

Refreshed

Rediscovering Life In Christ

Walk In Love And Light

Ephesians 5:1-14

Sermon Notes | Jeff Randleman | May 31, 2026



Therefore be imitators of God, as beloved children.

– Ephesians 5:1 (ESV)

Walking In Love...

Reflecting the Sacrificial Love of Christ.

- Love Is More Than Emotion.
- Christ Is Our Model.
- Love Always Involves Self-Giving.

Leaving Sin Behind.

- The Christian Life Requires Moral Distinction.
- Sin Begins with Disordered Desires.
- Our Words Reveal Our Hearts.

Walking In Light...

Living Transparently Before God.

- Light Produces Visible Fruit.
- Requires Discernment.
- Rejects Hidden Darkness.

Becoming a Witness to Others.

- Light Naturally Exposes Darkness.
- The Gospel Awakens Sleeping Souls.

Walking In Love And Light...

Requires Ongoing Spiritual Formation.

- We Become What We Repeatedly Practice.
- Jesus Forms a Different Kind of People.

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Walk In Love And Light

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– Ephesians 5:1 (ESV)

Matters for Reflection and Discussion:

1. In Ephesians 5:1–14, what does it practically mean to “walk in love” in everyday life? What are some modern examples of sacrificial love?
2. Why is it important that Christ is presented as both our Savior and our model? How does his example reshape our understanding of love?
3. This passage contrasts light and darkness. What kinds of “hidden darkness” are believers most tempted to tolerate today?
4. Paul connects sinful behavior with disordered desires. Why do sinful actions often begin in the heart long before they become outward actions?
5. How do our words reveal the condition of our hearts? What kinds of speech reflect someone who is walking in light?
6. What does it look like to live transparently before God rather than hiding sin or pretending spiritually?
7. Paul says believers must practice discernment. How can Christians grow in discernment without becoming harsh, judgmental, or self-righteous?
8. In what ways can a Christian’s life become a witness to others without preaching a sermon? Have you ever seen someone’s lifestyle point others toward Christ?
9. We become what we repeatedly practice. What habits or patterns are currently shaping your spiritual life most deeply?
10. What specific step could help you walk more faithfully in love and light this week – whether in your relationships, speech, thought life, or witness to others?