



To really change I must do two things –

- _____ my old nature & _____ my new nature.

... put off your old self...to be made new in the attitude of your minds;
and to put on the new self... Ephesians 4:22-24

Practice the Principle -

1) Honesty

...no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself. Ephesians 4:25 (MSG)

- Don't – _____
- Do – speak _____
- Why - Because we are _____.

2) Anger

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

- Don't – _____ through anger.
- Do – Express _____.
- Why – To keep _____ out of my life.

3) Work

He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. Ephesians 4:28 (NIV)

- Don't – _____
- Do – work _____
- Why - So I can _____ others

4) Speech

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God... Ephesians 4:29-30 (NIV)

- Don't – use _____
- Do – speak _____ words.
- Why – So I won't _____ the Holy Spirit.

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. Luke 6:45 (NIV)

5) Attitudes/Emotions

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Be imitators of God, ...Ephesians 4:31 - 5:2 (NIV)

- Don't – be _____.
- Do – be _____.
- Why – to _____.

6) Sexuality

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. Ephesians 5:3-4 (NIV)

- Don't – _____ sexuality.
- Do – _____.
- Why - because it's God's gift & we _____.



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