

# Calvary Chapel of El Cajon Women's Bible Studies

## Ephesians 5:8-21

### Lesson 11

*You were once darkness...*(Ephesians 5:18). Notice this does not say we "once walked **in**" *darkness* (which is true). It says that we *were darkness*. What an awesome reminder of our old man/condition! The verse concludes: *now you are light in the Lord*. The verses that follow reveal how *light* behaves. May we behave more and more like the *light* God has created us to be.

#### DAYS ONE and TWO: Read Ephesians 5:8-21

1. Read through this week's verses using both your Observation Worksheet and another Bible translation or paraphrase. After reading through these verses, what would you say to someone if they asked you what they were about?

a. Ephesians 5:8-21 has been divided into two sections. List below the subject(s) covered in each section.

#### Verses 8-14

#### Verses 15-21

How would you title each section? Record your titles on the **Chapter & Paragraph Division Titles Chart** provided with your Observation Worksheet.

2. At the right-hand side of the same chart are columns labeled **Key Word** and **Symbol**. They have been provided for you to record the key words and the symbol you have chosen to represent each one. Record the key words listed below and their symbols on the chart.

*God, Jesus (Christ/Lord), and Spirit, wise*

New to this lesson: *darkness, light, walk, and unwise*

Term of conclusion: *therefore*

Contrast: *but*

Now, using the symbols you have chosen, mark each of the key words each time they are used in Ephesians 5:8-21. Remember, as you mark the words *God* and *Jesus*, to mark any personal pronouns that refer to Them. You do not need to mark every word that refers Them - only those that you feel are significant.

3. In Ephesians 5:8-21, Paul contrasts the works of *darkness* and the works of *light*. The contrasting term *but* is used six times in this section to reveal the contrasts. Scan the verses containing this key word and fill in the blanks below to reveal the contrasts.

**Verse**

8 For you were once \_\_\_\_\_, **but** \_\_\_\_\_ you are \_\_\_\_\_ in the \_\_\_\_\_.

11 Have no \_\_\_\_\_ with the \_\_\_\_\_ works of \_\_\_\_\_, **but** rather \_\_\_\_\_ them.

12,13 For it is \_\_\_\_\_ even to \_\_\_\_\_ of those things which are \_\_\_\_\_ by them in \_\_\_\_\_. **But** all things that are \_\_\_\_\_ are made \_\_\_\_\_ by the \_\_\_\_\_...

15 See then that you \_\_\_\_\_, not as \_\_\_\_\_ **but** as wise,

17 Therefore do not be \_\_\_\_\_, **but** \_\_\_\_\_ what the \_\_\_\_\_ of the \_\_\_\_\_ is.

18 And do not be \_\_\_\_\_ with \_\_\_\_\_ ...; **but** be \_\_\_\_\_ with the \_\_\_\_\_,

- a. Which contrasts interests you the most? Why?

**DAY THREE: Read Ephesians 5:8-14**

1. In Ephesians 5:8, Paul uses two words to describe our lives before and after we became believers. What are they?

a. In what ways was your life before knowing Jesus *dark*?

b. In what ways is your life as a believer *light*?

2. The following verse mentions three *fruit of the Spirit*. Galatians 5:22-23 lists nine. What are they?

a. These attributes are described as *fruit of the Spirit*. Share why you think *fruit of the Spirit* is a good way to describe them.

b. These attributes are not a *fruit* of effort and hard work. How have you personally discovered this truth?

3. As *children of the light* we should be walking in the *fruit of the Spirit*. Ephesians 5:11 reminds us that *darkness* produces *fruit* of its own. How is this *fruit* described?
  - a. List some synonyms for the word *unfruitful*.
  - b. We are not only to *have no fellowship* with these *unfruitful works*, what are we to do?
    - 1.) The word *expose* might also be translated as *reprove* or *rebuke* or even *tell a fault*. What do you think Paul is instructing us to do here?
4. Read Ephesians 5:12. To *speak of* these *works of darkness* without *exposing* them for what they are or *reproving* them, would be wrong. According to verse 13, what does the *light* do?
  - a. What do the following verses teach us about this?

