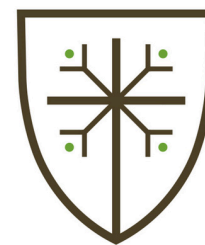


SERMON NOTES



May 31, 2026

SERMON INFO

TITLE

"Fullness in an Age of Distraction"

PREACHER

Rev. Tim Frickenschmidt

TEXTS

Proverbs 9:1-11
Ephesians 5:15-18
Matthew 9:14-17

DISCUSSION QUESTIONS

1. Often, the things that fill our lives are not evil in and of themselves. What are some of the things that fill your schedule? How might these things serve for good or evil? To make you more or less attentive to God?
2. How can we help and encourage one another towards greater attentiveness to God and the work of the Holy Spirit?

SERMON IN SUMMARY

This week, Tim began a new sermon series on Ephesians chapter five focusing on the question, "Am I making the best use of the time I've been given?" Our lives today are plentiful, but are they full? And, more importantly, what fills them? What is it like to live a truly full life as a Christian?

Evil Days

The Apostle Paul says to the Ephesians, "the days are evil." And while there was plenty happening in Ephesus of the evil of flesh and blood - humans doing foolish things - the evil Paul speaks of is a spiritual evil, an external force behind the foolish human choices. We are not any different in our time. Spiritual realities are watching what is transpiring among us. The baseline reality of superhuman evil is present in every age. We face it in different forms, but it is still always there.

The Attentive Life

Paul doesn't tell the Ephesian Christians to escape from the world because the days are evil. He tells them to be alert and attentive. He says to look carefully at all of your life. Attentiveness to your life is the first step to wisdom. Our reading from Proverbs says, "the fear of the Lord is the beginning of wisdom." Fear here is a kind of awe, a recognition of the value and importance something possesses. Fear or awe of the Lord slows us down and makes us attentive to his presence. For he is always present. God sees and knows and is at work in every corner.

It is increasingly difficult to be attentive to anything in our day. The technology which we use ubiquitously, ends up using us more than we use it. It fragments our attention, jumping from one thing to the next and the next. The first step down a path to wisdom is attentiveness - first to God's Word, then to our own self and God's Word doing its work in us, then prayer in response to the Word. We are ultimately called to be attentive to every aspect of our lives - thoughts, behaviour, speech, relationships, schedules - because God is present in all of them. And what fills our attention and our time forms us.

Wineskins

In the parable told in this week's gospel passage, Jesus uses the illustration of wine and wineskins. Newly made wine was still fermenting and expanding. It needed to be poured into new wineskins, which were also still stretching, or it would burst. Our old humanity is like the wine skin. Jesus took on our humanity (old wineskin) in order that we might have new life in him. At Pentecost, God's people were filled up with the new wine of God's divine life which cannot be held by the old ways of living in the world. We need to fill our time and attention, and all the ways in which we interact with the world around us, with things that are in line with the spiritual life that already dwells within us.