

SUNDAY SERVICE NOTES

March 7, 2021
Ephesians 5:1-14

Wake Up
Lighten Up

KALAHEOMISSIONARY.COM

Before we dive in the message, I want to first start of asking all of us a question. And as you answer this question in your mind, not out loud, but in your mind. Hold that answer as a thought. Is there a recurring action or habit in your life that you feel has been weighing you down from moving forward in a direction of obedience to God and his word? It could be something you've been doing or something you haven't been doing. Take some time to read over the question and answer it in your mind.

Ephesians 5:1-2 *Follow God's example, therefore, as dearly loved children 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.*

The word dearly in the Greek is agapeitos, it means to be esteemed. favored. worthy of Love. It's very interesting because this chapter starts off telling us to walk and start in that mindset of being favored by God. To know that that is our identity. Loved children of God.

Then verse 2 continues telling us to walk in Love as Jesus Loved us and gave himself for us which is a fragrant offering or pleasing aroma to God. In the King James Version, this aroma is sweet smelling, and the Greek word for that is eaudia means smell of satisfaction to God.

It's amazing to think that we can walk in love as Jesus did. And have this same pleasing aroma to God.

When we walk in love it satisfies God. How great to know this truth. God is satisfied with us when we walk in Love.

Jesus said the greatest commandment in Matthew 22:36-40 is to love God and others as ourselves. If we love God, we will love others, if we love others it shows our love for God because we obey this commandment. The two cannot be separated. And if you look closely, Jesus said to love others as ourselves.

And what are the ways of love 1 Corinthians 13:4-8 to tell us that: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Insights

KÜPÄ'A
2021
1 CORINTHIANS 15:58

SUNDAY SERVICE NOTES

March 7, 2021
Ephesians 5:1-14

Wake Up
Lighten Up

KALAHEOMISSIONARY.COM

The ways of love from this verse that I want us to focus on are Patient, Kindness, Not Envious Not Boasting and Not dishonoring others

Ephesians 5:3-4 continues on the flip side

3 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

Verse 3 & 4 basically give us a list of what not to do.

When you walk in the ways of Love, it's more than likely that you won't be doing these sinful acts. And why is that, because when you're Patient you're willing to wait for marriage or your wife or husband to engage in this gift of union from God instead of living in sexual immorality.

When you're kind the last thing you would do is do the opposite and be greedy. If you're already giving how can you be taking back and be greedy at the same time.

When you're not envious, boasting or dishonoring others it's unlikely that you will be having foolish talk and crude joking with your friends.

The question you might ask is how we can just walk in the ways of love and not live in sexual immorality, greediness and foolish talking. What is the motivator?

And the answer to that is... we will come back to it later. Just bear with me ☺

We usually are familiar with the "don't do this do that instead." But here in Ephesians it tells us what to do first. I think this is a good mindset for us who have already been familiar with the things we shouldn't be doing. If we start obeying and walking in the ways of love, we won't even bother worrying about doing the things we shouldn't be doing because we are already occupied doing what we ought to be doing as Children of God.

Insights

KŪPĀ'A
2021
1 CORINTHIANS 15:58

SUNDAY SERVICE NOTES

March 7, 2021
Ephesians 5:1-14

Wake Up
Lighten Up

KALAHEOMISSIONARY.COM

Interestingly to add to walking in love is thankfulness. If you look at verse 4 in the KJV it says “Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks...” The word RATHER in the Greek is mallon, means to a greater degree. Rather giving of Thanks.

This reminded me of **Philippians 4:6-7** *Do not be anxious about anything, but in everything by prayer and supplication with Thanksgiving. let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

I believe thanksgiving helps us see everything in proper perspective. Sometimes we are so consumed by looking around on how to attain more knowledge or things of this world that we forget that God already gave us everything we need for living a godly life. In **2 Peter 1:3** it says that *His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.*

In addition to walking in the ways of Love, when you are grateful the last thing you want to do is to commit these sins. If you zoom in, the root of these sins can be from different forms.

Sexual Immorality could be from a sense of loneliness or a lack of self-identity

Greed or the desire to get more could come because you feel like you don't have much, that's why you want more.

Foolish talking and gossip could be from a lack of acceptance that you want to have these talk with your friends and people to feel accepted by them.

If you zoom out, one thing you will notice is God can fill these needs.

