



Help for the “Home Team”

Ephesians 5 is often our “go-to” passage for teaching on the family. But, before chapter 5, there are some foundational principles that make chapter five and beyond work. The first “fundamental” to a great home team is found in chapter 1.

I. **Become a _____** (Ephesians 1:1)

God’s plan to change my home is to change _____, not my circumstances, finances, spouse or kids. The first and most important change is salvation--the act of becoming a “saint”.

- **Paul calls Christians “saints” 9 times in Ephesians**, from the Greek word, *hagios* (holy ones).
- **The S_____ of God is called “the holy one”** [hagios] four times in the New Testament. (Acts 3:14)
- **The S_____ of God is called the “Holy [hagios] Spirit” or “Holy Ghost” 96 times.** (1:13)
- **The _____ is called, “Holy, holy, holy!” and, “the holy One”.** (Isaiah 1:4; 6:1-3; 57:15)

↪ When I am born into this Holy Family, I take on their identity and character. (cp. 1 Corin. 6:9-11)

It’s easy to become a saint, but much harder to be a saint. We become a saint in an instant, but we spend the rest of our lives learning how to be one.

II. _____ **a saint** (Ephesians 1:4 *...that we should be holy....* [hagios])

- Now that I am a saint (1:1), I am to b_____ like a saint (1:4). (cp. Ephesians 5:3; 1 Peter 1:15; 1 Thessalonians 4:3, 7)
- What if others in my home are not saved? -- Be a “_____”! (1 Corinthians 7:12-14; 1 Peter 3:1-2)

↪ When was I born again into God’s family, thus becoming a “saint”? _____

↪ In what ways should I behave more “saintly” this week? _____



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Fundamental #2 I have the Holy Spirit in me, now I must choose to let Him fill me, and control me.

I. What I must KNOW to be filled with God's Spirit?

- A. Being Spirit-filled is not an emotion, but a c_____ (Acts 6:3-5)
- B. I _____ be changed (Philippians 4:13; Romans 6)
- C. I MUST be filled (Eph. 3:20 -- Without God's power working in me, I am helpless to change.)
 - You might as well try to see without eyes, hear without ears, or breathe without lungs, as to try to live the Christian life without the Holy Spirit." - D. L. Moody

II. What must I DO to be filled with God's Spirit?

- A. Ask for the filling of the Holy Spirit (Luke 11:13; James 4:2; Eph. 6:10-11)
- B. Make daily spiritual choices that feed and nourish my spiritual nature
 - Eph. 4:22-24 ...*put off concerning the former conversation the old man... and put on the new man, which after God is created in righteousness and true holiness.*
 - The main reason I am not filled with the Spirit, is because I am filled with everything else.
 - Small daily choices may be causing me to lose the big battles in my life and my home.
 - My flesh keeps winning because that's what I'm feeding.
 - God wants all of me, and my day, and my week, not just a piece of me.
 - Most of us have moved from poison to popcorn, but a popcorn-only diet will also kill me.
- C. Listen to the Spirit -- Operate under His influence (Eph. 5:18; cp Luke 1:15; Acts 2:1-13)
 - "Spirit-filled" in the Bible means "Spirit-c_____."

III. What HAPPENS with the Holy Spirit is filling (controlling) me?

- A. The f_____ of the Spirit will show up in my life and my home. (Eph. 5:9; Gal. 5:15, 22-25)
 - Good fruit is the natural product of a healthy, watered, well-nourished tree.
- B. The power of the Spirit will show up in my w_____. (Acts 2, 4)

↪ This week, in order to better nourish my spirit and soul, I will "put off" _____
And replace it with ("put on") _____



Help for the "Home Team"

Fundamental #3 I have received much grace, now give much grace.



I. **Grasp grace** (The word, "grace", occurs _____ times in Ephesians. ex. 1:2, 6, 7;)

A. **Grace understood**

- The undeserved favor, kindness and help from God that empowers me to desire and to do God's will.

B. **Grace to _____ me** (Eph. 1:6-7; 2:5, 8-9 -- When did I receive this grace? _____)

C. **Grace to strengthen and to sanctify (purify) me** (Eph. 3:7-8; 4:7; 6:24)

- Grace is used more frequently of our daily walk than of our eternal salvation in the NT.
- The same divine power of God that saved me, is available every day to strengthen me.

1. **Power to overcome** (Eph. 3:7; Romans 6:14)

- Grace gives me the super-human ability to do what I cannot do in this flesh.
- In what area(s) do I need grace this week? _____

2. **Power to serve** (Eph. 3:8)

3. **Power to rejoice** (2 Corinthians 12:9-10 -- A grace that makes my pain bearable)

II. **G_____ in grace** (2 Peter 3:18)

A. **A_____ for grace** (Hebrews 4:16; 1 Peter 5:5)

- "Grace to help in time of need" is obtained in the same way I obtained grace for salvation -- acknowledge my need, ask God for grace, and accept His promise by faith in His Word.

