

Refreshed

Rediscovering Life In Christ

Walk In Wisdom

Ephesians 5:15-21

Sermon Notes | Jeff Randleman | June 7, 2026



Look carefully then how you walk, not as unwise but as wise...

– Ephesians 5:15 (ESV)

Walking In Wisdom...

...Requires Intentional Living.

...Means Making the Most of Our Time.

...Means Pursuing God's Will.

...Means Living Under the Spirit's Influence.

...Produces a Distinctive Community.

...Refreshes Our Faith.

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Matters for Reflection and Discussion:

1. Read Ephesians 5:15-21. What words or phrases stand out to you most, and why?
2. Paul tells believers to “look carefully then how you walk.” What does intentional living look like in your current season of life?
3. What are some common distractions that keep people from living wisely? Which of these do you find most challenging?
4. In verse 16, Paul calls us to “make the best use of the time.” How can Christians balance being productive with resting in God’s grace?
5. What opportunities has God placed before you right now that you may need to embrace more intentionally?
6. Verse 17 contrasts foolishness with understanding God’s will. How do we discern God’s will in our daily decisions?
7. Paul contrasts being controlled by wine with being filled by the Spirit. What are some practical ways believers can live under the Spirit’s influence each day?
8. According to verses 19-21, what characteristics mark a Spirit-filled community? Which of these qualities does our church do well, and which could be strengthened?
9. How does gratitude shape our relationship with God and our interactions with others? Why is thankfulness such an important part of spiritual maturity?
10. After studying this passage, what is one specific step you can take this week to walk more wisely and live more fully under the Spirit’s influence?