

***“Living the Christian life is not a matter of repressing our desires, but of redeeming them.”
– Christopher West***

Read Ephesians 5:1-14

- The book of Ephesians calls us to “walk in love.” What does that look like in your relationships—with family, friends, or even difficult people?
- How do these verses challenge us to both recognize our own brokenness, and spiritual immaturity, yet we can also recognize our spiritual gifts and value the gifts of others, so that the Church can grow in maturity and love?

The Holy Spirit heals the wounds of sin and renews us on the inside through a spiritual transformation (CCC 1695), but we need to cooperate with that work in order to live as children of light.

- According to Ephesians 5:10-13 what are we to do?
- How can gratitude and holy speech transform your home and relationships? What practical boundaries help you guard your heart and mind?

Read Ephesians 5:15-21 – *Wisdom and Spirit-Filled Living*

- List all the things we will and won't do if we are going to live as wise women, according to Ephesians 5:15-20.
 - If we are going to live as wise women, we will:
 - If we are going to live as wise women, we will not:
- How can you invite the Holy Spirit more deeply into your daily decisions? In what ways do prayer, worship, and the Holy Mass strengthen your ability to live this out?

Read Ephesians 5:22 – 33 – *A Reflection of Christ*

- What additional insights do we gain from the following verses in terms of our reading from Ephesians in a day-to-day life?
 - 1 Corinthians 13:5
 - Galatians 5:13
 - Philippians 2:3-4
- How do you understand the call to mutual self-gift?
- What does it mean for a husband to love like Christ and for a wife to respond in trust and respect?
- How can married women live this out practically?
(For single women: how does this shape your understanding of love and future vocation?)

Read Ephesians 6:1-4 – Roots

It has been said that the pain that is not transformed is transmitted to others. Taking an honest look at your past is not dishonoring your parents, no matter what you may have been told. You can honor them and still tell the truth.

- Reflect on our “inner voice” How do you talk to yourself? Are you as tender with yourself as you are with others? Can you see any indication that your inner voice is similar to the way you were spoken to as a child by your parents?
- Is there something from your childhood that you would like God to heal? What are some of the family secrets you have carried in shame that have become weights around your neck? What might it feel like to offer those to God?