

Handout January 19, 2024

Redeeming the Time
Ephesians 5:1-21

Redeeming - definition from Webster's

- a) To make something (that is bad, unpleasant, etc...) better or more acceptable.
- b) To buy back.

1) _____ redeemed _____!

Ephesians Chapter 5 is all about the changed man/woman.

Christianity in action ---- the old man to the new.

Chapter 4 says "put it on". **Chapter 5** tells you what it looks like.
What things in your life could look better?

2) It is _____ too late to _____ a _____ person.

♥Tom's "motto" ---- *Have a positive influence on all!* ♥

Redeeming your mental attitude must come first! Then you can redeem your life!

Life:

- Literal --- Time
- Figurative --- Things I do
- Spiritual --- Mind set

♥Michigan story --- everyone loves a good story.

- What's in your house?
- What are your secret activities?
- What are your thoughts?

3) If you/I _____ consider these things, this _____ is a
_____ of _____.

Why? Because you/I won't redeem it --- won't make it better.

So, let's look around our "mental house" so-to-speak.

Unforgiveness --- we always come back here because it's relevant and present in most people's lives. *Judging* is really just *unforgiveness*.

4) All of the _____ I have _____ being
_____ can be redeemed.

Ephesians 5:8-14

If you are a child of light, you will think differently by praying for the person, talking positive about them, by believing in them, by not talking negative about them.

If you start a sentence, “*I hate to say this*” ---- NO YOU DON'T --- “*hate to say this*” ----- or you would not say it!!!

Chain sinning:

- **Mental Attitude sins:** Unforgiveness, bitterness, vindictiveness, implacability, revengeful thoughts....
- **Sins of the tongue:** judging, maligning, gossip....
- **Overt sin:** ostracism, (“the quiet game”), angry looks, violence....

Break the *mental chain!*

Redeem your mental attitude!

That’s an easy one to pick on.

5) _____ God is a _____ attitude.

It’s also a choice.

Christ bought me back. The least I can do is.....

Do you trust God to fulfill His end of the bargain? What is HIS END?

To serve others, spending that furthers the kingdom work, prayer time, regularly serving, studying.....

Are these the things you experience predominantly?

Redeem your mental attitude.

Galatians 5:22-23 'But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.'

6) To redeem the _____ you must redeem your _____.

This is the case in all areas:

- Sexually - how am I thinking?
- Possessions
- Relationships
- Guilt / Shame / Condemnation

Self-talk --- you’re living in a prison. How do you make something better?

Ephesians 5:15-21 ----- Think of what you would like to change. -----