

## **Digging Deeper: Ephesians 4:25–32**

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### **Day 1**

Read through and pray over Ephesians 4:25–32.

Ephesians 4:25: As a result of our new life in Christ, Paul states that we are to speak truth for we are members of one another. Read Colossians 3:9 and Romans 12:5. Consider the harm if your brain omits the truth and allows your mouth to eat whatever is pleasing. We must be honest with each other for we are of one body. Read Ephesians 4:15. Pray and ask God to reveal how you can effectively speak truth in love.

### **Day 2**

Ephesians 4:26–27: These verses indicate that anger is an emotion that everyone experiences yet we are called not to sin in our anger. Therefore we must be in control lest we give place to the devil. When we harbor anger and wrath in our hearts, the devil will use it to do his work. Hence, we must let go of anger on a daily basis. How can you be sure to not let the sun go down on your wrath? How do you address your anger?

### **Day 3**

Ephesians 4:28: Since we have put off our old selves and have been clothed in righteousness and made in the likeness of God our heavenly Father, our body is no longer used to stealing. Rather than taking and stealing with our hands, we are called to do honest work, which is good. In this verse, why does Paul say we are to do honest work? Read 1 Timothy 6:18. Are you using your hands to do honest work? Are you generous and ready to share with those in need?

### **Day 4**

Ephesians 4:29: How do you edify others? Is your goal to help or hurt? Are you using the right language with the wrong intent? Are your words extending grace? Read this verse again from the Berean Study Bible, memorize and pray over it throughout the day.

*Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen.*  
*Ephesians 4:29*

### **Day 5**

Ephesians 4:30: In Christ, we are a new creation (2 Corinthians 5:17). Jesus has sent the Holy Spirit from the Father to reside in us and to exalt Jesus (John 15:26). As a member of the body of Christ, when we lie, steal, sin in anger and use corrupt words, we grieve the Holy Spirit. Take time today to pray and consider how you have grieved the Holy Spirit. Repent and pray that your words, actions and intent would follow the Holy Spirit and exalt Jesus.

**Day 6**

Ephesians 4:31–32: Again Paul emphasizes that we must remove these sinful behaviors in order to put on and reflect the image of God. Read Colossians 3:12. We must be kind, tenderhearted and forgiving. And let us not forget, Christ is our measure for love and forgiveness. Who do you need to love and forgive today just as God loves and forgives you?