**The 7 Up’s for The Christian Walk**

**Introduction:**  The Christian Walk is a daily task that we all must partake of. Some days our walk for Jesus is easy, some days our walk is difficult, some days we go completely in the wrong direction, while other days we just stand still and do nothing in our Christian Walk. Paul wrote a letter, the epistle to the church of Ephesus while he was in prison. In Chapter five he tells the church that they should ***walk in love***.  
  
**Ephesians 5:2** “And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.”

**Pull Out 7 Eleven 2 Litter Bottle Put It On The Pulpit**

We are going to see seven up’s from chapter five that Paul tells the church of Ephesus that they should practice in their daily, Christian walk.

Read Ephesians 5:6-20

Have seven smaller 7up cans to hand out to those who can guess the ups for each point.

1. Wake Up:
   1. Ephesians 5:14 “Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.”
   2. If you were to sleep all day, you would not be able to accomplish anything:
      1. No schoolwork, no sports, no recreation, no church attendance.
   3. Paul is telling them to wake up from their sleep.
      1. He’s not talking about physical sleep and getting up out of bed.
      2. He’s talking about waking up out of a spiritual sleep and pay attention to what’s going on around you.
      3. Isaiah 60:1-2 says “Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee.”
      4. The word **awake** here means to wake up from obscurity.
         1. Dimness, darkness, fuzziness – like when you first wake up.
      5. The word here means to wake up from inactivity.
         1. Doing nothing, not reading your Bible, not praying, not telling others about Jesus.
   4. **Application**: Wake Up and Get Busy For God in your Christian Walk!
2. Get Up:
   1. Ephesians 5:14 “Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.”
   2. The first step was to **wake up**, but then you must do the 2nd part of actually **getting up**.
   3. If you were to stay in bed all day, you would not be able to accomplish anything:
      1. No schoolwork, no sports, no recreation, no church attendance.
   4. Paul is telling them to rise up out of their sleepy state.
      1. Again Paul is not talking about resurrection from the dead.
      2. He is talking about getting up from a spiritual sleep and getting up and doing something for the Lord.
      3. Proverbs 24:33-34 “*Yet* a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come *as* one that travelleth; and thy want as an armed man.”
      4. The word **rise** here means to rise and standup.
         1. Another way to say it: “Rise and Shine!”
      5. Once you are **awake** and **standing** then you are ready to begin your walk with Christ.
3. Stand Up:
   1. Ephesians 5:15 “See then that ye walk circumspectly, not as fools, but as wise,”
   2. In this third step, Paul tells them that they should walk circumspectly.
      1. The word **circumspectly** means to walk diligently or perfectly.
         1. Other definitions include carefully, meticulous, with purpose.
         2. Psalm 37:37 “Mark the perfect man, and behold the upright: for the end of *that* man ispeace.”
   3. Paul is instructing them to walk carefully, not haphazardly like the fools do.
      1. Proverbs 14:9 “Fools make a mock at sin: but among the righteous thereis favour.”
      2. Proverbs 22:15 “Foolishness *is* bound in the heart of a child; *but* the rod of correction shall drive it far from him.”
   4. Paul is instructing them to walk soberly and vigilant (pay attention to where you are going).
      1. I Peter 5:8 “Be sober, be vigilant, because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:”
4. Pay Up:
   1. Ephesians 5:16 “Redeeming the time, because the days are evil.”
   2. In this fourth step, Paul tells them that they should redeem the time.
      1. “When it comes to serving the Lord, there’s no time like the present!”
   3. The word **redeeming** means to buy up or to purchase.
      1. Galatians 6:10 “As we have therefore opportunity, let us do good unto all *men*, especially unto them who are of the household of faith.”
      2. Colossians 4:5 “Walk in wisdom toward them that are without, redeeming the time.”
   4. Paul is instructing them that they need to pay attention to the time (the opportunity) (the season)
      1. Ecclesiastes 12:1 “Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;”
