

Life Group Homework

For the week of February 26, 2017

QUICK REVIEW

- 1) Upon reviewing your notes from Sunday's teaching, was there anything that caught your attention?

MY STORY

- 2) What theme or idea has God been speaking to you personally about throughout this study?
- 3) What was your takeaway from last week's study?
- 4) What did you learn about how to study the Bible for yourself?

DIGGING DEEPER

Last week we discussed some basic Bible Study guidelines. Feel free to use them to help unpack the study this week as we dive into Ephesians.

- 5) Where do you find your deepest comfort level?

Read Ephesians 4:31-5:9

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³²Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Chapter 5
Living in the Light

Imitate God, therefore, in everything you do, because you are his dear children. ²Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people. ⁴Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God. ⁵You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshipping the things of this world.

Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him. ⁷Don't participate in the things these people do. ⁸For once you were full of darkness, but now you have light from the Lord. So live as people of light! ⁹For this light within you produces only what is good and right and true.

- 6) In looking at the passage from Ephesians, are there aspects of your family life that you have become *too comfortable* with?

TAKING IT HOME

- 7) In Verse 1 of Chapter 5 we are encouraged to "imitate God." What are some of the ways we can do that in our lives?

Read Luke 22:24-27

Then they began to argue among themselves about who would be the greatest among them. ²⁵Jesus told them, "In this world the kings and great men lord it over their people, yet they are called 'friends of the people.' ²⁶But among you it will be different. Those who are the greatest among you should take the lowest rank, and the leader should be like a servant. ²⁷Who is more important, the one who sits at the table or the one who serves? The one who sits at the table, of course. But not here! For I am among you as one who serves.

- 8) What theme is Jesus teaching His disciples in these verses?
- 9) What are some ways we can show this kind of love and service to the people we are the most comfortable with?

When a person is looking to change, one of the biggest struggles is that when they give up a behavior it leaves a vacuum in which they need to put something in. Read the following verses in Galatians and answer the questions.

Galatians 5:22-23

²²But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control. There is no law against these things!

- 10) What is God's answer to an area in your family life that we discussed earlier in question 6, and how does He want to produce "the fruit" found in the verses above in our lives?

TOO COMFORTABLE?

When my comfort meets God's challenges

Pastor Craig Sweeney

CHAIR TIME TOOL

This week take some time in prayer, asking God to examine you and reveal to you the ways that you are "Too Comfortable?" in relationships with others. Use the passages from Ephesians presented earlier in this lesson as a guide. Ask God if one of these areas is something He wants to do in you. Then ask Him to replace that area with one of the attitudes and behaviors found in the Galatians verses.

In writing our Vision Statement, we need to ask God the following questions:

- 11) Are there any specific values you need me to hold on to?
- 12) Was I thorough with all my values?

In asking the above questions this week, I added two more values from my own list.

- 1) Repentance.

When I mess up and sin, I will own it and surrender it to Jesus. I will seek forgiveness if I have offended someone and seek Christ for the grace to be changed so I don't continue the behavior or attitudes.

- 2) Forgive.

I will forgive others so that I am not captive to anger and resentment in my heart. I will seek to love and build bridges with people I have differences with.

How does God challenge our comfort in our family?

Text: Ephesians 5:21-33

Root practices for a healthy, thriving, God-honoring family:

1. **Mutual submission.** (Luke 22:24-27)

Mutual Submission!

- **Submission:** " *To place in order.*"
 - THE QUESTION - For their sake, will I choose to place their needs above my own?
- 2. **Love and Respect.** (Vs 25-28)
 - Love (*agapao*) - " *To esteem, have love, direct one's will for someone else, based on a sincere appreciation and high regard, concern.*"
 - Esteem - " *To hold someone in high regard.*"
 - **Respect** (Vs 33)
 - Respect - " *To revere, be in awe.*"

Changing a mindset: (You don't know everything, but what do you know?)

1. **Think of the possibilities for your family.**
 - *What could be "better"...not perfect?*
 - *You don't have the whole picture, but what do you know?*
2. **Have a conversation with your family.**
 - *Set a date and a time to "talk about the possibilities."*
 - *Let Scripture guide you.*
 - *Not with fingers pointing this way and that, but with hearts exposed.*
3. **Set realistic goals to stay healthy and thriving as a family.**
 - *Set a time to talk for 5-10 minutes about what you're learning about God.*
 - *Set a time to pray for at least 60 seconds most days with your spouse.*
4. **Change what you believe about yourself.**

Our ministry to married couples is an amazing resource that will help you. We have a number of Life Groups that gather on Sunday mornings to learn and grow together! For resources and help with your marriage, please stop by the Marriage Ministries table in the Courtyard, or email marriedlife@baysidech.com.