

## **DISCUSSION NOTES**

**MARCH 13, 2016**

### **GETTING STARTED**

Watch the Marshmallow Test video ([https://www.youtube.com/watch?v=QX\\_oy9614HQ](https://www.youtube.com/watch?v=QX_oy9614HQ)). What stands out to you when you think about how we face temptation?

*Tonight, we are going to break into groups of men and groups of women for our discussion. Our hope is that this will provide some freedom for you in discussing these topics, as well as add to the depth of your conversations.*

### **DIGGING IN**

1. Ephesians 4:1 begins this section of Ephesians with a call to walk in a manner worthy of our calling. In Ephesians 5:1-21, we see the following:
  - verse 3 calls us to live in a way that is fitting or proper among the saints (that's all Christians)
  - verse 7 says that Christians should remain distinctive ("do not become partakers with them")
  - verse 8 says our life has changed ("one time you were darkness, but now you are light in the Lord")Why is this important? Why should faith in Christ change us? Why do we need to be reminded that we are supposed to be different?
2. This passage uses rich symbolism of light and darkness. What does the darkness represent? What about light? What qualities are found in each?
3. What areas are mentioned in these verses as examples of how we are to display a distinctive way of life? What negative things do we need to reject, resist, and repent of? What positive things do we need to embrace, encourage, and invest in?
4. How would you describe a dark life lived in secret and in hiding in contrast to a life of light, lived in the open, visible to all? Why does light always expose what is in the darkness?
5. Read Ephesians 5:18-21. What *vertical* elements can you identify dealing with our relationship with God? What *horizontal* elements can you identify dealing with our relationship to one another? Why must both be included and connected?

### **LIVING IT OUT**

6. Verse 18 speaks of being filled with the Holy Spirit. Read the following verses that describe the Holy Spirit: John 14:15-17, 14:25-26, John 15:26, John 16:13-14. According to these verses, what is the role of the Holy Spirit in our lives? How do you know that the Spirit is present and at work in your life?
7. What is our motivation for holy living? How do love (vs. 2), joy (vs.19a), heartfelt worship (vs. 19b), gratitude (vs. 20), reverence (vs. 21) play a part in our battles with sin? Why do we need to remember that we are beloved children (vs. 1), that Jesus gave himself up for us (vs. 2), that we are now light in the Lord (vs. 8)?

*Our desire is for each of us to belong in community where we can grow as authentic disciples of Jesus. We want groups to be a safe place to talk about our struggles, confess sin, remind one another of God's grace, and help one another walk in the light. This passage provides us a good opportunity to practice that transparency and authenticity together.*

8. Is there area of darkness that you would be willing to bring out into the light through confession and repentance? Where do you need Christ to shine on you?