

DARK

futile in thinking
darkened in understanding
separated from the life of God, ignorant,
hard hearted towards God
lost sensitivity (to God, to right and wrong)
given over to sensuality
indulging in all kinds of impurity
continually lusting for more
Ephesians 4:17-19

“do not grieve the Holy Spirit of God”
Ephesians 4:30

deceitful, corrupt, false
sinning out of anger, giving the devil a foothold,
stealing
unwholesome talk, pulling people down
grieving the Holy Spirit,
bitter, angry/full of rage, slanderous, malicious
unkind, unforgiving
sexually immoral, impure, greedy
obscene, coarse, foolish talk
Ephesians 5:3-5

“have nothing to do with the
fruitless deeds of darkness”
Ephesians 5:11

shameful, secretive, fruitless deeds, drunken-ness

LIGHT

“live a life worthy of the calling you have
received” Ephesians 4:1
humble, gentle, patient, loving, peaceful
prepared for works of service, united in faith,
becoming mature, not blown about, growing up in the things of
God

“Be imitators of God... live a life of love”
Ephesians 5:1-2

connected with God, soft hearted, sensitive to the Holy Spirit,
not indulging in impurity,
puts off “old self” – deceitful desires, corruption,
puts on “new self” – new attitude,
righteous, holy, truthful,
doesn't sin in anger, not giving devil a foothold,
sharing, hard working/useful,
wholesome talk, building others up,
not grieving the Holy Spirit,
getting rid of bitterness, rage, anger, slander, malice,
kind compassionate, forgiving

“live as children of light”
Ephesians 5:8

no hints of sexual immorality, impurity, greed,
no obscenity, foolish talk, coarse joking, no idolatry
finding out what pleases God,

“be careful how you live – not as unwise but
as wise” Ephesians 5:15

Understanding God's will
not drunk
filled with the Holy Spirit
thankful, praising God, making music in your heart

SANCTIFICATION means *the process of being made holy, being set apart for a special task or purpose.*

Being SPIRITUAL means allowing the Holy Spirit in us to change our attitudes, thinking, behaviour and lifestyle. It is not the same as “trying harder” or just blindly obeying “the rules”, it is the process of becoming more like Jesus.

We are sanctified by faith in Jesus - Acts 26:18
We are sanctified by the Holy Spirit - Acts 20:32

“Sanctification is not something Jesus puts in you,
it is Jesus in you”

You are holy in God’s sight already because of what Jesus has done:

“You were washed, *you were sanctified*, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God” 1 Corinthians 6:11

“he has reconciled you by Christ’s physical body through death to present you *holy in his sight, without blemish and free from accusation* – if you continue in your faith...” Colossians 1:22-23

You are going through the process of being made holy:

“It is God’s will that *you should be sanctified*: that you should avoid sexual immorality... each should learn to control his own body in a way that is holy and honourable... for God did not call us to be impure but to live a holy life. He who rejects this instruction does not reject man but God, who gives you his Holy Spirit” 1 Thessalonians 4:1-8

“just as he who called you is holy, so be holy in all you do”
1 Peter 1:13-16

You will be completely holy when you are with Christ:

“when he appears, we shall be like him, for we shall see him as he is. Everyone who has this hope purifies himself, just as he is pure”
1 John 3:2-3

“May God himself sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it”
1 Thessalonians 5:23-24

Why should we change our attitudes and behaviour?
Why are you personally motivated to try and live like Jesus?
What purposes do you have in your life which could inspire you towards godly behaviour?

As you read the lists on the cover of this leaflet what stands out to you as areas where you are already “living in the light” and where you still struggle in the dark?

Either highlight on the cover or jot down here a list of things that deep down you know you really need God to work on in you. Write down any specific things that God is speaking to you about. Trust that God is speaking to you!

“Be ‘pure’ or ‘holy’” can seem to be quite a vague instruction! Read 1 Timothy 4:12 and write down how you personally can be holy in relation to your...

Speech:

Life:

Love:

Faith:

Purity:

What is God challenging you about?

Which other areas of your life need a bit of “sanctifying”?

Do you need help, support or prayer to tackle anything that is being highlighted to you?

What will be difficult about being transformed in these areas?

Have you given the Holy Spirit freedom to convict you of and help you change your behaviour?

How do you feel about the challenge to live a more Christ-like lifestyle?

SANCTIFICATION means *the process of being made holy, being set apart for a special task or purpose*. What purposes do you have in your life that inspire you to live a godly lifestyle?

Being SPIRITUAL means allowing the Holy Spirit in us to change our attitudes, thinking, behaviour and lifestyle. It is not the same as “trying harder” or just blindly obeying “the rules”, it is the process of becoming more like Jesus.

EPHESIANS 4/5...

Eph 4:1 What calling have you received?

Perhaps generally as a Christian, but what about the direction of your life? Is there a calling to a vocation, place, people group, lifestyle...?

Eph 4:22-24 What have you already “put off” from yourself that is ungodly? How has being in relationship with God changed you? Celebrate What God has done so far in your life! What still needs to go?

Eph 4:29 Do you use words to build up or pull down? What do you joke about?

Eph 4:30 Which areas of your life do you think make God happy? What do you know you do that might grieve him?

Eph 5:3-5 Pretty straightforward. Are you obedient? Are you pleasing God? Do you honour him with your body?

Eph 5:18 Also straightforward. Do you obey? Have you been filled with the Holy Spirit? How do you know?

When God highlights an area in your life that needs to change don't just feel “guilty” about it – acknowledge the grace of God, his forgiveness and work on the cross *for* you. It is God's kindness that leads you to repentance (Romans 2:4). Ask him to help you learn how to be led by the Holy Spirit so that your life can be transformed (Romans 12:1-2)

FURTHER READINGS/THOUGHT PROVOKERS

Monday **ROMANS 8:5-17**

What are the biggest battles you can identify in yourself between your spirit and your mind/body?

Tuesday **1 CORINTHIANS 6:9-20**

What behaviours/actions try to master you? Think about basic urges – eating habits, speaking, sexuality etc. How do you deal with sexual and other types of temptation?

Wednesday **GALATIANS 5:16-26, 6:7-10**

Which areas of the “sinful nature” remain from that list? Bring it to God. What is he saying to you?

Thursday **EPHESIANS 4:17-5:21**

Are you sensitive to God or hard hearted? What makes you so?

Friday **PHILIPPIANS 2:1-18**

How does your attitude match up? What do you complain about? Is it justified?

Saturday **1 THESSALONIANS 4:1-12**

Does your life win the respect of non-Christians? How do you demonstrate God's love?

Sunday **1 PETER 1:13-16, 2:9-12**

Do you give testimony about what God has done for you? What “wars against your soul”?