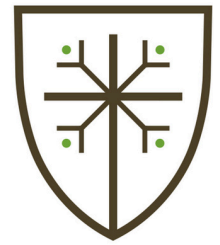


The Best Use of the Time

An Ephesians Sermon Series

SERMON NOTES



July 5, 2026

SERMON INFO

TITLE

"Arranged Under"

PREACHER

Rev. Tim Frickenschmidt

TEXTS

Proverbs 1:8-10, 32-33

Ephesians 5:1-2, 15-21

Luke 22:39-45

DISCUSSION QUESTIONS

1. In reviewing this sermon series, what themes have stuck with you? What has come to light for you regarding how to "make the best use of the time?"
2. What comes to mind for you when you hear the word "submission?" How does it differ from what Tim described?
3. How can you order your life in ways that "arrange it beneath" those God has placed around you?

SERMON IN SUMMARY

This week, Tim closed out our sermon series on Ephesians five with the question, "what is the final and essential step in making the best use of the time?"

A Review

During this series, a primary theme has been "what fills us forms us." We have looked especially at how, in our present culture, we are increasingly giving our time and attention to technology, screens, and social media. The result of this is a noticeable shift in our capacity to pay attention to anything. But in Ephesians five, Paul says to "look carefully" at how you walk, or look thoroughly. In other words, to pay attention. Paying attention, looking thoroughly, takes time. All of the distractions that fill our time, amusement (literally "the act of not thinking") that allows us to escape, can keep us from ourselves because it keeps us from a thorough or careful consideration of ourselves.

All of what we've covered in Ephesians is predicated on the great pentecostal hope that Christian salvation is not just about the forgiveness of our sin. It is absolutely about that. And more. Christ was raised in order to send the Spirit into us to transform all aspects of our lives. Just as the parable of the new wine in old wineskins, the new life of the Spirit cannot be held in the old ways of living. Once you become a Christian, the Holy Spirit lives within you. As soon as he takes residence within your soul, he begins bursting and ruining all the old ways in which you used to live. Responding to the type of work the Spirit is doing within us requires a rule of life, a trellis on which to grow and flourish.

A Word

The final step in making the best use of the time centers on a word that has become distorted and taboo in our world today, the word "submission." Hupotasso in Greek, the word literally means "to arrange beneath." It means your life is arranged underneath the leadership and direction of another. Submission is essential to being a Christian. There is no growth in the Christian life without it. The first thing Paul tells the church about submission is to submit to one another. They are to arrange their lives under the needs and desires of those around them, regardless of status. Why? Out of reverence for Christ. All Christians are united to Jesus and share one life with him. So, when you look at any Christian, you are to serve Christ in them. Pay attention to them as if you were paying attention to Jesus.

Paul makes a distinction between being indwelt by the Spirit and being filled with the Spirit. All Christians are indwelt with the Spirit but we can put up obstacles in our lives that impede or impose what God is doing in us and through us. You can't and won't grow as a Christian without submitting to Christ through real people whom he has placed around you and over you. What will help us get there are the participles that describe the main verb in the passage - "be filled with the Spirit." The final one, submission, is the foundation. But the other three - speaking, singing, and giving thanks - are what it looks like when Jesus brings his rule to bear in us. Our words and the topics we discuss should be beautiful and thoughtful. We should sing together, subordinating our individual voices to the corporate voice. And finally, we should give thanks. Practice telling people thank you. Make it a discipline. Consider thoroughly what you have to give thanks for instead of what you lack.