



Ephesians – Your Best Life

Date: Sunday 8th April 2018

Speakers: Michael Munson, Steve Philpott

Key Verses: Ephesians 4:17 – 5:21

Summary

- Our experience in life and our reading of the Bible show us that life does seem to follow this simple rule, “We reap what we sow.”
- What we need to realize is that we can sow good things into our lives and we can sow bad things into our lives. And what we invest (sow) into our lives will produce a similar fruit, we will reap what we sow.
- But Jesus has provided a way for us to not only find our best life, the good life, but He has shown us how to live the good life now and into eternity. By merely seeing how He has made life to work, and what the best things are to sow into our lives.
- If you want a good life, the best life possible, allow the Holy Spirit to help you live in God’s grace. So that we can realize who we are, and be empowered to live that best life.

- Our true Identity
 - Allow the Holy Spirit to help you live as...
 - Children of the light
 - Created to be like God
 - Loved children
 - Wise with the way we spend/sow/invest our life
- The actions of that true identity
 - Allow the Holy Spirit to help you to sow into your life and in the world around you...
 - Paul lists out many good ways to spend your life, we focused on three
 - Truth
 - Forgiveness
 - Encouragement

Questions for Small Groups

- As you look at this passage, what are initial thoughts and feelings?
- Paul points out the 'Old Self' identity in a few places, how does he describe it? Have you felt or lived from that identity? What did/does Jesus say to you when you take on that old identity?
- Paul points out a lot of actions that an 'Old Self' person does, list them out? Which of them do you do naturally? Why do you think that is?
- Paul points out our identity as followers of Jesus a few times, how does he describe us? Do you believe that? Do you live like it? What would it look like to live in the 'New Self' identity?
- Paul points out a lot of actions that a New Self person does, list them out? Which of them do you naturally? Which do you have a harder time with? Why do you think that is?
- In what ways do you think Jesus is inviting you to live your best life? What things will you need to stop doing in order to do that? What things will you need to start doing in order to live the New Self way?
- Who will you talk to about this in your life and invite into praying for you and asking you how it is going?