

BEING THE BEST VERSION OF YOU

STRETCH – Part 6

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Ephesians 4:25-32

We need to...

1. BE _____.

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.” Ephesians 4:25 (NIV)

2. IDENTIFY _____.

“In your anger do not sin’: Do not let the sun go down while you are still angry...” Ephesians 4:26 (NIV)

I Peter 5:7; Psalm 55:22

“...and do not give the devil a foothold.” Ephesians 4:27 (NIV)

3. BE _____, **NOT** _____.

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

4. BE _____.

“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 4:29 (NIV)

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.” Ephesians 4:30 (NIV)

5. DEAL _____.

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” Ephesians 4:31 (NIV)

“Be kind and compassionate to one another forgiving each other, just as in Christ God forgave you.” Ephesians 4:32 (NIV)

“Follow God’s example, therefore, as dearly loved children [v.2] and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.” Ephesians 5:1, 2 (NIV)

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