ROCK WOMEN



WEEK THIRTEEN

DAY 1

- 1. Begin with prayer.
- 2. Read Ephesians 5:13-21.
- 3. Ephesians 5:14 commands the "sleeper" to awake. When and why are we tempted to fall asleep or become stagnant as believers and just coast along?
- 4. What insight do Romans 13:11-14 and 1 Thessalonians 5:4-6 give us about living as those who are "awake?"
- 5. According to 1 Corinthians 15:34, why should we care to live properly?
- 6. Revelation 2:2-4 contains a list of great things the church in Ephesus did. What did God have against the church in Ephesus? If you think about your faith, have you "left your first love?" If so, take a moment to repent to the Lord. What priorities or things must change in your life to pursue Christ first above all else?
- 7. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

Memory Verse:

Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil.

- Ephesians 5:15-16

ROCK WOMEN

DAY 2

- 1. Begin with prayer.
- 2. Read Ephesians 5:13-21.
- 3. Knowing what God thinks is the first step toward living a life pleasing to Him. According to Ephesians 5:10, 15 and 17, what things should we do?
- 4. We are controlled by what we are filled with. Read Ephesians 3:19, 4:13 & 5:18. Who or what do these verses tell us we are filled with?
- 5. Read 2 Peter 1:2-4 and 2 Thessalonians 3:5. What do these verses tell us about the power we have to live godly lives that please the Lord? Where does this power come from and when were we granted it?
- 6. Write out this week's memory verse below:

DAY 3

- 1. Begin with prayer.
- 2. Read Ephesians 5:13-21.
- 3. Upon salvation we have been granted power through the Holy Spirit to overcome sin and live godly lives. However, our obedience is not automatic. We must consciously decide to surrender our will to the Lord and fight against sin with His help. What does 2 Peter 1:5-9 tell us is our part in living godly lives? Do you consciously seek to cooperate with the Holy Spirit in your efforts to please the Lord?
- 4. If we are going to pursue righteousness we must have a low tolerance for sin. While we are not to be self-righteous or judgmental, God clearly calls us to deal with sin in our own lives and even in the lives of others. Before we consider sin in anyone else's life, we must first look at our own. Read Matthew 7:4-5; 1 Corinthians 4:4 and Psalm 139:23-24. What do these verses tell us about examining our own hearts for sin? Who must ultimately do this?
- 5. What do the following verses tell us about dealing with sin in the lives of those around us? See 1 Corinthians 5:9-13; Galatians 6:1 and Jude 18-23. How can we kindly confront sin without being judgmental? Why must we be careful not to partner our lives too closely with those whose lives are dedicated to sinful things?
- 6. Write out this week's memory verse below:

ROCK WOMEN

DAY 4

1.	Begin	with	pray	er.

- 2. Read Ephesians 5:13-21.
- 3. What do you think verses 15-16 mean?
- 4. What does James 4:13-15 tell us about the brevity of life and how we should approach each day?
- 5. Read Proverbs 16:3. What does it tell us we should do with our plans? What is the result of doing so? Do you take a moment each morning to commit your day to the Lord before you begin it? If you did, how might this alter your perspective each day? How might it help you deal with interruptions and perceived issues? How might it help you see opportunities to be a blessing, an encouragement or a witness for Christ to those around you?
- 6. Write out this week's memory verse below:

DAY 5

- 1. Begin with prayer.
- 2. Read Ephesians 5:13-21.
- 3. What does Ephesians 5:13 tell us?
- 4. Light exposes the deeds of darkness. Read Matthew 12:35-37; 1 Corinthians 4:4-5; 2 Corinthians 10:5; Romans 2:16; and Hebrews 4:13. If today was the day you stood before Christ to give and account for how you have lived your life, how would you feel about that? Is there anything you would wish you had done differently? Is there anything of which you would be ashamed?
- 5. Read James 4:17. If there are specific areas of your life you know are not pleasing to the Lord or obedience you are withholding, these are areas of sin. What prevents you from dealing with them?
- 6. Write out this week's memory verse below:
- 7. What is something God is speaking to you about this week?