

Ephesians: Finding Our True Identity
Making The Most of Your Life #10
Cornerstone Church of Poway
Pastor Ed Turley
October 6th, 2024

Sermon Notes

Big Idea: "Christ's saving grace and unifying power **transforms** our identity, deepens our relationships and guides our purpose."

We Can Make The Most Of Our Lives When We:

1. Walk in Love

Be **imitators of God**, therefore, as dearly loved children ² and live a **life of love**, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5:1-2 (NIV)

Be **kind** and **compassionate** to one another, **forgiving** each other, just as in Christ God forgave you. **Ephesians 4:32 (NIV)**

³ But among you there **must not be even a hint of sexual immorality**, or of any kind of **impurity**, or of **greed**, because these are **improper for God's holy people**. ⁴ Nor should there be **obscenity**, **foolish talk** or **coarse joking**, which are out of place, but **rather thanksgiving**. ⁵ For of this you can be sure: No immoral, impure or greedy person--such a man is an **idolater--has any inheritance in the kingdom of Christ and of God**. ⁶ Let no one **deceive** you with empty words, for because of such things **God's wrath** comes on those who are **disobedient**. **Ephesians 5:3-6 (NIV)**

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. ¹⁰ Love each other with **genuine affection**, and take delight in **honoring** each other. **Romans 12:9-10 (NLT2)**

Notes: _____

2. Walk in Light

⁷ Therefore **do not be partners** with them. ⁸ For you **were once darkness**, but now you are **light in the Lord**. **Live as children of light** ⁹ (for the fruit of the light consists in all **goodness, righteousness and truth**) ¹⁰ and **find out what pleases the Lord**.

Ephesians 5:7-10 (NIV)

¹¹ Have nothing to do with the **fruitless deeds of darkness**, but rather **expose** them.

¹² For it is **shameful** even to mention what the disobedient do in **secret**.

¹³ But everything exposed by the light becomes **visible**, ¹⁴ for it is light that makes

everything visible. This is why it is said: "**Wake up, O sleeper, rise from the dead, and Christ will shine on you.**" **Ephesians 5:11-14 (NIV)**

So I say, **live by the Spirit**, and you will not gratify the desires of the sinful nature.

¹⁷ For the **sinful nature** desires what is **contrary** to the **Spirit**, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want... But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness,** ²³ **gentleness and self-control.** Against such things there is no law. ²⁴ Those who **belong to Christ Jesus** have **crucified the sinful nature** with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. **Galatians 5:16-17, 22-25 (NIV)**

"You are the light of the world. A city on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven. **Matthew 5:14-16 (NIV)**

Notes: _____

3. Walk in Wisdom

¹⁵ **Be very careful**, then, how you live--**not as unwise but as wise**, ¹⁶ making the **most of every opportunity**, because the days are evil. ¹⁷ Therefore do not be **foolish**, but **understand what the Lord's will is.** ¹⁸ **Do not get drunk** on wine, which leads to debauchery. Instead, **be filled with the Spirit.** ¹⁹ Speak to one another with **psalms, hymns and spiritual songs.** Sing and make music in your heart to the Lord, ²⁰ always **giving thanks to God** the Father for everything, in the name of our Lord Jesus Christ. **Ephesians 5:15-20 (NIV)**

Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways acknowledge him, and he will make your paths straight. **Proverbs 3:5-6 (NIV)**

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What step do you need to take to make the most of your life?

My next right step, I will:

- Demonstrate sacrificial love in my relationships
- Be intentional about aligning your decisions with God's principles
- Follow Jesus in Believer's baptism



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Talk It Over

Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Opening Prayer:

Begin your discussion with a prayer, asking God to guide your conversation and help everyone understand and apply the truths from **Ephesians 5:1-20**.

Icebreaker:

Share a time when you felt particularly loved or when someone showed you unexpected kindness. How did it impact you?

1. Walk in Love

Read Ephesians 5:1-6, Ephesians 4:32

Read Romans 12:9-10

What does it mean to "walk in the way of love" in your daily life?

How can you imitate Christ's sacrificial love in your relationships and interactions?

Share an example of a time when you demonstrated or received sacrificial love.

How did it affect you or others involved?

2. Walk in Light

Analogy: The Lighthouse

Think of a lighthouse guiding ships safely to shore. It stands tall and shines brightly, helping others navigate through the darkness. Similarly, as children of light, we are called to guide others towards God's truth and righteousness.

Read Ephesians 5:7-14

Read Matthew 5:14-16

What are some ways you can "live as children of light" in your community?

How can you expose darkness and bring light to situations of deceit or harm?

Share a time when you or someone you know acted as a "light" in a difficult situation. What was the outcome?

Read Galatians 5:16-17, 22-25

What is the key to victory in the battle between our flesh and The Holy Spirit?

3. Walk in Wisdom

Analogy: The Wise Builder

Consider the wise builder who constructs his house on a solid foundation, ensuring its stability during storms. Similarly, walking in wisdom means building our lives on the solid foundation of God's truth, enabling us to withstand life's challenges.

Read Ephesians 5:15-20

Read Proverbs 3:5-6

What does it mean to "make the most of every opportunity" in the context of your faith?

How can you seek and understand God's will in your daily decisions?

Reflect on one specific way you can "walk in love" this week. What practical step will you take to show Christ's love to someone?

Identify an area of your life where you need to bring more light. How can you live out your faith more visibly in that area?

Think of a decision you need to make and commit to seeking God's wisdom through prayer and Scripture. Share your plan with the group for support and accountability.

Family Warfare Prayer #2

Heavenly Father, thank you for loving us and giving your Son. You have set the example of sacrificial love. For too long we have chased after cheap imitations of love. We have been hurt and we have hurt others in our selfish pursuit of pleasure. Please forgive us. Today, we recommit ourselves to You and desire to seek a higher calling of love. Help us to love with kindness, compassion and forgiveness as You have forgiven us. Help us to demonstrate honor as we appreciate and value our relationships. Shed Your light on any darkness in our lives and expose what is false and unpleasing to You. Help us to walk in truth, goodness and righteousness. Help us to align our decisions with Your Word as we seek Your will in our lives. We give You thanks for your grace and mercy, in the Powerful name of Jesus we pray, Amen.