



Reflection Guide and Message Notes

WARNING TRACK...

Restoring Margin to Overloaded Lives (Part 1)

Life Without Warning

January 8, 2012

Connect

1. Have you ever known a person who is without any regrets?
2. Recall some of the biggest regrets in every arena of your life: relationships, moral decisions, finances, vocation, and profession... Could your regrets have been limited or even eliminated if you had recognized where you were headed before you got there?
3. Do you agree that almost every bad decision in life is caused by careless disregard for the warning signs that preceded the decision?
4. Are you currently living your life according to a standard that guides your decision-making? Why or why not?

Engage

1. *Read Ephesians 5:15-18 in several different translations. (You may find it helpful to visit www.BibleGateway.com, a website designed to make it simple and easy to read the Bible in a wide variety of translations).*

Read slowly, keeping in mind that Paul, the author of this letter, had previously provided the people in Ephesus some safe and wise boundaries: don't have relationships that endanger your marriage, be kind, be honest, etc. Yet, for many people, the question that remained was "HOW"? Thus, in these verses, Paul was attempting to answer the question "HOW?"

- What do you think Paul meant when he said, "Be careful how you live" or "Look carefully then how you walk" or "So watch your step"?

- What does “don’t live carelessly” mean to you?
 - How would you go about being “ filled with the Holy Spirit” or “drinking the Spirit of God”?
2. Read the passage again and notice what words or phrases stand out to you. Why do you think they speak to you that way?

Apply

Take some time this week to consider the following criteria by which to evaluate each choice that confronts you.

1. Is it wise or unwise?
2. Is it making the most of the opportunity?
3. Is it careless or caring?
4. Is God directing my choices or am I allowing something or someone else to control me? Is God the source and motivation of this action or attitude? Is this the kind of choice the Spirit of God would affirm?

Pray

Just as you would speak with a friend, ask God to help you develop some irrevocable and permanent values and guidelines so that whenever you violate or exceed one of those standards it bothers you to the point that you’ll make some course corrections and avoid undesirable destinations.



Message Notes

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So be careful how you live.

Ephesians 5: 15 (NLT)

Look carefully then how you walk ...

Ephesians 5: 15 (ESV)

So then, be very careful how you live. Don't live like foolish people but like wise people. Make the most of every opportunity ...

Ephesians 5: 15-16 (GW)

Make the most of every chance you get. These are evil days and desperate times!

Ephesians 5:16 (TVT)

Therefore do not be foolish ...

Ephesians 5: 17 (NIV)

Don't act thoughtlessly and foolishly, but understand what the Lord wants you to do.

Ephesians 5: 17 (NLT)

Do not be drunk with wine, which will ruin you ...

Ephesians 5: 18 (NCV)

Don't be drunk with wine, because that will ruin your life.

Ephesians 5: 18 (NLT)

Do not get drunk on wine, which leads to debauchery.

Ephesians 5: 18 (NIV)

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.

Ephesians 5: 18 (NLT)

Scripture Translation Guide
(NIV) New International Version
(NLT) New Living Translation
(NCV) New Century Version
(TEV) Today's English Version
(CEV) Contemporary English Version
(GW) God's Word
(AMP) Amplified Version
(JBP) JB Philips
(LB) Living Bible
(MSG) The Message