Series: BODY BUILDING
Part Two: "The Importance of Good Form"
Ephesians 5:1-20

Ephesians 5:1-20 - "1 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant
offering and sacrifice to God.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 person is an idolater—has any inheritance in the kingdom of Christ and of God.[a]
6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.
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. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. 14 This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you." 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 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

In working out why is form important?

- More efficient workouts
- So you don't risk injury
- Helps you focus
- You remain consistent

Ephesians 5:1 (NASB) -"Therefore be imitators of God, as beloved children;"

A. Be _____ **(5:2)** - "and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God."

1 John 4:8 - "Whoever does not love does not know God, because God is love."

Mark 12:30-31 - 30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." 31 The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

1 Corinthians 13:1-3 - "If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing."

B. Be _____ (5:8) - "For you were once darkness, but now you are light in the Lord. Live as children of light."

1 John 1:5 - "This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all."

Ephesians 5:11 - "Have nothing to do with the fruitless deeds of darkness, but rather expose them."

John 12:46(NASB) - "I have come as Light into the world, so that everyone who believes in Me will not remain in darkness."

C. Be _____(5:15-17) - "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is."

James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

John 17:17 - “Make them holy by your truth; teach them your word, which is truth.”

D. Be _____ (5:18) - "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,"

What we receive as a result of the Holy Spirit:

1. _____ - John 14:26 -“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”
2. _____ _____ _____ - Romans 8:26 - “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.”
3. _____ - Acts 1:8 -“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

"God has great plans for us and loves us dearly, but we cannot experience God’s will without God’s way."

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