



December 27 & 28, 2025 | Annual Examen | Ephesians 5:8-16 | Joshua Wilhite, pastor

### EXPECT

*Ephesians 5:8 Walk as children of light 9 (for **the fruit of light** is found in all that is good and right and true), 10 and try to discern what is pleasing to the Lord. 11 Take no part in **the unfruitful works of darkness**, but instead expose them. 12 For it is shameful even to speak of the things that they do in secret.*

If there's going to be fruit then there has to be light.

### EXPOSE

*Ephesians 5:13 But when anything is exposed by the light, it **becomes visible**, 14 for anything that **becomes visible** is light. Therefore it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you."*

1. To "expose" (ἐλέγχω // el-ENG-kho) something is to examine it carefully out in the open.
2. To "become visible" (φανερόω // pha-nere-AH-o) means that something has been "disclosed," "shown," or "made known."

### EXAMINE

*Ephesians 5:15 **Look carefully** then how you walk, not as unwise but as wise, 16 **making the best use of the time**, because the days are evil.*

1. Take stock of your tactics.
2. Take stock of your timeline.

### A SIMPLE ANNUAL EXAMEN

**1) REVIEW:** Summarize the year in three words or phrases.

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**2) REFLECT:** Take an inventory of your personal health without judging yourself or rationalizing.

*\*Consider the following areas of health and mark each with a doing positive (+), negative (-), or neutral (=).*

- \_\_\_ **Spiritual Health** (How would you describe your relationship with God this year? Did you devote daily and/or invest in spiritual growth?)
- \_\_\_ **Physical Health** (Did you steward your body well? Did you get enough sleep and exercise? How was your relationship to food/drink?)
- \_\_\_ **Emotional Health** (What feelings were most pronounced this year? How were your stress levels, and how did you manage them? Describe your relationship to entertainment, social media, or news outlets.)
- \_\_\_ **Vocational Health** (Did you appropriately prioritize your work? Did you avoid responsibility at work, home, school? Did you let work crowd out family or key relationships?)
- \_\_\_ **Relational Health** (Did you invest in relationships that are life-giving? How did you pursue intentional Christian Community? Have you allowed yourself to be 100% known by anyone?)

**3) RESOLVE:** Prayerfully consider what God is calling you to in the coming year.

- Ask God what one or two areas He is leading you to work on in the coming year.
- What Scripture speaks to those growth areas?
- What are some "next faithful steps" you will take in those areas?
- Who will you ask to help you take those steps this year?

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