

OHBC Six-Day Bible Study
Ephesians 5
Walking in Love, Light, and Wisdom

Theme for the Week

Ephesians 5 teaches believers how to live as God's beloved children in a world darkened by sin. Paul begins with a remarkable command: "*Therefore be imitators of God, as beloved children*" (Ephesians 5:1, ESV). We do not imitate God in order to become his children. Through faith in Jesus Christ, God has already adopted us into his family. Our obedience is therefore not an attempt to earn his love; it is the grateful response of those who have received his grace.

Three times in this chapter, Paul directs our attention to how we "walk," meaning the whole pattern of our daily lives. We are commanded to **walk in love** (verse 2), **walk as children of light** (verse 8), and carefully **walk in wisdom** (verse 15). These commands touch every area of life: our desires, speech, use of time, worship, relationships, and homes. The gospel does not merely change what we believe on Sunday. It changes how we live each day.

Jesus stands at the center of every command in this chapter. We walk in love because Christ "*loved us and gave himself up for us*" (verse 2). We walk in light because the Lord has rescued us from the darkness of sin (verse 8). We walk wisely because we belong to Jesus and desire to understand his will (verses 15–17). We worship together because the Holy Spirit fills God's people and produces gratitude, joy, and humility among them (verses 18–21).

Paul concludes by showing how the gospel shapes marriage. A wife's submission reflects the church's submission to Christ, while a husband's sacrificial love reflects Christ's love for the church. Marriage is, therefore, more than a human arrangement for companionship. God designed it to display the covenant love of Jesus for His redeemed people.

As you study Ephesians 5 this week, do not read it merely as a list of rules. Ask the Lord to search your heart and reveal where your walk does not match your calling. Look to Jesus, who gave Himself to save and sanctify his people, and depend upon the Holy Spirit to help you live as a beloved child of God.

Monday
Walk in Love

Reading: Ephesians 5:1–2

Focus Verse:

"*And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.*"
— Ephesians 5:2 (ESV)

Study Question: According to these verses, whom should believers imitate, and how does Christ's sacrifice define true love?

Personal Application: Think of one person you can serve sacrificially today. Ask God to help you love that person in a way that reflects the love Christ has shown you.

Scriptural Prayer:
Today pray through Ephesians 5:1–2, asking God to help you be an imitator of Him.

Tuesday
Leave the Darkness Behind

Reading: Ephesians 5:3–14

Focus Verse:
"For at one time you were darkness, but now you are light in the Lord. Walk as children of light." — Ephesians 5:8 (ESV)

Study Question: What sinful attitudes and actions does Paul tell believers to reject, and what should be found in the lives of those who walk as children of light?

Personal Application: Examine your words, entertainment, habits, and private thoughts. Is there anything you are trying to keep hidden? Confess it to God, turn away from it, and choose what is pleasing to the Lord.

Scriptural Prayer:
Today pray through Ephesians 5:10 asking God to help you discern what is pleasing to Him

Wednesday
Walk Wisely

Reading: Ephesians 5:15–17

Focus Verse:
"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil." — Ephesians 5:15–16 (ESV)

Study Question: What other verse from another letter do verses 16-17 mirror? Why must Christians pay careful attention to how they live, and what does Paul say they should understand?

Personal Application: Consider how you normally use your time. Identify one distraction you can reduce and one God-honoring responsibility you can give greater attention this week.

Scriptural Prayer:
Today pray through Ephesians 5:15–17 asking the Lord to help you understand His will.

Thursday
Be Filled with the Spirit

Reading: Ephesians 5:18–21

Focus Verse:

“And do not get drunk with wine, for that is debauchery, but be filled with the Spirit.” — Ephesians 5:18 (ESV)

Study Question: What results of being filled with the Spirit are described in verses 19–21?

Personal Application: Let God’s Word shape your worship and your relationships today. Encourage another believer with a hymn, a psalm, a word of gratitude, or a humble act of service.

