# Sunday 24th November – Connect Group Notes

## Don’t make time for anything

**Read Ephesians 5:8-20**

1. **Reflect on Our Attitude Towards Time**
   * How often do you say phrases like "I need more time" or "I haven’t had the time"?
   * Why do you think we often feel this way about time? What does this reveal about our priorities and mindset?
2. **Evaluating How We Spend Our Time**
   * In what ways do people tend to waste or misuse time?
   * Do you think we fully appreciate the value of our time? Why or why not?
3. **Wisdom in Using Time (Verses 15-17)**
   * What stands out to you in the call to be "careful," "wise," and to "make the most of every opportunity"?
   * How do these instructions challenge your personal approach to time?
4. **Understanding the Warning (Verse 16)**
   * What does it mean that "the days are evil"? How does the wider passage (verses 8-20) help us understand this warning?
   * What should our focus be as we navigate the world’s distractions?
5. **Seeking God’s Will**
   * How can we "understand what the Lord’s will is" and "find out what pleases the Lord"?
   * What insights does this passage give us about aligning our time with God’s purposes?
6. **From Warnings to Worship (Verses 18-20)**
   * Why does Paul shift from warnings about immorality to urging us to be filled with the Spirit and engage in worship?
   * How does this connection shape our approach to worship—both when we gather as a church and in daily life?
7. **Personal Application**
   * After reflecting on this passage, how might you need to rethink your use of time?
   * Is there anything you need to stop or limit in how you currently spend your time? Anything you should start doing instead?
   * How can the group support or hold you accountable as you seek to steward your time wisely?