



<sup>1</sup>Blessed are those whose ways are blameless, who walk according to the law of the LORD. <sup>2</sup>Blessed are those who keep his statutes and seek him with all their heart—<sup>3</sup>they do no wrong but follow his ways.

Psalms 119:1-3 (NIV)

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<sup>21</sup>To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

1 Peter 2:21 (NIV)

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<sup>6</sup>Whoever claims to live in him must live as Jesus did.

1 John 2:6 (NIV)

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## 4 Ways to Follow God's Example

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EPHESIANS

1

Lead with love and give up self (self-ishness, self-interest, self-serving, etc.). [v. 1-2]

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SCRIPTURE

<sup>1</sup>Follow God's example, therefore, as dearly loved children <sup>2</sup>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.

Ephesians 5:1-2 (NIV)

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EPHESIANS

2

Exhibit a clear, visible and overt holy lifestyle to the world around us. [v. 3-6]

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SCRIPTURE

<sup>3</sup>But among you there must not be even a hint of **sexual immorality (porneia)**, or of any kind of impurity (**akatharsia**), or of **greed (pleonexia)**, because these are improper for God's holy people.

Ephesians 5:3 (NIV)

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SCRIPTURE

<sup>4</sup>Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

Ephesians 5:4 (NIV)

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**STATISTICS**

- Pornography accounts for **35% of all internet downloads** in the United States.
- There are Over **1.13 Billion** Global Websites Online, of Which an Estimated **103** are "Adult Content" Sites in the USA.
- The United States Hosts **60% of the World's Porn Sites**.

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**STATISTICS**

- A 2014 survey by the Barna Group found that **64% of Christian men** and **15% of Christian women** admitted to viewing pornography at least once a month.
- 2023 study reported that **50% of Christian men** viewed pornography within one week of attending a Promise Keepers stadium event.

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**STATISTICS**

- **40 million American adults** regularly visit porn sites.
- **10% of American Adults** Admit That They Have a Porn Addiction.

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<sup>5</sup>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.

Ephesians 5:5 (NIV)

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<sup>5</sup>Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

Colossians 3:5 (NIV)

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Visible reminders of the Holy

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SCRIPTURE

Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.

Ephesians 5:6 (NIV)

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“Let no one deceive you with empty words.”

— Ephesians 5:6a



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EPHESIANS

3

Do not partner, associate, ally, or advocate with sin or darkness. [v. 7-17]

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SCRIPTURE

<sup>7</sup>Therefore do not be partners with them.

Ephesians 5:7 (NIV)

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SCRIPTURE

<sup>8</sup>For you were once darkness, but now you are light in the Lord. **Live as children of light** <sup>9</sup>(for the fruit of the light consists in all goodness, righteousness and truth) <sup>10</sup>and find out what pleases the Lord.

Ephesians 5:8-10 (NIV)

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SCRIPTURE

<sup>11</sup>Have nothing to do with the **fruitless deeds of darkness**, but rather **expose them**. <sup>12</sup>It is shameful even to mention what the disobedient do in secret.

Ephesians 5:11-12 (NIV)

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SCRIPTURE

<sup>13</sup>But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.

Ephesians 5:13 (NIV)

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SCRIPTURE

<sup>14</sup>This is why it is said:  
“Wake up, sleeper,  
rise from the dead,  
and Christ will shine on you.”

Ephesians 5:14 (NIV)

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SCRIPTURE

<sup>15</sup>Be very careful, then, how you live—not as unwise but as wise,<sup>16</sup>making the most of every opportunity, because the days are evil.

Ephesians 5:15-16 (NIV)

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<sup>17</sup>Therefore do not be foolish, but understand what the Lord's will is.

Ephesians 5:17 (NIV)

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### 3 Questions to Discern God's Will

- 1) Does it honor Christ?
- 2) Does it align with the entire counsel of Scripture?
- 3) Has God confirmed it through others?

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4

Unashamedly and comprehensively worship God always. [v. 18-20]

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SCRIPTURE

<sup>18</sup>Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit,** <sup>19</sup>speaking to one another with psalms, hymns, and songs from the Spirit.

Ephesians 5:18-19a (NIV)

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SCRIPTURE

**Sing and make music from your heart to the Lord,** <sup>20</sup>always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Ephesians 5:19b-20 (NIV)

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<sup>16</sup>Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom **through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.**

Colossians 3:16-17 (NIV)

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<sup>37</sup>A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume.

Luke 7:37 (NIV)

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<sup>38</sup>As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

Luke 7:38 (NIV)

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<sup>41</sup>“Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty.  
<sup>42</sup>Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?”

Luke 7:41-42 (NIV)

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<sup>43</sup>Simon replied, "I suppose the one who had the bigger debt forgiven."

"You have judged correctly," Jesus said.

Luke 7:43 (NIV)

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<sup>47</sup>Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But **whoever has been forgiven little loves little.**

Luke 7:47 (NIV)

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**Our worship is the thermometer that measures the temperature of our gratitude.**

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**ACTION ITEM EXERCISE:**

- 1) Write down the items causing you to stumble in your walk with Christ.**
- 2) Narrow the list to the top 5.**
- 3) Out of the top 5, narrow the list to the top 2.**
- 4) Out of the top 2, select the **top 1**.**
  
- 5) Make a 30-day improvement plan for this one area. Research ways to improve, write bible verses, and then develop a presentation on the subject and teach it.**

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