Scriptural Prayer:

Today pray a prayer of thankfulness through Ephesians 5:20-21

Friday
Marriage and the Church’s Submission to Christ

Reading Ephesians 5:22–24

Focus Verse:

“Now as the church submits to Christ, so also wives should submit in everything to their husbands.” — Ephesians 5:24 (ESV)

Study Question: What relationship does Paul use as the model for a wife’s submission to her husband?

Personal Application: Whether married or unmarried, ask yourself whether you gladly submit to Christ’s loving authority. If you are a wife, consider one way you can honor Christ by showing respect for your husband. If you are not a wife, pray for the marriages in your church and seek to encourage faithfulness to Christ.

Scriptural Prayer:

Today pray through Ephesians 5:22–24 asking God to give you boldness to stand for His Word.

Saturday
Marriage and Christ’s Sacrificial Love

Reading: Ephesians 5:25–33

Focus Verse:

“Husbands, love your wives, as Christ loved the church and gave himself up for her. ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish” — Ephesians 5:25-27 (ESV)

Study Question: What does Paul mean when he writes that Jesus is washing us with the Word? How does understanding this verse change your approach to studying the Bible?

Personal Application: If you are a husband, choose a specific way to serve your wife sacrificially without seeking praise or repayment. Whatever your marital status, thank Christ for loving, cleansing, and caring for his church, and ask him to help you display that gospel love to others.

Scriptural Prayer:

Today pray through Ephesians 5:25–27 asking God to give you a desire and a hunger for His Word.

Closing Thought

Ephesians 5 reminds us that the Christian life is a daily walk shaped by the gospel. We do not belong to the darkness we once inhabited. Jesus has brought us into his light, forgiven our sins through His sacrifice, and called us to live as beloved children of God. Therefore, we must not treat sin casually or excuse attitudes and habits that dishonor our Savior. The grace that saves us also trains us to turn from sin and pursue what is pleasing to the Lord.

We are called to walk in love because Christ gave himself for us. His love was not merely an emotion or a comforting word. It led Him to the cross, where He willingly offered himself as the perfect sacrifice for sinners. Christian love must reflect that same self-sacrificing character. In our church, homes, and communities, we should be willing to serve, forgive, encourage, and sacrifice for the good of others.

We are also called to walk as children of light. The world often celebrates what God condemns and hides what should be confessed. Believers must refuse to make peace with darkness. Our words, thoughts, entertainment, relationships, and private choices should show that we belong to Christ. When the light of God's Word exposes sin in us, we should not run from it. We should confess our sin, receive Christ's cleansing, and walk forward in repentance.

We must walk wisely because our time is short and "*the days are evil*" (Ephesians 5:16, ESV). Every day is a gift entrusted to us by God. We should therefore ask whether our schedules, priorities, and decisions serve His purposes. Wisdom is not simply knowing many biblical facts. It is understanding the Lord's will and ordering our lives in faithful obedience to Him.

God has not left us to obey in our own strength. When we submit our lives to Jesus, we are filled with the Holy Spirit. The Spirit produces worship, thanksgiving, humility, and mutual service among God's people. A Spirit-filled church is not known merely by strong emotions. It is known through believers whose hearts are filled with God's truth, whose mouths praise our Savior, and whose lives display humble love toward one another.

In marriage, the Lord places the gospel on display before the watching world. The church gladly submits to Jesus because He is her loving Head, and He sacrificially loves the church as his precious bride. Christian husbands and wives are called to reflect this beautiful relationship through faithful submission, sacrificial love, respect, purity, and lifelong devotion. Even those who are unmarried can honor this picture by supporting biblical marriage and living in faithful devotion to Christ.

Therefore, let us not finish this study and remain unchanged. Let us examine our walk honestly. Where there is sin, let us repent. Where there is darkness, let us bring it into the light. Where we have wasted time, let us begin using it wisely. Where selfishness has damaged our relationships, let us follow the sacrificial example of Jesus. By God's grace and through the power of the Holy Spirit, let us walk in love, walk in light, and walk in wisdom for the glory of the One who loved us and gave Himself for us.

Gather ~ Praise ~ Pray ~ Grow ~ Serve