



Yes!  
You Really  
CAN Change

# SPIRITUAL TRAINING STATION #1

EPHESIANS 4:15, 25

## EPHESIANS 4:25 NASB

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

## EPHESIANS 4:15 NASB

*<sup>15</sup>Speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ.*

### The Habit of Honesty

**Training Objective:** Honesty (Personal Integrity)

**Training Command:** "Speak the truth in love."

### Training Actions:

**PUT OFF:** Falsehood

**RENEW:** Recognize your shared membership in God's family.

**PUT ON:** Truthful speech and authenticity

### Training Apparatus:

Practice confession.

*He who walks in integrity walks securely, but he who perverts his ways will be found out. (Proverbs 10:9 NASB)*

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## ASSIGNMENT

1. We are a product of our thought life. What is the relationship between our thinking and life-change? Read Romans 8:5-8, Romans 12:2, and Colossians 3:1-4.

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2. What does it look like for you to go into training with honesty?

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3. Take a 3x5 card and write Proverbs 10:9 on the front. On the back, write, "I will confess whenever the Holy Spirit makes me aware that I've lied." Put it somewhere you'll see it every day.

4. **PRAYER:** Ask God to reveal to you anyone you've lied to, and then ask Him for courage to take action.

5. **OPTIONAL:** Listen to audiobook excerpt #15.