

Ephesians 4:26-28

Continue to Put Off Sin

FEBRUARY 5 - 11
WEEK 01

➞ Be sure you are practicing our memory verse — Ephesians 4:32-5:2

DAY ONE

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. // Ephesians 4:26-27

Anger is a heart issue and only the Gospel can help us with that. Believing and trusting that God is in control of all things and can use every situation for good helps melt away our anger. Anger is not always a sin, but how we *respond* to anger is what matters.

Q. When you get angry, how can you deal with your anger without sinning?

Q. When are we supposed to deal with our anger?

Pray: Ask the Lord to help you manage your anger in a way that honors Him.

DAY TWO

Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. // Ephesians 4:28

As humans we often look to see what we can gain from others. We may even try to get away with taking something that doesn't belong to us thinking no one will notice. The truth is, God knows everything. Nothing truly belongs to us, it is all owned by God. Even our time is measured and should not be wasted. We can use our time to be wise and honor God and use our possessions to be generous to others around us.

Q. List ways that you can share what you have with those around you.

Q. What are ways you use your time to glorify God? What are some ways that you "waste" your time during the day?

DAY THREE

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. // James 1:19-20

Q. Why is it important to be quick to listen and slow to speak and slow to anger?

Q. What happens when we speak before we listen and we get angry quickly?

Pray: Ask the Lord to help you be a good listener and to be slow to get angry.

DAY FOUR

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness. // Psalm 86:15

God is the ultimate example for us of being patient and merciful. Even while we were sinners, he sent His one and only Son to die for us so that we might be saved!

Q. How does this truth help give you strength to be slow to anger?

Pray: Ask God to change your heart to make you more like His Son Jesus!

DAY FIVE

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. // Ephesians 4:32-5:2

This is our new memory verse for the month of February. List all of the ways we are supposed to act according to this passage:

Challenge: Take some time to memorize this passage! Recite this verse to Miss Lydia or Miss Kayla in Cornerstone for a prize.

