

Sunday 31 May 2020

Ephesians 6:1–9

Leading  
SpeakingMickey Mantle  
Tim Sheppard

And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. [Philippians 2:8 ESVUK](#)

## NOTICES

**COVID-19:** [visit our website](#) for further guidance and help at this time.

**6pm RML:** not part of a Bible study group at St Helen's? [Email us to join](#) or for more information.

**Post-meeting discussion:** not part of a Bible study group at St Helen's? Join others after tonight's meeting to say hello and discuss the talk, [on Zoom](#), straight after the meeting.

**Christianity Explored course:** Who is Jesus? Why did he come and why does it matter? This is a great opportunity to investigate the claims of Jesus for yourself, looking at Mark's Gospel. It's an online seven-week course continuing on Wednesdays, at 6.45pm. [Please email](#), to register your interest. If you would like to advertise the course in your window or office, [please download and print this poster](#).

**Marriage Foundations:** for all married couples, and for couples considering marriage. Monday evenings, 1, 8, 15 June—online. [Email Richard and Philly](#).

**Student weekend—Life beyond lockdown:** lessons from the book of Ezra, discovering key lessons from this unfamiliar book and enjoying fun online together. Friday 5 June, evening and Saturday 6 June daytime, [sign-up online](#).

**Monthly prayer meeting for Africa,** including praying for our mission partners and wider issues affecting the continent. Next meeting is on Zoom. Monday 8 June at 7pm, to join or for more details, [please email Ruth](#).

**6pm sex and relationships morning:** Saturday 13 June, a morning of teaching from the Bible on the topic of sex and relationships. [Download the flyer](#) to pass on to others.

**New Bible Matters app:** download the app for your [Apple](#) or [Android](#) mobile or tablet to access all our resources—talks, series, videos, Bible studies and more. Our Apple TV app has also been updated and brings you our latest videos. If you have any feedback or thoughts, please share them with [our digital team](#).

**Please pray for:** Chevonne.

**Next Sunday:** William Taylor will be speaking on Ephesians 6:10–24.

# The right side of history

## A worthy manner at home and at work

### Ephesians 6:1–9

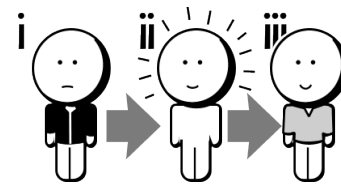
Learning how to walk... (4:17–24)

... **in love (4:25–5:2)** cf 2:11–22

... **as children of light (5:3–14)** cf 2:1–10

... **as wise (5:15–6:9)**

= bodies and heads (cf 1:20–23)



### Walking as wise in the home (6:1–4)

Children

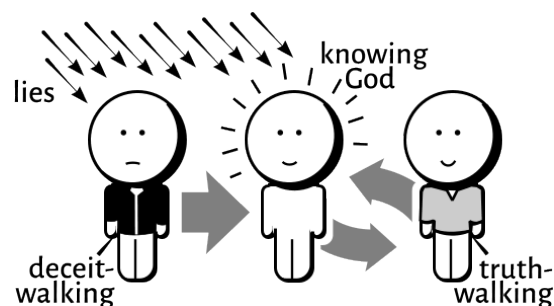
Parents

### Walking as wise at work (6:5–9)

Bondservants

Masters

### The walk that speaks volumes



### Questions for discussion and reflection:

- Where do these verses challenge the way you think / live?
- Why is it important to hear instructions for those in different circumstances to you?
- Why is 'changed walking' so important in Ephesians? How does that help us to want to do it?