



Session #5— August 30, 2026

Title: Spirit-Empowered Living

Theme: TRAPS

Scripture: Ephesians 5:15-20 (NIV)

Objective: To guide believers into living deliberately, wisely and righteously in a broken world.

Outreach from Previous Week:

How does your approach to gaining wealth compare with the eternal investments Jesus encourages us to make?

Training Text: Ephesians 5:15-20 (NIV)

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.

Scripture Discussion | Ephesians 5:15-17

- In what areas of your life (e.g., relationships, finances, media consumption) are you most tempted to act without thinking?
- Why do we sometimes struggle to know God's will, even though the Bible has already given us clear moral and spiritual directions?

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Scripture Discussion | Ephesians 5:18-20

- Why does Paul contrast being "drunk with wine" with being "filled with the Spirit?" What is the comparison he is making about **control** and **influence**?
 - Why is gratitude considered a direct byproduct of being Spirit-filled?
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Discussion Questions:

- Paul writes to give thanks for "everything." How is this possible during difficult, painful or confusing seasons of life?

- How does giving thanks "in the name of our Lord Jesus Christ" alter the way we view our circumstances?

- Why is gratitude considered a direct byproduct of being Spirit-filled?

- How does immersing yourself in Scripture and seeking Godly counsel help you stay on track with God's priorities?

Next Week's Scripture: Daniel 3:13-19 (NIV)

Outreach:

Ask two people the following question: Review how you spent your time over the last week. In what specific way can you adjust your daily habits this week to be a better steward of the opportunities God has given you?

Report your results in the group next week.