



Welcome to
**New Beginnings
Community Church**

A part of Grace Communion International



Choose Wisely

Eph 5:15-20

**Do you remember a time when you didn't
choose wisely?**

Eph 5

:15 So be careful how you live; be mindful of your steps. Don't run around like idiots as the rest of the world does. Instead, walk as the wise! :16 Make the most of every living and breathing moment because these are evil times.



Eph 5

:17 So understand and be confident in God's will, and don't live thoughtlessly. :18 Don't drink wine excessively. The drunken path is a reckless path. It leads nowhere. Instead, let God fill you with the Holy Spirit.



Eph 5

:19 When you are filled with the Spirit, you are empowered to speak to each other in the soulful words of pious songs, hymns, and spiritual songs; to sing and make music with your hearts attuned to God; :20 and to give thanks to God the Father every day through the name of our Lord Jesus Christ for all He has done.



What do we notice about this passage?

The theme of the passage contrasts wisdom and foolishness. Other themes earlier in the fifth chapter include love vs. lust and light vs. darkness. Bible writers used this technique, called antithetical parallelism, to grab readers' attention, much like advertising today sometimes relies on exaggerations or extremes to gain an audience.

In the Message translation, verse 16 says, “So watch your step. Use your head.” Paul is making it clear that we’re to carefully consider our choices. We’re encouraged to consider how we spend our time. “Do not be foolish, but understand what the will of the Lord is” reminds us that we are presented with opportunities, both for good and evil, and we must choose properly by thinking through the implications of what we do.



Verses 18-20

We're encouraged not to drink too much alcohol, as it leads to an overindulgence in pleasing the self in sensual pleasures. This cheapens our life, impairing our judgment, leading us to making unwise decisions and even affecting our speech. Perhaps more importantly, it cheapens our view of ourselves and others.



**Instead, verse 19 says to be filled with the Holy Spirit—
drink deeply of all that Jesus is and what he gives to us.
Sing hymns and praises, making melody in our heart for the
Lord. The implication is that being in tune with the Holy
Spirit guides our choices and creates thanksgiving and joy.
We treasure creation and have eyes wide open to see the
goodness of the Father, Son, and Holy Spirit at work in our
ordinary circumstances. We offer thanksgiving and praise
(v. 20) “give thanks to God the Father every day through the
name of our Lord Jesus Christ for all He has done.”**



Carefully consider the consequences of your choices, understanding how easily human beings are driven by emotions. This may mean pausing and taking a deep breath before responding in a heated conversation, or telling someone you'll get back to them with a decision so you have time to think about it.



Prayerfully ask the Holy Spirit to guide you.

This will take the shape of contemplative prayer, which is more of an unveiling than a list of requests. Asking for wisdom, insight, and loving kindness for all keeps the focus on the ultimate outcome of any decision you make rather than the individual steps needed to get there.



Become aware of how you might “cheapen” your own life or others’ lives. Though drinking too much alcohol might not be an issue, a lack of empathy, kindness, and acceptance of yourself or others rejects the Imago Dei (“image of God”) in each of us. Notice attitudes of comparing yourself with others ([Galatians 6:4-6](#)), and strive to remember God’s unconditional love for all.

Incorporate gratitude for God's presence in our lives. Recognize ordinary joys, like your morning coffee or tea, a warm bath, or the smile of a loved one. Offer praise to God each day for what's bringing a smile to your face.