



Living Under the Influence

Series Passage: Ephesians 4:1-6:9

Focus for the Week: Ephesians 5:15-20, Isaiah 55:6-13

Discussion Guide:

In the early 2010s, the phrase Y.O.L.O. (You Only Live Once) was at its peak in popularity.

Q: Did you participate in the YOLO craze?

Q: What was the inherent mindset behind YOLO? And is that mindset still present in our culture today?

At the heart of the YOLO mindset was this belief in living for yourself in all things. Now, in this section of his letter to the church in Ephesus, Paul writes something that sounds very similar to the YOLO mindset, but at the heart, it couldn't be more different.

Read: Ephesians 5:15-20

Q: What is the difference between the YOLO mindset and the life that Paul is encouraging us to live?

Q: What in our life do we often attach urgency to? How does that reveal who or what is influencing us?

Q: Do you have any thoughts, surprises, or questions about the list of attributes that follow Paul's encouragement to be filled with the Spirit? (v.19-20)

Finishing Well:

Paul opens up these verses, encouraging us to be wise, and with that wisdom is the understanding that we are to make “the most of every opportunity.” The Gospel message of Jesus Christ changes everything. When we come to understand the depth of love, grace, mercy, and compassion shown on the cross has a transformational power on our lives.

That transformational power is the influence of the Spirit, given to us by Christ, and it changes everything. Paul is reminding us that when we profess to follow Christ we are no longer living under the influence of our own hearts and desires but under the direction of the Spirit which fills us.

Read: Isaiah 55:6-13

Close in Prayer