



1. How are the people and influences around you shaping who you are becoming?

📖 Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God (Ephesians 5:1–2).

- Paul reminds us that following Jesus is not just about believing the right things—it's about becoming like Jesus over time. Just like many of us often pick up the habits, language, and attitudes of those we spend time with, walking closely with Jesus slowly shapes us into his likeness. We don't imitate God to earn love—we imitate God because we are already loved as his children.
- **Follow-up:** What people, habits, or influences are shaping who you are becoming right now? In what ways do you see yourself growing more like Jesus—or drifting away?

2. Is there a gap between who you appear to be and who you actually are?

📖 For you were once darkness, but now you are light in the Lord (Ephesians 5:8).

- Paul says that followers of Jesus are called to walk in the light, living with integrity and honesty. Light exposes what is hidden, not to shame us, but to heal and bring us freedom. A divided life—where our public image and private reality don't match—can be exhausting. Jesus invites us into a life where nothing has to stay hidden anymore.
- **Follow-up:** Are there any areas of your life you tend to keep in the dark? What would it look like to bring those struggles into the light through honesty with God and with trusted people?

3. Are your daily choices moving you toward the person you want to become?

📖 Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity... (Ephesians 5:15–16).

- Paul reminds us that wisdom is more than knowledge—it's learning to live intentionally. Wise people don't simply react to life in the moment. They consider their past experiences, present realities, and future direction. Walking in wisdom allows God's Spirit to guide our decisions so our lives reflect what matters most.
- **Follow-up:** What is one area of your life right now that needs God's wisdom? How might your decisions change if you focused more on who you are becoming than on what may feel easiest in the moment?