

LifeGroup Questions

Based On: Ephesians 5:15-17

February 22, 2015

Overview

Life is full of distractions. We all know what it is like to start a project, then get distracted and never finish. Whether it is work, technology, school, kids, friends, or family everything has the potential to keep us from focusing. Being distracted from growing spiritually has always existed for Christians. As technology has advanced the amount of distractions has increased. There is even a condition known now as a smart phone addiction. A study about smart phone usage by the Harvard Business School discovered that: “70% said they check their smartphone within an hour of getting up; 56% check their phone within an hour of going to sleep. 48% check over the weekend including on Friday and Saturday nights; 51% check continuously during vacation; 44% said they would experience ‘a great deal of anxiety’ if they lost their phone and couldn't replace it for a week.” Smartphone addiction is just another distraction on top of all the other distractions we battle on a daily basis. In Ephesians 5:16 the Apostle Paul write, “make the most of every opportunity.” Making the most of an opportunity means to stay focused. A lot of believers will celebrate Lent as a way of staying focused during the Easter season. Believers celebrate Lent in a variety of ways. Some will fast by giving up certain food or other items (smartphone) for a period of time. Others will go through a prayer booklet. Another way to celebrate Lent is by being more generous with your time and finances. All these activities have the same intention: to help you remove distractions in your life so you can focus more on your relationship with God. By being more intentional you will be able to make the most of every opportunity.

Bible Study: Ephesians 5:15-17

1. Which one do you more accurately reflect: “I control my time in my life” or “The time in my life is controlling me”. We all go through seasons of busyness. How can you guard your days, weeks, months or years so they don't go by without you growing spiritually and having an impact for God?
2. Discuss as a group the celebration of Lent and if anyone in the group is making plans leading up to Easter.
3. For several areas of life we set up goals. A lot of people have financial, physical, and career goals. Walking intentionally means that you are working toward a specific goal. What are some goals you have for your life? Do you have any spiritual goals you would like to obtain? If so, how are you going about making them happen?
4. Since we live in such a fast passed, hurried society, what steps can believers take to not get caught up in the business of life?
5. Read Colossians 4:5. Opportunities for evangelism usually come through relationships. Discuss as a group some ways that believers can be intentional about developing relationships with those who don't know Christ.
6. Discerning what God's will is for our lives is usually only something we think about when it comes to major decisions (job, moving, marriage). The passage today is talking about everyday decision not just the big choices we make in life. In what ways can a believer seek God's will for the decisions they make every day?

7. In the message, Pastor Brent encouraged everyone to be more intentional in the areas of prayer, inviting the lost, fasting, and generosity of time and finances. Which of these areas would you like to commit to working on during this Lent season? In what ways do you plan on making it happen?