   5. Paul is telling them we need to take a stand for Christ in these evil days.
      1. Ephesians 6:13 “Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.”
5. Wise Up:
   1. Ephesians 5:17 “Wherefore be ye not unwise, but understand what the will of the Lord is.”
   2. In this fifth step, Paul is instructing them to walk wisely.
      1. The word **wise** means to use Godly wisdom in all the decisions you are to make.
      2. Proverbs 11:30 “Fools make a mock at sin: but among the righteous there *is* favour.”
      3. James 1:5 “If any of you lack wisdom, let him ask of God, that giveth to all menliberally, and upbraideth not; and it shall be given him.”
      4. Questions to ask yourself on your Christian walk:
         1. Is it wise if I do this?
         2. Is it wise if I go there?
         3. Is it wise if I say this?
         4. Is it wise if I read this?
         5. Is it wise if I watch this?
         6. Is it wise if I listen to this?
   3. Paul is instructing them to understand and follow the Will of the Lord.
      1. Romans 12:2 “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.”
      2. I Thessalonians 4:3 “For this is the will of God, *even* your sanctification, that ye should abstain from fornication:”
      3. I Thessalonians 5:18 “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”
      4. The will of the Lord is for you to be saved and live a sanctified (Separate) life for Jesus Christ.
      5. The will of the Lord on your life may for you to be a vocation (job) in full time ministry like a pastor, a youth pastor, a missionary, a music leader, a Christian school teacher, etc.
6. Fill Up:
   1. Ephesians 5:18 “And be not drunk with wine, wherein is excess, but be filled with the Spirit;”
      1. In this sixth step, Paul is instructing them to not let their Christian walk to be controlled by something that the Spirit of God.
      2. Example being drunk with wine…Explain how this affects:
         1. Your behavior.
         2. Your speech.
         3. Your actions.
         4. Your attitude.
         5. Proverbs 20:1 “Wine *is* a mocker, strong drink *is* raging: and whosoever is deceived thereby is not wise.”
         6. Proverbs 23:20 “Do not mix with winebibbers, *Or* with gluttonous eaters of meat;”
      3. Paul is instructing them to be filled with the Spirit of God (aka The Holy Spirit)
         1. Being filledwith the Spirit means to yield control of your life over to Him so that he is guiding you with:
            1. Your behavior.
            2. Your speech.
            3. Your actions.
            4. Your attitude.
            5. Explain a yield sign and how you wait on others to move before you move.
            6. You yield (wait on the Holy Spirit) to tell you where to go, what to say, how to act.
         2. You are following his guidance so much; it is like he is Controlling you.
         3. When you see a drunk person, you know the alcohol is controlling them, we need to be filled so much of the Holy Spirit that others know the Spirit of God is controller you.
7. Sing Up:
   1. Ephesians 5:19 “Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;”
      1. In this seventh step, Paul is instructing them to sing to the Lord.
         1. Psalms – verse of scripture that can be sung with music
         2. Hymns – your hymnal with verse and a chorus
         3. Spiritual Songs – Christian music
      2. All three of these should do one of three things:
         1. Lift up the name of Jesus with praise.
         2. Encourage the Christian believer.
         3. Invite the lost to accept Jesus Christ as their Savior.
         4. If a so called “Christian Song” does not do one of these three things, you would be wise not to listen to that song even if you heard it on the Christian Radio Station.
      3. Colossians 3:16 “Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”
      4. James 5:13 “Is any among you afflicted? let him pray. Is any merry? let him sing psalms.”
      5. Psalm 101:1 “A Psalm of David. I will sing of mercy and judgment: unto thee, O LORD, will I sing.”

**Recap:**

1. Wake Up “Awake you that sleepest…” – vs 14
2. Rise Up “…arise from the dead…” – vs 14
3. Stand Up “…walk circumspectly…” – vs 15
4. Pay Up “Redeeming the time…” – vs 16
5. Wise Up “…be ye not unwise…” – vs 17
6. Fill Up “…be filled with the Spirit.” – vs 18
7. Sing Up “…singing and making melody…” – vs 19