John 3:20,21

1 Corinthians 4:5
  - b. How does *light* affect *darkness*?
5. Ephesians 5:14 begins with the term of conclusion *therefore*. Because Paul has established the importance of *light*, what does he tell us to do?
  - a. Although all believers are *children of the light*, we have our responsibility to walk in the *light* God has provided. According to this verse, why don't some Christians experience *light*?

#### **DAY FOUR: Read Ephesians 5:15-18**

1. This section encourages us to walk *as wise*. What does verse 16 tell us to do?
  - a. Why?
  - b. What do the following verses say about *redeeming the time*?

Romans 13:11

Galatians 6:10

- c. There are many ways to *redeem the time*. Those who *redeem the time* make the most of the time and opportunities given to them. What are some examples of *redeeming the time*?
- d. Few would disagree with Ephesians 5:16. Yet, many fail to obey it. What are some reasons for this failure in the lives of many believers?
2. Ephesians 5:17 concludes that one way to *redeem the time* is to *understand what the will of the Lord is*. This verse parallels verse 10. What is the instruction of verse 10?
- a. Too often we fret because we don't know God's will in a specific situation. Yet, much of God's *will* can be known. Look up the following verses and record what they reveal about this subject:
- Proverbs 2:5
- Proverbs 14:8
- John 7:17
- Romans 12:2
- 1 Peter 4:2
- b. Briefly explain what a believer can know about God's *will*.
3. The eighteenth verse of Ephesians 5 commands us, *And do not be drunk with wine*. What reason follows this command?
- Challenge: Define *dissipation* as it is used in this verse.
- a. Rather than *be drunk with wine*, what are we to do?
- 1.) In what ways is *being filled with the Spirit* more *filling* and *fulfilling* than being *drunk with wine*?

## DAY FIVE: Read Ephesians 5:19-21

1. What does Ephesians 5:19 tells us to do?
  - a. What is your favorite:
    - psalm
    - hymn
    - spiritual song (for the purpose of this lesson – contemporary Christian song)
2. What have you found to be the fruit of *singing and making melody in your heart to the Lord*?
3. Paul continues his instructions in verse 20. Using this verse, answer the following questions:
  - a. What are we to do?
  - b. Who are we to *give thanks* to?
  - c. In Whose *name* are we to *give thanks*?
    - 1.) Why is it important to remember the answers to "b" and "c" when we *give thanks*?
  - d. How often are we to *give thanks*?
  - e. For how many things are we to *give thanks*?
    - 1.) What do you think Paul means when he tells us to *give thanks always for all things*?
4. What have you found to be the fruit of *giving thanks*?
5. Why do you think the believer must be reminded to obey the commands of Ephesians 5:20?
6. Ephesians 5:21 introduces the concept of *submission*, which we will study in depth in our next lesson. According to this verse, who are we to *submit* to?

Challenge: Define *submission* using a Bible dictionary.

- a. We have been taught that *submission* involves obeying authority. Since verse 21 tells us to *submit to one another*, how do we do that?
- b. What kinds of behaviors are opposite of *submission*?

**DAY SIX: Review Ephesians 5:8-21**

1. Describe a believer who *walks in the light*?
2. What is the believer's response to be to the *works of darkness*?
3. Ephesians 5:14 commands *Awake, you who sleep, Arise from the dead*. What practical suggestions would you give to a *sleeping* believer who needs to *arise from the dead*?
4. Why is a *Spirit-filled* life the antidote to *excessive wine*?
5. In what ways were you challenged by this lesson?

*But if we walk in the light as He is in the light,  
we have fellowship with one another,  
and the blood of Jesus Christ His Son cleanses us from all sin.*

- 1 John 1:7