FAMILY DEVOTIONAL
NOVEMBER 15

"THE GOOD NEWS IS..."
WEEK 7 - EPHESIANS 5:1-21

Scripture References

- **Ephesians 5:1–21**
- **John 4:1–26**

Quick Re-Cap

Paul starts Ephesians 5 with the word "therefore," which is a clue to look back at what came before. In the first part of the letter, Paul explained what God has done for us. We were dead in our sin, but because of His great love, God made us alive in Christ. Now in chapter 5, Paul tells us how to live because of that gift. **Imitate God as His dearly loved children.** Walk in love the way Christ loved us, giving Himself up for us. That kind of love puts other people first, and it gives away our time, our gifts and our skills to help them. Walk as children of the light, not the darkness. Walk wisely and make the best use of your time. That sounds like a really tall order, doesn't it? We can't be all powerful or perfect like God. But Paul isn't setting us up to fail. **He's showing us that we need the right source of power.** The source is Jesus, and He gives us His Holy Spirit. That's why Paul says to be filled with the Spirit. People try to fill their lives with all kinds of other things, like money, success, popularity and even their own willpower, but all of those eventually run dry. Only Jesus never runs out. Think about the woman at the well in John 4. She came to get water in the heat of the day, when no one else would be there, because she was ashamed of her past. Jesus was waiting for her. He knew everything about her, and He didn't make her clean herself up first. He offered her living water so she would never be thirsty again, and He told her plainly that He was the Savior she was waiting for. She was so changed that she ran back and brought her whole town to meet Him. And notice that this isn't a one time thing. We come back every day to be filled again. Asking Jesus to help us every day doesn't mean we are weak, it means we are in a real relationship with Him.

Illustration

Have you ever seen the old cartoon The Flintstones? Fred Flintstone drove a car with no engine. The whole thing was powered by his own two feet pushing against the ground. It looks funny, but imagine doing that every day, all the way to work and back. You would be exhausted before you even got out of the driveway. A lot of Christians try to live this way. They try to be good, loving and wise by using their own strength, their own discipline and their own determination. But our own strength always runs out. We need the Holy Spirit to empower us every day.



Application

This week, let's make a plan to plug in to Jesus every day. Each morning, pray a short prayer together like, "Jesus, fill me with Your Spirit today." Read a few verses from the Bible as a family, and sing or listen to one worship song. During the day, notice when you're trying to do things in your own strength, like when you feel grumpy, proud or worn out, and stop to ask Jesus for help right then. Then practice walking in love by choosing one person to put first this week, even when it costs you some time or something you wanted for yourself. At the end of the week, share how it felt to depend on Jesus instead of pushing the car yourself.

Convo Starters

- **Why do you think Paul tells us to imitate God, even though we can't do it on our own?**
- **What are some things people try to use as their "source" instead of Jesus?**
- **What is one way we can plug in to Jesus every day as a family?**