



### **Ephesians 5:15–20 (NIV)**

<sup>15</sup> Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup>making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord’s will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, <sup>19</sup>speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

**Love, Sex, and Dating  
Living with No Regrets  
Ephesians 5:15-20  
Dr. Jordan Schumacher  
7/28/2024**

**If you knew then what you know now, you would have  
NEVER \_\_\_\_\_?**

**The Big Idea**

A life \_\_\_\_\_ with the Spirit is a life \_\_\_\_\_  
of regret and \_\_\_\_\_ of rejoicing.

**I Live a No Regrets Life When the Spirit Fills Me to  
Be...**

- 1) \_\_\_\_\_, not carefree
- 2) \_\_\_\_\_, not self-indulgent
- 3) \_\_\_\_\_, not grumbling

**Applying It to My Life**

- Be \_\_\_\_\_ of regrets by placing my faith in Jesus
- Be \_\_\_\_\_ with joy by giving the Holy Spirit full control

## NEW HERE?

We are so grateful you have joined us today. If this is your first time, please fill out a Connection Card, take it to the “**Connection Center**” tent; we have a gift for you.

## LIFEHOUSE HIGHLIGHTS

**Men’s Axe Throwing:** Sunday, July 28, 5:00-7:00pm at Impact Axe, 4415 Granite Dr, Rocklin, CA. Cost \$35. For more information, contact [Zach@TheLifehouseChurch.com](mailto:Zach@TheLifehouseChurch.com).

**Kids & Student Baptism Class:** Sunday, August 4, 11:00am -12:pm in Student Ministry Room. If your child is interested in getting baptized, we invite you to join our class for both kids and parents. For more information, contact [CJ@TheLifehouseChurch.com](mailto:CJ@TheLifehouseChurch.com).

**Beach Baptism and BBQ:** Wednesday, August 7, 6:00-9:00 pm @ Folsom Lake.

**Men’s Retreat:** This multi-church Men's Retreat is an opportunity for fellowship, teaching, encouragement, and spiritual growth while learning from a professional speaker and bonding with other men. Dates: September 20–22, 2024. Cost \$229.

**Student Ministry Wednesday Gathering:** 6:30-8:00pm in the Student Room. 6th-8th and 9th-12th graders; come and join in the games, worship, and lessons.

**Middle School Sunday Service:** 9:30am in the Student Room. 6th through 8th graders; come and join the fun!

**Young Adults:** Tuesdays, 7-8:30pm at the Vasquez home. For more information, contact [CJ@TheLifehouseChurch.com](mailto:CJ@TheLifehouseChurch.com).

**AA Recovery Group "Grace Abounds:"** Thursdays, 6:30 - 7:30pm in the Coffeehouse.



**New Lifehouse Guest Wi-Fi**

**password: tlcguest**

**Check out our website**

**[TheLifehouseChurch.com](http://TheLifehouseChurch.com)**

Scan the QR code to download our Church Center App

