



Go for God!

“Our Christian Exercise Program!”

Ephesians Chapter 5:1-17

> (v1-2) HOW TO WALK IN LOVE?

(v1) **“Be *IMITATORS OF GOD* as dear *CHILDREN*”** – Like a child imitates his or her parents so are we to imitate God; imitate His character, His compassion, His course of action.

- The Bible declares that *God is love* (1 John 4:8); therefore, ***“walk in love”*** (Ephesians 5:1-2). The Bible declares that *God is light* (1 John 1:5); therefore, ***“walk as children of light”*** (Ephesians 5:3-14). *God is truth* (1 John 5:6); therefore, ***“walk in wisdom”*** (Ephesians 5:15-17).

(v2) We are called to follow the greatest LOVE of all, the LOVE of our Lord and Savior JESUS CHRIST. His love was freely *OFFERED* with no hidden agenda; His love was *SACRIFICIAL* to the point of death; His love fills the heart and home with a *SWEET-SMELLING AROMA!*

- Warren Wiersbe writes, “Paul encouraged his readers to “walk in love,” he was not asking them to do something that was foreign to the Christian life; for we have received a new nature that wants to express itself in love. **The old nature is basically selfish, and for this reason builds walls and declares war. But the new nature is loving, and therefore builds bridges and proclaims peace.**”

> (v3-14) HOW TO WALK IN LIGHT?

(v3-4) This section tells us what not to LOVE and how not to LIVE!

- Let us dispel the darkness by **turning on the light**, saying “NO TO SIN” and “YES TO GOD!”

- **Fornication** – Sex outside the bonds of marriage, pre-marital and adultery, (homosexuality would be included). Lust of the flesh.
- **Uncleanness** – Any kind of immorality. (2 Peter Ch. 2)
- **Covetousness** – Greed, avarice, an uncontrolled carnal appetite. Lust of the eyes.
- **Filthiness, foolish talking, coarse jesting** – Sexual, crude, or immoral joking or conversations.

(v5-7) One’s lifestyle displays their true nature, the character of Christ or the degradation of the Devil. Each will have their own destination, Heaven or Hell?

(v8) **We WERE once darkness, but now we are CHILDREN OF LIGHT!**

- **WALK AS CHILDREN OF LIGHT!** (The word light is found 253 times in the Bible.) It has been well said, “Christians are not sinless; however, we should be sinning less and less and less.”

(v9-10) **Hey Christians let’s lighten up with:**

- **GOODNESS** - The quality of being good; praiseworthy character; moral excellence. To bring pleasure, kindness, and grace!

- **RIGHTEOUS** – That which is right in accordance with God’s creation, ordination, moral values; purity, holiness, etc. The Bible teaches us what is not right, how to get right, and how to stay right in heart, soul, mind, speech and lifestyle. Now let us do the right thing each and every day!

- **AND TRUTH** – We must live according to His truth; do not be deceived and don’t be a deceiver. *Find out what is acceptable to the LORD* by reading His Word, the Bible will keep you from sin, whereas sin will keep you from the Bible. Go to church, be in fellowship with believers, make new Christian friends, and let’s get our lights together and shine bright.

- Jesus said in John 8:31-32 - *"If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."*

- Jesus encourages us in Matthew 5:14-16 - *"You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven."*

(v11-14) Here we are told to *“have no fellowship with the unfruitful works of darkness”*; that is, do not participate with them in their sinful lifestyles and practices.

- However, we Christians are called to reach out to the unsaved, *“How then shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher? And how shall they preach unless they are sent? As it is written: “How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things!”* (Romans 10:14-15)

> **(v15-17) HOW TO WALK IN LIFE?**

- **Three keys to success:**

#1 – **WALK IN WISDOM** – That is carefully, circumspectly – Let us read **Proverbs 1.**

#2 – **REDEEM THE TIME** – LOVE GOD, LIVE FOR GOD, GO FOR GOD! (Matthew 28:19-20 - **Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.**" Amen.)

#3 – **KNOW THE WILL OF GOD:**
SCRIPTURES ON THE "WILL OF GOD"

DOCTRINE - John 7:16-17 - *Jesus answered them and said, "My doctrine is not Mine, but His who sent Me. If anyone wills to do His will, he shall know concerning the doctrine*

WORSHIP - Romans 12:1-2 - *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

SERVICE - Ephesians 6:8 - *Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; not with eyeservice, as men-pleasers, but as bondservants of Christ, doing the will of God from the heart, with goodwill doing service, as to the Lord, and not to men, knowing that whatever good anyone does, he will receive the same from the Lord, whether he is a slave or free.*

SANCTIFICATION - 1 Thessalonians 4:3-8 - *For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God; that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness. Therefore he who rejects this does not reject man, but God, who has also given us His Holy Spirit.*

THANKSGIVING - 1 Thessalonians 5:18 - *in everything give thanks; for this is the will of God in Christ Jesus for you.*

SUBMISSION - 1 Peter 2:17 - *Therefore submit yourselves to every ordinance of man for the Lord's sake, whether to the king as supreme, or to governors, as to those who are sent by him for the punishment of evildoers and for the praise of those who do good. For this is the will of God, that by doing good you may put to silence the ignorance of foolish men — as free, yet not using liberty as a cloak for vice, but as bondservants of God. Honor all people. Love the brotherhood. Fear God. Honor the king.*

PERSECUTION - 1 Peter 3:13-17 - *And who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness' sake, you are*

blessed. "And do not be afraid of their threats, nor be troubled." But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; 16 having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed. For it is better, if it is the will of God, to suffer for doing good than for doing evil.

SUFFERING - 1 Peter 4:19 - *Therefore let those who suffer according to the will of God commit their souls to Him in doing good, as to a faithful Creator.*

HOLINESS - 1 John 2:15-17 - *Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world — the lust of the flesh, the lust of the eyes, and the pride of life — is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.*

- Someone once said, “A Christian is a mind through which Christ thinks, a heart through which Christ loves, a voice through which Christ speaks, a hand through which Christ helps!”

- Let US “WALK” and EXERCISE our FAITH and be that kind of Christian each and every day to glory of God! AMEN!!!