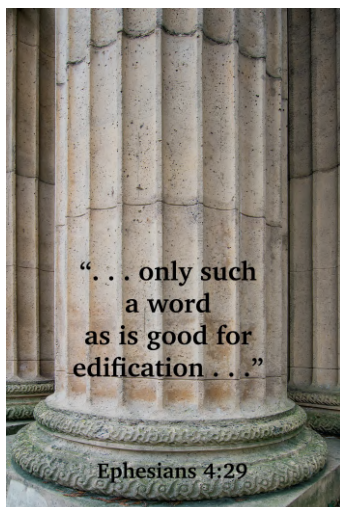




Practical Christianity, Part 1

Series: Ephesians, #14

Ephesians 4:25-32

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The New Godly Lifestyle Includes ...

1. Truthful, edifying speech.
 - a. Send falsehood on a one-way trip out of your life. (25)
 - b. Make truth an absolute monarch in your life. (25)
 - c. Speak to build, encourage and strengthen others. (29, 31)
2. Sin-free anger.
 - a. Cancel sinful anger.
(26, 27, 31; see also James 1:19-20)
 - b. Embrace sin-free anger. (26; see also Deuteronomy 6:15, 9:8, 20; Mark 3:1-6; John 3:36; Romans 1:18; Revelation 19:15)

Next week, Part 2:

3. Working to provide and share. (28)
4. Living in harmony with the Holy Spirit. (30)
5. Understanding and forgiving each other. (32)

In My Life This Week

As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Read 4:17-32. A godly lifestyle, includes truthful speech. Define “falsehood” (25). Paul instructs us to send falsehood on a one-way trip out of our lives and establish truth as an absolute monarch. Are there areas, ways, specific things in which you struggle with truthfulness? Be specific. Make a commitment to be a person of truth.

Tuesday. A godly lifestyle is marked by speech that builds, encourages and strengthens others (verses 29 & 31). Note the negatives: unwholesome, clamor, slander. Now note the positives in verse 29 (this is a good verse to memorize). Review the past week. How much of your speech was not edifying and grace-giving? Confess any unwholesome speech to God, and also to those who heard those words.

Wednesday. A godly lifestyle also includes sin-free anger. What is anger? Is it always wrong to be angry? Is God ever angry? Check the outline for a starting point and then, with the help of a concordance or other tools, check the Bible to see the things that anger God and what makes His anger righteous. How much of your anger is *righteous* anger?

Thursday. Sinful anger is very destructive. Review verses 26, 27, 31 and then James 1:19-20. In what ways does our sinful anger give Satan an opportunity (27)? Have you given Satan and his forces opportunities in this last week by sinful anger?

Friday – Saturday. Sunday we will look at the last three marks of a godly lifestyle here in 4:25-32. Read through these verses in preparation for our time together.