

Study Guide for January 25, 2026 | Redeem the Time!

“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.” —Bill Keane

Perhaps you've heard this saying before. It's a bit cliché, but true, nevertheless. This series explores a variety of topics related to the gift of every new day. Let's see what God's Word has to say!

Read Ephesians 5:1-21, focusing on verses 15-17:

1 Follow God's example, therefore, as dearly loved children 2 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. 3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. 4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. 5 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. 6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.

7 Therefore, do not be partners with them. 8 For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. 14 This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.”

15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is.

18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. 21 Submit to one another out of reverence for Christ.

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Additional Verses: [John 13:34-35](#); [Matthew 5:14-16](#); [Psalm 119:97-105](#); [John 3:20-22](#); [Colossians 4:5-6](#); [Romans 12:2](#); [Galatians 5:16-25](#)

Connect the points below to the corresponding verses in Ephesians 5:1-21.

Suggest additional Scripture that can be used as a cross-reference for support. Pick one from the additional verses above or add one of your own

1. Walk in Love
2. Walk in the Light
3. Walk in Wisdom
4. Walk in the Spirit

Ask the following questions as they relate to the points above.

1. What stands out to you? Which point or verse speaks to you the most? Why?
2. Elaborate on each point. What does the Bible tell us about each point? For example, what does it mean to walk in love?
3. How does this apply to your life? Suggest one way you can put this into practice this year.
4. What is one big takeaway from this lesson? What insights did you gain? Summarize what you learned in a single sentence.
5. Improve the following by providing more specific details. Pick one of the sentences below and suggest a practical way you will do this.

“This year, I will make the most of every opportunity by loving others with the same sacrificial love Christ has shown me. I will walk in the light of Scripture and in the wisdom God provides, so that I may discern His will and pursue what pleases Him. I will seek to be continually filled with the Holy Spirit, keeping in step with what God is doing.”