B. **Depend on grace** (2 Cor. 12:7 *My grace is sufficient for thee....* --Grace grows through trials.)

III. **G_____ grace** (Eph. 4:29-32 *...minister grace... even as God for Christ's sake hath forgiven you.*)

- ◆ Grace is not earned or deserved. It is not a merit system. (i.e. - "If you will... I will....")
- ◆ Marriage is a picture of our g_____ -based relationship with Christ. (Romans 5:8)
- ◆ Grace forgives, but authority is given to administer consequences. Those in authority must still "minister g_____" by our words, attitude and tone, even while ministering punishment.
- ◆ I have access to an infinite supply of God's grace, but I have to give it away to keep getting it.
- ◆ What opportunities might I have this week to give grace? _____



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Fundamental #4 My sins are forgiven and I'm going to heaven, so __ c_____ j____.
Ephesians 5:18-19

- I. Joy is a c_____ (1 Thessalonians 5:16; Psalm 33:1; James 1:2)
- Philippians 4:4 *Rejoice in the Lord _____, and again I say, Rejoice!*
- II. Joy is a c_____ (Philippians 2:17; Habakkuk 3:17-18; Romans 8:14-18; 28)
- Philippians is a "Prison Epistle" whose theme is "_____" and "rejoicing", found a total of 18 times.
 - In Psalm 34, David is not rejoicing because life is good, but because _____ is good.
 - Psalm 118:24 *This is the day which the LORD hath made; _____ rejoice and be glad in it.*
- III. Joy is communicated by spiritual songs (The Psalms; Exodus 15; Judges 5; 1 Sam. 2, 18, etc.)
- "Spiritual songs" are the natural result of being filled with the Holy Spirit. (Ephesians 5:19)
 - A Spirit-filled Christian is a singing Christian.
 - Wherever the g_____ has gone it has always brought joyful singing. (Ps. 40:3 - "a new song")
- IV. Joy is created by spiritual songs
- M_____ affects my spirit and the mood of my home.
 - Spiritual music defeats and drives away my enemies. (2 Chronicles 20:22; 1 Samuel 16:23)
 - _____ counterfeits everything God made "good," including music.

↩ This week:



- I choose to have a joyful countenance.
- I choose to associate with joyful people when I can.
- I choose to listen to "spiritual music" that will edify my soul.
- I choose to fill my home with edifying, spiritual, joyful song.



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Fundamental #5 I will show gratitude to the people in my life.

- I. **Gratitude commanded** (Psalm 95:2; 100:4; 106:1; Col. 3:15-17; 1 Thess. 5:18; Heb. 13:15)
- Ephesians 5:20 *Giving thanks _____ for _____ things unto God and the Father....*
 - 1 Thess. 5:18 *In _____ give thanks: for this is the will of God in Christ Jesus....*
- II. **Gratitude examples**
- Daniel (Dan. 6:10); Jonah (Jon. 2:9); Zerubbabel and returnees from exile (Ezra 3:11); David (Psalm 35:18); One healed leper (Luke 17:11-16); Jesus (John 6:11; Luke 22:19 - for His last meal, which was also a picture of His own death); Paul (Acts 27:35);
- III. **Gratitude reasons**
- A. **For s_____ blessings** (1 Corinthians 15:57; 2 Corinthians 2:14)
2 Cor. 9:15 *Thanks be unto God for his un_____ gift.* (cp. Eph. 3:8; 2:8-9)
- B. **For p_____ in my life** (Ephesians 1:16; Romans 1:8; Philemon 4; 1 Thessalonians 1:2)
Philippians 1:3 The letter to the Philippians is Paul's "Thank you note" to his supporters.
- C. **For _____ and good**
- 1 Tim. 2:1-2 -- For Emperor N_____
 - Jonah 2:9 -- From inside the_____
 - Daniel 6:10 -- Going to feed the _____
 - Acts 27:35 -- Paul, hungry and miserable in a s_____
- IV. **Gratitude here is practice for _____** (Revelation 4:9; 11:16-17)
- V. **Gratitude is lacking in the w_____** (Romans 1:21; 2 Timothy 3:1-2)
- ↪ There is a difference between gratefulness and gratitude. Gratefulness is a feeling inside that does nobody any good. It is not enough to feel grateful. **Gratitude has to be shared**, or we are not truly grateful.
- I will start a "Gratitude List" for my _____, _____ (...and maybe share it).
 - I will show gratitude this week by saying, "Thank you!" often, especially in my home.
 - I will show gratitude by writing "Thank You!" notes -- My goal is _____
 - I will show gratitude with a gift(s) this week to _____, _____, _____