Ephesians 5:5-7 continues

For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous that is, an idolater, has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore, do not become partners with them.

Insights

KŪPĀ'A
2021
1 CORINTHIANS 15:58

SUNDAY SERVICE NOTES

March 7, 2021
Ephesians 5:1-14

Wake Up
Lighten Up

KALAHEOMISSIONARY.COM

The way to think is to know that there are consequences for disobeying God and on the other hand there's also grace and forgiveness that can lead us back to Godly living and righteousness through Jesus.

Ephesians 5:8-14 *for at one time you were darkness, but now you are light in the Lord. Walk as children of light 9 For the fruit of light is found in all that is good and right and true), 10 and try to discern what is pleasing to the Lord. 11 Take no part in the unfruitful works of darkness, but instead expose them. 12 For it is shameful even to speak of the things that they do in secret. 13 But when anything is exposed by the light, it becomes visible, 14 for anything that becomes visible is light. Therefore, it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you."*

Let me tell you a story about my high school days...

The short-lived pleasure of going "back to sleep" often bites us right back and takes us to a state that we wouldn't want to be in down the road. If we only wake up and walk in obedience to God, we can be sure that the road ahead is full of blessings and will save us from all the heartache that come from the result of disobedience.

But there is hope, and this hope is found in humbling ourselves and submitting to Jesus. God has call all of us to obey and walk in love, the best choice we can make is to jump right into obedience to God. Get up and do the work by walking in Love.

As we go back to answering the question as to what is the motivator to just jump into obedience and walk in the ways of love.

I want to answer it with another question. Would you rather work morning glory for an hour or less or spend the whole Saturday doing hard labor? If you said Saturday work, I don't think I have an answer for you. But if you said an hour or less, that just might be the answer to our question. There is still work to be done no matter what path we take. The burden of walking in obedience to God is far lighter than the burden that comes from the consequences of our sinful actions.

That is why In Matthew 11:28-30 Jesus tells us to learn from him, for his yoke is easy and his Burden is light.

Insights

KŪPĀ'A
2021
1 CORINTHIANS 15:58

SUNDAY SERVICE NOTES

March 7, 2021
Ephesians 5:1-14

Wake Up
Lighten Up

KALAEHOMISSIONARY.COM

When you surrender the yoke of sin at the foot of the cross and embrace the yoke of Jesus you will instantly feel a lighter burden. Patience, Kindness, and all the ways of love will come naturally as you spend time with Christ in prayer and in the Bible. There is nothing more fulfilling in this life than to take up the Yoke of Jesus and follow him. And there is nothing more worthwhile doing in this life than walking in obedience to God.

Sin is only pleasurable for a very short season, but the sting and consequence of going back to sleep and our old ways will make us regret, down the road, not obeying God in the first place. That is why in Hebrews 11:25 Moses choose to rather suffer affliction with the people of God, than to enjoy the pleasures of sin for a season.

The beauty of God's love is that no matter where we are in our spiritual walk, always remember that God's grace is sufficient for you.

If you've been disobeying God, realizing that is the first step, don't let devil tell you that the weight of your sin cannot be forgiven. Don't let the enemy lie to you.

Be assured by the truth found in **1 John 1:9**, *That If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

So, wake up lighten up by taking off the yoke of sin and put on the Yoke of Jesus. And wake up lighten up and be the light of Christ by walking in the ways of Love.

I wanted to be reminded of this that I actually did this design print that says Jesus lightens. If you like to have one too as a reminder visit AdoniExalted.com...100% profits from this specific print goes to our church for ministries. And 60% from all other designs.

Insights

KÜPÄ'A
2021
1 CORINTHIANS 15:58



LET'S
TALK
STORY

March 7, 2021
Ephesians 5:1-14

**Wake Up
Lighten Up**

KALAHEOMISSIONARY.COM

Let's Talk Story Questions

As you reflect on Ephesians 5:1-14, ponder the following aspects of this section of Scripture and write down what the Father impresses upon you. If you are gathering with others, feel free to share some of your thoughts.

1. Is there anything in your life that you need to confess to our Heavenly Father?
2. What are some things that you feel like the Lord wants you to do that you have been putting aside?
3. What are some practical ways to start walking in love starting today?
4. What are 7 things that you are very thankful for?

KŪPA'A
2021
1 CORINTHIANS 15:58