

# My 24, 2026 Walk Worthy

Study Guide · Ephesians 5:15–6:9

## Background & Context

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Paul wrote Ephesians to call believers to live into the worth God has given them. The letter's first half is theological: we were dead in sin, yet God made us alive in Christ. The second half — where today's passage falls — translates that truth into daily life. Paul's recurring command is to "walk" — a word he uses five times:

**4:1** *Walk in a manner worthy of the calling to which you have been called*

**4:17** *Walk not as you once walked*

**5:2** *Walk in love*

**5:8** *Walk as children of the light*

**5:15** *Look carefully then how you walk*

## Key Themes

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### 1. Wisdom in an Evil Day (5:15–21)

Life is like navigating a minefield inside a maze. Intentional living is not optional — the world is full of deception. The antidote is not wine but the filling of the Holy Spirit, expressed in four rhythms: speaking God's truth to one another, singing with a heart aligned to God's, giving thanks in all circumstances, and submitting to one another in love.

### 2. Marriage as a Gospel Picture (5:22–33)

Paul frames marriage not as a hierarchy of worth but as a visible picture of the Gospel. Wives are called to submit — understood as trusting God's design — in a way that mirrors the church's trust in Christ. Husbands are called to sacrificial, servant love that mirrors Christ's giving of himself for the church. The goal: security, holiness, and a witness to grace.

### 3. Family Roles Rooted in the Gospel (6:1–9)

Children honor parents out of both duty and devotion. Parents lead without provoking — recognizing that hypocrisy, not reasonable boundaries, is the greatest stumbling block. In every role — parent, child, employer, employee — the principle is the same: follow Christ in each relationship so that Christ is revealed through it.

## Discussion Questions

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### Opening

1. Paul says God is "always up to something." Where in your life right now — in something good or hard — do you sense God at work?

### Wisdom & the Spirit (5:15–21)

2. Paul describes life as a minefield inside a corn maze. How does that image connect with your own experience of navigating decisions?
3. The four "ing" words (speaking, singing, giving thanks, submitting) are signs of a Spirit-filled life. Which comes most naturally to you? Which is the greatest challenge?
4. Can you think of a time when a fellow believer spoke truth to you that genuinely changed your direction? What made you open to hearing it?

### Marriage (5:22–33)

5. How does understanding submission as "trusting God's design" rather than merely "trusting your spouse" change the way you approach it?
6. Christ's love was sacrificial and servant-shaped. What would it look like — concretely, this week — for a husband to love his wife that way?
7. Paul says God designed marriage to be a visible Gospel picture. How does that raise both the stakes and the hope for marriage?

### **Family & Home (6:1–9)**

8. What is the difference between a child obeying out of duty versus devotion? How do parents cultivate the latter?
9. The sermon claims that hypocrisy — not reasonable rules — is the greatest provocation to anger in children. Do you agree? What does integrity in parenting actually look like day-to-day?
10. Whether as spouse, parent, child, or coworker, the call is the same: reveal Christ in every relationship. In which relationship is this most challenging right now? What one step could you take this week?

### **Closing Reflection**

11. The sermon closed with three questions. Sit with one: Are you finding openings in the maze or dead ends? Could you benefit from a look in the mirror as a spouse, parent, or friend? Do you find hope in knowing God is purposefully at work?

### **Scripture to Take Home**

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*“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.”*

**Ephesians 5:15–17 (ESV)**