

Walk with Wisdom

"I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called," Ephesians 4:1

Walk in unity

Walk in purity

Walk in love

Walk as children of light

Walk with wisdom

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ. Ephesians 5:15-21

1. What is wisdom? How is it different from knowledge? How does the scripture say we gain wisdom?

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. James 1:5

And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, 1 Corinthians 1:30

The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever! Psalm 111:10

Choose my instruction instead of silver, knowledge rather than choice gold, for wisdom is more precious than rubies, and nothing you desire can compare with her. Proverbs 8:10-11

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; Psalm 19:7

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. Proverbs 13:20

So teach us to number our days that we may get a heart of wisdom. Psalm 90:12

2. Some older translations translate verse 16 as “redeeming the time” in place of “making the best use of the time.” How does the biblical definition of redemption inform how we are called to use our time? What is the cost (redemption price) for reclaiming time to the glory of God? How might it be helpful to consider being a time redeemer in light of the differing seasons of motherhood?

3. How would you say that today, the days are evil in regards to the misuse of time?

4. Laziness and busyness are two ways that we sin by rejecting the God ordained boundary of time. How so? Are you prone to one or both?

5. In verse 16 we are commanded to “be filled with the Spirit.” The verb is in the present tense, indicating a new filling of the Spirit after conversion. Also, the imperative is a passive one indicating that we do not fill ourselves yet are still commanded to be filled. Given that context, how are we filled with the Spirit? Start, as Paul does, with considering drunkenness as a comparison. Consider the following passages as well. Is there a way you can link being filled with the Spirit and being a time redeemer?

For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit. 1 Corinthians 12: 13

On the last day of the feast, the great day, Jesus stood up and cried out, “If anyone thirsts, let him come to me and drink. John 7:37

*“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”
Colossians 3:16*

‘If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!’ Luke 11:13

Reflection Questions:

1. Where might the Holy Spirit be calling you to examine how you use your time? Do you need to pursue a biblical understanding of productivity?
2. What needs to be cut out or significantly restricted from your life in order for you to redeem the time?
3. Are you in a season of mothering where your time is severely taxed and limited? Do you need to give yourself grace and ease up on self imposed expectations?
4. How might the spiritual practices of Sabbath, stillness and rest combat the sins of laziness and busyness and help us embrace the God ordained boundary of time?
5. If people are where we make eternal investments, which relationships do you need to make more room for? How specifically will that impact your schedule and use of time?

Jen Wilkin's "Highly Unpopular" questions to ask when evaluating activities for kids:

1. Does it sabotage weekend downtime or worship?
2. Does it sabotage family dinners?
3. Does it sabotage bedtime?
4. Does it pull our family apart or together or push us together?
5. Is it an activity my child can enjoy/benefit from into adulthood?
6. Can we afford it?

Wilkin, Jen. *How to Guard Sabbath for your Children*. 2012. Found on thegospelcoalition.org

Redeem the Time: ideas from MTB teaching team

- Waking up early to read scripture
- Going to bed early or sleeping in to get needed rest
- Listening to sermons or scripture while exercising
- Reading or praying while nursing
- Reading scripture at a mealtime
- Focusing attentively on your infant's needs and not dwelling on other things that need doing (eg: laundry, cleaning, email)
- Choosing to engage more deeply in conversation while at a play-date with a trusted friend or organizing a regular playgroup of like minded women for encouragement and prayer
- Praying while up at night with kids
- Listening to sermons or podcasts while loading the dishwasher
- Create a predictable time of rest during the day after lunch
- Training children to have independent playtime and stay in the bedroom in the mornings until allowed to leave allowing mom time in the AM: an "okay to wake" alarm clock can be helpful with this
- Cultivating practices around Sabbath: a tub of "Sunday only" toys, a routine of rest after lunch (this may include spouses trading off to watch young kids)

- Making the most of time in the car: playing Scripture-based worship songs and singing with the kids (good for all ages); listening together to Bible stories (all ages); listening together to Narnia series (school-aged kids)
- Using everyday experiences as opportunities for intimacy with God (alone or with the kids): praise for the beauty of spring flowers or a lovely sunset, thinking metaphorically about how my efforts to care for my child can be a window into God's perfect care for me
- Reading and meditating on simplified Bible passages with the kids at bedtime or naptime, and using that time as my own devotion with the Lord
- Creating "easy access" to Scripture by placing a few verses on notecards posted around the house (mirrors, over the kitchen sink), or even making a set of Scriptural notecards on a keychain to flip through when semi-monitoring kids
- Preserving a date night with your spouse to prioritize the relationship
- To help balance self expectations, ask the Spirit to reveal 3 things to do in one day
- Using scripture and prayer apps on your phone
- Using phone settings to impose limits on social media and news applications

Book Recommendations from Erin:

The Common Rule: Habits of Purpose in an Age of Distraction, Justin Earley

Liturgy of the Ordinary: Sacred Practices in Everyday Life, Tish Harrison Warren

Crazy Busy, Kevin DeYoung