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Asked  
For It**



**WEEK 2** | **Awakening the Slumbering Spirit**

### PRAYER

Melt our hearts of stone, Lord. Fill us with life and give us strength of spirit to persist in risking to choose life. Enable us to be vulnerable to people through whom you would give us to nurture mind, body, soul, and spirit.

Set us free from slumber and empower us to bring life and joy to others. In Jesus' name, Amen.

— *John Lauren, Paula Sandford, and Lee Bowen, "Awakening the Slumbering Spirit"*

### WARM UP

(OPTIONAL)

Do you like to have a certain sound around you when you go to sleep, or do you prefer silence? If you like sound when you prepare to sleep, what sound do you like to hear?

### NOTES

## WORD

<sup>6</sup> Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. <sup>7</sup> Therefore do not become partners with them; <sup>8</sup> for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup> (for the fruit of light is found in all that is good and right and true), <sup>10</sup> and try to discern what is pleasing to the Lord. <sup>11</sup> Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup> For it is shameful even to speak of the things that they do in secret. <sup>13</sup> But when anything is exposed by the light, it becomes visible, <sup>14</sup> for anything that becomes visible is light. Therefore it says,

“Awake, O sleeper,  
and arise from the dead,  
and Christ will shine on you.”

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise, <sup>16</sup> making the best use of the time, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup> And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, <sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup> submitting to one another out of reverence for Christ.

### EPHESIANS 5:6-21

**The spirit of slumber can have a tendency to emerge in our lives when we allow ourselves to become so full of the things of this world in our spirit, that much like eating until you are overfilled, can cause you to fall into a slumber. This can affect our ability to hear God (Hebrews 5:11-12), to see God (2 Corinthians 3:16-18), and to even discern how we are to live in our every day lives the way God has designed for us to live (Acts 28:23-24).**

**In Ephesians 5, the apostle Paul addresses the slumber that the church can have a tendency to slip into. He addresses the necessity of an awakening that needs to happen in the church in Ephesus by highlighting the need for the light of Christ to help awaken them via these means:**

1. **vs 10: Find out what pleases the Lord, and imitate Christ.**
2. **vs 15: Watch the way you walk in how you live.**
3. **vs 18: Stay away from anything that causes you to fall into slumber or intoxicate you and make you susceptible to immorality.**
4. **vs 19: Worship and have fun in the Spirit**
5. **vs 20: Give thanks to God in everything**
6. **vs 21: Submit to one another because of how you revere Jesus (especially your marriage if married, your children, and/or parents)**

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10, how do you rate your ability to hear, see, and live according to God's perfect design? Why would you rate yourself this way?
2. How might your understanding of the current cultural term “woke” be similar or different from being “awakened in the spirit” as the phrase applies to biblically-based contexts?
3. What might be some things that have been tempting or causing you to “slumber in the Spirit”? How can you make sure they are not in your life?
4. Do you enjoy God? Why or why not?
5. If you do not yet have a relationship with the God who saves us, and sets us free from trying to pointlessly work our way into righteousness, would you like to follow him and enter into a saving relationship with him through Jesus? Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer with them:

*Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to come into my heart and life. I want to trust and follow you as my Lord and Saviour. In Jesus' name, Amen.*