless self-indulgence without adequate regard for its consequences.

Ephesians 5:17-21

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Getting Drunk:
A Simple Brain Snapshot



How pleasure signaling can make harmful choices feel smaller in the moment

1



1. Alcohol enters the brain

Intoxication changes reward, inhibition, and decision-making systems.

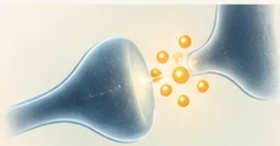
2



2. Endorphins increase

The brain releases opioid-like chemicals linked with pleasure, comfort, and reduced stress.

3



3. Dopamine reinforces it

Reward circuits signal: 'This feels good—do more of it.'

4



4. Judgment weakens

The prefrontal cortex becomes less effective. Impulse control drops, and attention narrows to immediate rewards.

5



5. Consequences feel smaller

In the moment, the brain downplays future costs and highlights present pleasure.

6



6. Risky decisions may follow

A person may choose actions involving sensuality, conflict, unsafe behavior, or other choices they would normally resist.

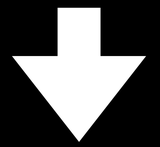
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INFLUENCE



UNDERSTANDING



*ACTION

Acts 4:23-31

*23 When Peter and John were released, they went to their friends and reported what the chief priests and the elders had said to them. 24 And when they heard it, they lifted their voices together to God and said, "Sovereign Lord... look upon their threats and grant to your servants to continue to speak your word with all boldness..." 31 And when they had prayed... **they were all filled with the Holy Spirit** and continued to speak the word of God with boldness.*

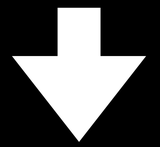
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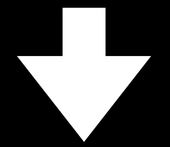
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in the name of our Lord Jesus Christ,

INFLUENCE



UNDERSTANDING



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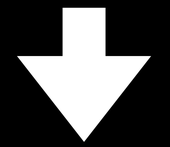
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INFLUENCE



UNDERSTANDING



*ACTION

WALK	*FLESH*	*SPIRIT*
INFLUENCES	UNWISE INFLUENCES	WISE INFLUENCES
UNDERSTANDING	FLESHLY UNDERSTANDING	GODLY UNDERSTANDING
ACTION	FOOLISH ACTION	SPIRIT-FILLED ACTION

Principle

Believers must critically assess influences on their understanding because understanding informs their posture of relating. Unwise influences lead to a *taking posture* while embracing wise influences (Godly wisdom) leads to a Spirit-filled *giving posture*.

Next Week

Ephesians 5:22-24