



WHAT DOES IT MEAN TO ME?

EPHESIANS 4:25-32

EPHESIANS 4:25-32 NASB

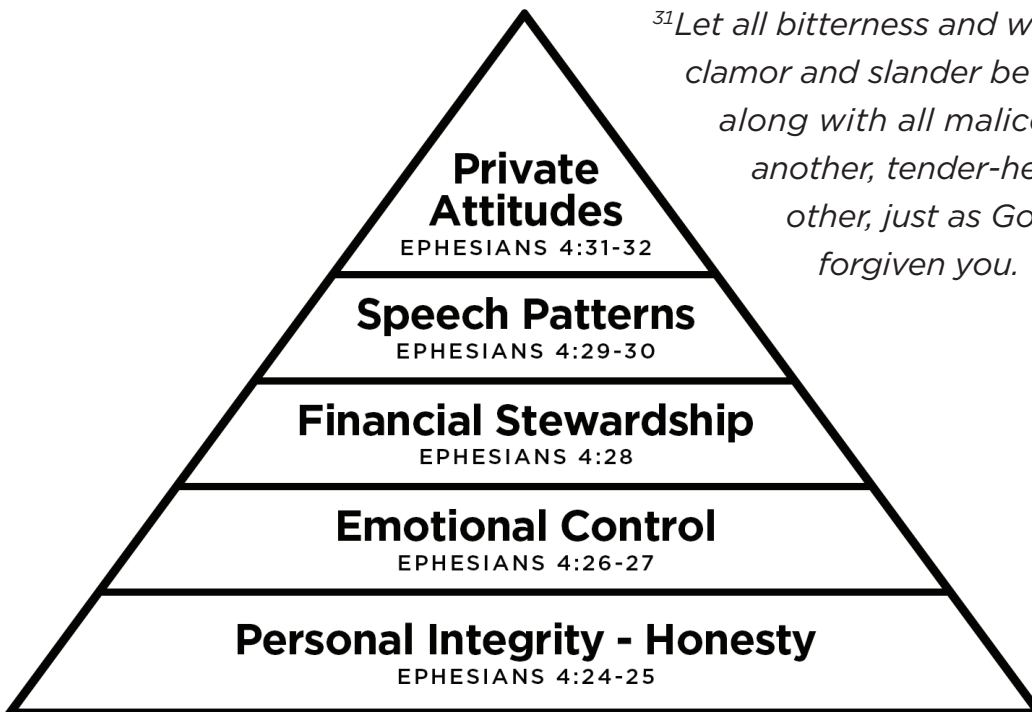
²⁵Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.

²⁶Be angry, and yet do not sin; do not let the sun go down on your anger, ²⁷and do not give the devil an opportunity.

²⁸He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.

²⁹Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. ³⁰Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.



There are certain things in our life that will never change and can't change by simply trying harder.



Yes!
You Really
CAN Change

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ASSIGNMENT

1. In what area of your life has trying hard been unsuccessful and frustrating?

2. Where do you need to go into training?

3. Who could you talk with to discuss what training might look like or who might join you on the journey?

4. **PRAYER:** Ask God to reveal to you the areas you need to go into training for.

5. **OPTIONAL:** Listen to audiobook excerpt #14.