



Yes!  
You Really  
CAN Change

# WHAT DOES IT SAY?

EPHESIANS 4:1-6

**The goal of Bible study isn't just knowledge. It's also to respond to God's voice as He speaks to you through His Word.**

## EPHESIANS 4:1-3 NIV

*<sup>1</sup>As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup>Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup>Make every effort to keep the unity of the Spirit through the bond of peace.*

### Four Attitudes

- 1. Humility:** An accurate view of yourself from God's perspective.
- 2. Gentleness:** To be considerate, have restraint (power under control).
- 3. Patience:** Steadfastness in suffering; the reluctance to avenge or pay back those who have wronged you.
- 4. Bearing With:** To put up with the quirks and idiosyncrasies of other people.

## EPHESIANS 4:4-6 NIV

*<sup>4</sup>There is one body and one Spirit—just as you were called to one hope when you were called—<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.*

---

## ASSIGNMENT

1. Write the command in Ephesians 4:1 in your own words.

---



---



---



---



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

**DAY 3**

## **WHAT DOES IT SAY?**

EPHESIANS 4:1-6

2. In Ephesians 4:5-6, every time you see the word “one” in these verses, *circle* it. Every time you see the word “all,” *underline* it.
3. Reread the definitions of the four attitudes.
4. **PRAYER:** Ask God to show you any action you should take in response to one of those attitudes.
5. **OPTIONAL:** Listen to audiobook excerpt #3.