

# Week 24 - Applying the Word to Our Daily Lives

Saturday

Scripture Reading: Eph. 4:29–5:19

**“Therefore, He says: ‘Awake, you who sleep, arise from the dead, and Christ will give you light.’ See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore, do not be unwise, but understand what the will of the Lord is.” (Eph. 5:14-17)**

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## WALKING IN LOVE, IN LIGHT AND IN SPIRIT

The book of Ephesians shows us that we need to live in a manner worthy of our calling. In the last two days, we have been learning what it means to walk in grace and in truth. Today, we will address the walk in love, in light and in spirit.

Ephesians chapter 5 begins by speaking about walking in love: “Therefore be imitators of God as dear children. And walk in love” (vv. 1-2a). As God’s children through Jesus Christ, we can also walk in love.

Since God is light, we can also walk as sons of light: “For you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for whatever makes manifest is light” (Eph. 5:8-13). As sons of light, we must reprove the shameful and unfruitful works of darkness.

That which is not truth cannot exist in the light. Only truth abides in the light, as it reproves everything that is false.

While God’s children must walk in light, some might still be attached and conformed to this present age.

Hence, the Lord says, “Awake, you who sleep, arise from the dead, and Christ will give you light” (Eph. 5:14). Unlike the foolish, we need to be awakened and active, redeeming our time.

The best way to be active is to be filled with the Spirit by walking in spirit: “And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord” (Eph. 5:18-19). When a person is drunk, he is generally not ashamed of what he does, as he does not care what others may think. In the church life, we need to exercise our spirit and be drunk with the Spirit. In the meetings, those who are drunk with the Spirit might leap, sing, proclaim the Word, prophesy and so on, without feeling timid or ashamed.

He who is filled with the Spirit overflows grace and truth to those around him. Let us have this experience in the church life and in our homes. Do not always come to the meetings hoping that someone else will warm up your spirit. In order to be filled with the Spirit, let us sing spiritual songs and speak psalms to one another. We should always exercise our spirit, and not just sing a song because we like the melody.

### Key Point:

Exercising our Spirit.

### Your Key Point:

### Question:

How will you go to the church meetings from now on?