

## Friday

For Paul, the Christian life is not a list of do's and don'ts. It is all about character transformation. In Ephesians 5:1-2, Paul makes this clear. Here he pauses in his long list of examples of ways we should behave as Christians and reminds us that it all comes down to living a life of love.

Read Ephesians 5:1-2. In your own words, summarize what Paul is saying here. Why do you suppose it's so important to Paul to keep coming back to this big picture? How is this more motivating than a mere list of commands?

*Ask God to search you today so you can see where you need to grow in reflecting Christ's love and holiness. Thank Him for His love for you!*

## Saturday

*Polish up that memory verse, and please pray for the services this weekend. Thanks!*

# Prayer Updates

Remember Dave and Pam Hicks in prayer as they begin their sabbatical going for the birth of Patrick and Carrie's (their daughter's) baby, **Jack David Steele**. Dave has just finished a week at the Missions Springs "4th of July Family Conference".

## WORDS OF THANKS

"I would like to thank each and every person who has kept Jeremy in their prayers. God is great! The wound is shrinking and he is in wonderful spirits. Thank you for your help to me – words cannot describe my feelings." – Debbie Holmes

## HOSPITALIZED & SURGERIES this past week...

Aleeta Zapata – back pain, third surgery being considered, her husband, Gerry, is home recovering from bypass surgery  
Bobbette Moore – surgery recovery  
Francis "Suzanne" Heisey – failing health  
Hayden Witt (infant, parents Phil & Kiersa, grandparents Sterling & Cheri) – premature & birth complications, at Stanford  
Irvin Smith – skilled nursing facility to be determined  
Lloyd Nelson (age 90) – mild heart attack, stint surgery  
Robert Miller – surgery for nerve damage to his back  
Sandy Cameron – foot surgery 7/11  
Trudi Jackson – emphysema

**Recent hospitalizations / surgeries:** Diane Perez, Jeannette Maier, Patty Wood, Pete Schipper

## We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups – call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center. **You can also subscribe to our online Prayer Update by visiting our web site at [www.tlc.org/profiles](http://www.tlc.org/profiles) and signing up.**

# Part 2: Living a Transformed Life

Ephesians 4:24-5:2  
July 7 & 8, 2007 • René Schlaepfer

# IT CAME FROM WITHIN!

"Take on an entirely new way of life – a God-fashioned life, **a life renewed from the inside** and working itself into your conduct as God accurately reproduces his character in you. **What this adds up to, then, is this...**" *Ephesians 4:24 (The Message)*

### 1. \_\_\_\_\_

**"Put off falsehood** and speak truthfully..." *Ephesians 4:25a (NIV)*

**"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 (TM)*

*Why do we wear masks?*

To \_\_\_\_\_ ourselves

To \_\_\_\_\_ others

**APPLICATION:** Be \_\_\_\_\_ when I am tempted to wear a mask... this week!

### 2. \_\_\_\_\_

**"Don't use your anger as fuel for revenge.** And don't stay angry. Don't go to bed angry. Don't give the devil that kind of foothold in your life." *Ephesians 4:26-27 (TM)*

**APPLICATION:** \_\_\_\_\_ someone I resent... this hour!

### 3. \_\_\_\_\_

"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)*

**APPLICATION:** \_\_\_\_\_ to someone poorer than I am... this week!

### 4. \_\_\_\_\_

**"Watch the way you talk.** Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift." *Ephesians 4:29 (TM)*

"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, with whom you were sealed for the day of redemption." *Ephesians 4:29-30 (NIV)*

"Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you." *Ephesians 4:31-32 (TM)*

**APPLICATION:** \_\_\_\_\_ an encouraging note or e-mail... today!

**BOTTOM LINE:** “Watch what God does, and then do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with Him and learn a life of love. **Observe how Christ loved us.** His love was not cautious but extravagant. He didn’t love in order to get something from us but to give everything of himself to us. Love like that.” *Ephesians 5:1-2 (NIV)*

Ephesians so far...

**I’M BLESSED WITH EVERY SPIRITUAL BLESSING**

**I’M CHOSEN BY GOD**

**I’M HOLY AND BLAMELESS IN GOD’S SIGHT**

**I’M ADOPTED BY GOD**

**I’VE BEEN SET FREE**

**I’M FREELY FORGIVEN**

**I HAVE GOD’S RICHES**

**I’M SAVED BY GRACE**

**I’M A MASTERPIECE**

**I HAVE A DESTINY**

**I AM IN ONE BODY WITH OTHER BELIEVERS**

## Daily Meditations


### Monday

Read Proverbs 12:18-20, Ephesians 4:22-25 & 1 Peter 2:1-3. What stood out to you in last weekend’s sermon? Why?

What do these passages tell you about lying and deceitfulness?

When are you most tempted to be deceitful?

When you are tempted to wear a mask this week what step will you take to move towards honesty?

continued 

*Thank God today that He cares about you and how you live. Thank Him for the example He set in honesty. Pray that you will be courageous and willing to live and speak honestly.*

### Tuesday

Read Proverbs 29:11, Ephesians 4:26-27 & James 1:19-21. Recall a time recently when you were angry. What triggered your anger? How did you act out your anger? What were the consequences?

How do you feel when you’re on the receiving end of someone’s anger? Have you forgiven that person?

In what way are you struggling with anger right now? Who is that anger directed toward?

*Spend time in prayer today thanking God for His love. Talk to Him about your anger. Ask Him to show you where you’re harboring resentments. Ask Him to soften your heart towards those you’re struggling with. Pray that when you’re tempted to anger you’ll seek God’s help and patience.*

### Wednesday

Read Ephesians 4:28. What did you learn about stealing in the sermon? Did you ever steal something when you were a child?

In what situations do you struggle with being tempted to steal?

How can you do something useful for someone this week?

*Thank God today for His provision for you physically, emotionally and spiritually. Talk to Him about the temptations you face to steal – whether it’s robbing someone emotionally or literally. Pray that your heart will remember the abundance you have in Christ and resist the temptation.*

### Thursday

Read Ephesians 4:29-32. Watching your words – this is a hard one! How do you respond when you’re on the receiving end of someone’s unwholesome talk?

Think about yesterday. How would you rate your speech? In what way did you use your words to build people up? In what way did you use your words to tear people down?

When are you most tempted to let “unwholesome” words come out of your mouth?

Write down the name of someone you will write or call today to encourage.

*Thank God today that He speaks kindly to you. Pray that your speech will be gracious and that your response to others will be merciful. Ask God to sharpen your conscience and alert you to any unwholesome talk. Pray for the humility to ask for forgiveness when you need to.*



Memory Verse

*“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.” Ephesians 4:32*

over  