

Children of the Light

Opener: Have you ever been in complete darkness or been totally lost? What did you learn from it?

Scripture: For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness, and truth) ¹⁰ and find out what pleases the Lord. ¹¹ Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹² It is shameful even to mention what the disobedient do in secret. ¹³ But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. ¹⁴ This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.” ¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord’s will is. ¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:8-20

[Jesus] said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life. John 8:12

You are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:9

Discussion Questions

1. You were darkness, now you are light—that’s how Paul describes how we change after we meet Jesus. What are some characteristics of darkness and light? How does that illustrate the difference between life without Christ and life in Christ? Ephesians 5:8-9; John 8:12; 1 Peter 2:9
2. What appetites and desires are evident in those who are light? What appetites and desires did they replace? What’s an example of how that’s happened in your own life? Ephesians 5:9-10
3. Why are deeds of darkness fruitless? What makes it difficult for those in darkness to realize this? Paul tells us to expose deeds of darkness. What does he mean by that and how can we do it? Eph. 5:11-14
4. Vs. 16 tells us to make “the most of every opportunity because the days are evil.” What is this referring to? How do we recognize opportunities for ministry the Lord places in our path? Ephesians 5:15-16
5. How can we “understand what the Lord’s will is?” Ephesians 5:17
6. Following his admonition not to be foolish, Paul warns them not to get drunk because it leads to debauchery. It’s been said that sin will always take you further than you want to go, keep you there longer than you want to stay, and cost you more than you want to pay. Christians have different positions on drinking alcohol, but what does this passage make clear? What alternative does Paul recommend?
7. What does it really mean to be filled with the Spirit? How does it happen? How does the word “filled” describe why Paul linked getting drunk and being filled with the Spirit? Ephesians 5:18

Wrap Up: The Greek word *metamorphoō* (metamorphosis) is translated to describe both Jesus’ transfiguration and our transformation. Through Christ, we are a new creation. Our sin is forgiven, our guilt is washed away. Now our struggles seem different. Since we’re forgiven, we can forgive. We’ve received mercy, so we can be merciful. Our self-image is transformed as we see ourselves through His eyes. We have a foundational joy that supersedes the trials and tribulations of this life. We now live as “children of light” who want to find out and do what pleases the Lord. What a radical concept!