



**We don't live FOR God's approval. We live FROM God's approval.**

**The Three-Question Process**

- What does it say? (Observation)
- What does it mean? (Interpretation)
- What does it mean to me? (Application)

**Transformation in the Christian life is BELIEVING to the point of ACTING on it.**

It's the Spirit of God producing the life of Christ INSIDE you, which then comes out in your thoughts, speech, and behavior.

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## Chapter 4 OVERVIEW

📖 **Verses 1-6: The Command (Living Out Your New Life)**

*<sup>1</sup>Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, <sup>2</sup>with all humility and gentleness, with patience, showing tolerance for one another in love, <sup>3</sup>being diligent to preserve the unity of the Spirit in the bond of peace. (Ephesians 4:2-3 NASB)*

*<sup>4</sup>There is one body and one Spirit, just as also you were called in one hope of your calling; <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all who is over all and through all and in all. (Ephesians 4:4-6 NASB)*

📖 **Verses 7-10: The Theology (The Basis of Change)**

*<sup>7</sup>But to each one of us grace was given according to the measure of Christ's gift.*

*<sup>8</sup>Therefore it says,*

*"When He ascended on high,  
He led captive a host of captives,  
And He gave gifts to men."*

*<sup>9</sup>(Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? <sup>10</sup>He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.) (Ephesians 4:7-10 NASB)*



*Yes!*  
**You Really  
CAN Change**

**DAY 2**

# **OVERVIEW**

## EPHESIANS 4

### **Verses 11-16: The Environment (Resources for Spiritual Growth)**

*<sup>11</sup>And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, <sup>12</sup>for the equipping of the saints for the work of service, to the building up of the body of Christ; <sup>13</sup>until we all attain to the unity of the faith, ... to the measure of the stature which belongs to the fullness of Christ. (Ephesians 4:11-13 NASB)*

### **Verses 17-24: The Process (Your Responsibility for Spiritual Growth)**

*So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind. (Ephesians 4:17 NASB)*

### **Verses 25-32: The Practice (The Practices That Enable Spiritual Growth)**

*Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. (Ephesians 4:25 NASB)*

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## **ASSIGNMENT**

- 1.** Read Ephesians 4 quickly.
- 2.** Reread Ephesians 4 slowly. Circle any words that have to do with growth, change, transformation, and maturity. Then underline any commands you see in the text.
- 3. PRAYER:** Ask God to speak to you and show you how much He loves you. Then ask Him to change your life.
- 4. OPTIONAL:** Listen to audiobook excerpt #2.