



**TEACHER: BETH SEIFERT**

**ONAOMI'S TABLE 2016**

**Day 13: Ephesians 5:1-6 Who Are You Imitating?**

**Read 1 Thessalonians 5:14-22.** What does Paul tell us the will of God in Christ Jesus is? (I count 9 things.) What things might “quench the Spirit”? What are we to hold everything (every prophecy included!) up to? What are we to abstain from? What does this include?

**Read Galatians 5:16-26.** What does Paul tell us to walk in? What will we not do if we walk this way? How does this line up with 1 Thessalonians 5:19? What does Paul then reiterate are opposites? Paul lists out the obvious works of the flesh and then gives a dire warning. What warning does he give? What does Paul say we should exhibit? Where does this fruit come from? Can you produce it in yourself? If we are living by the Spirit, we won't do what three things in verse 26?

**Read Hebrews 13:1-5.** What directions does the Hebrew writer give to the believers here? (I count 5 things.) Why should you show hospitality to strangers? Is this a promise of what will definitely happen? How do you know? Why are we to remember those who are in prison for the Gospel? (Context here is not general prisoners.) How should marriage be viewed? What about the marriage bed? What does that tell you about sexually activity outside of the marriage covenant? Are there any exceptions given here? How will the knowledge that God will never leave nor forsake you help you to be content and not love money?

**Look again at 1 Thessalonians 5:16-18.** Underline the words that tell you “how long” or for what duration you should do these things. Is there any situation in which we should not be rejoicing? In which we should not be praying? In which we should not be giving thanks to God? What might that look like in your life?

**Read 1 Corinthians 10:31-11:1.** What should we do all things for? What should we not be seeking? Paul says he imitates someone here. Who is that? What command does he give to us?

As you spend time with God today, make a list of qualities of Christ and/or a list of events that stick out to you about Christ. Try to list at least 10 things. As you look at that list, ask yourself how you are doing at imitating those things of Christ. Are there specific events or situations that make imitating Him more difficult? If you find yourself thinking “I keep trying but I can’t do it!” it’s time to stop relying on yourself and time to start relying on Christ for the strength to imitate Him.

You can’t do it on your own; stop trying. Ask Him for wisdom and discernment and ask Him to help you to know when you are imitating the world in opposition of Christ. Ask Him to help you to truly put Him first, having no other gods before Him. Ask Him to help you to continue to put off your old self and put on Christ, for His glory and your sanctification.