

# EPHESIANS

How do I do this?



READ THE  
INSTRUCTIONS



How do I do this?



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**As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.**

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**So I tell you this, and insist on it in the Lord,  
that you must no longer live as the Gentiles  
do, in the futility of their thinking.**

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## Ephesians 4:25

**Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. (NIV)**

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## Ephesians 4:25

**What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbour 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.  
(MSG)**

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**Ephesians 4:26-27**

**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. (NIV)**

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**Ephesians 4:26-27**

**Go ahead and be angry. You do well to be angry—but 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. (MSG)**

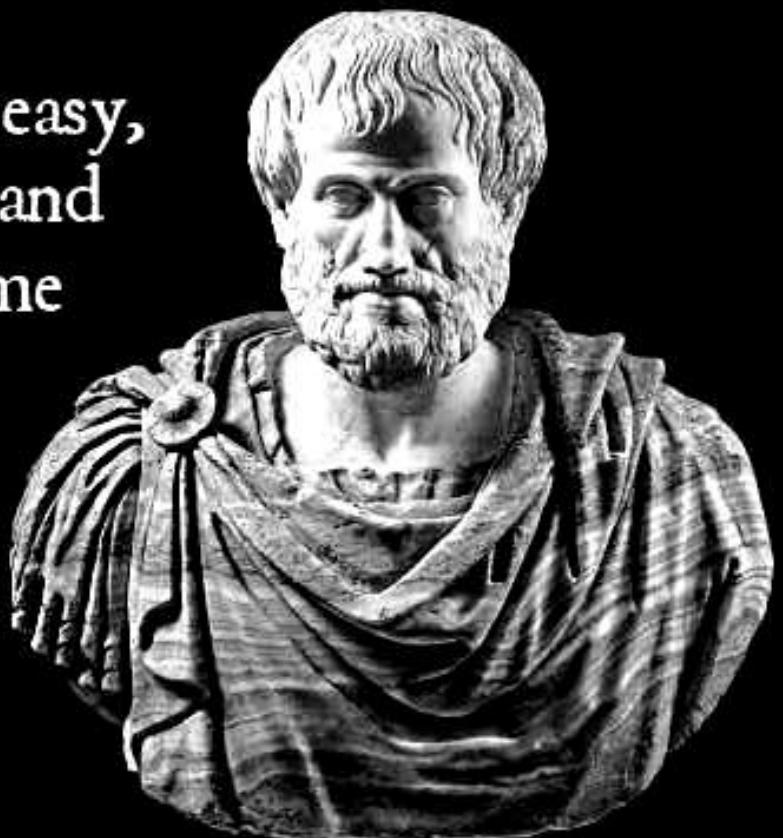
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“Anybody can become angry - that is easy,  
but to be angry with the right person and  
to the right degree and at the right time  
and for the right purpose, and in the  
right way - that is not within  
everybody's power, and is not easy.”

-Aristotle



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**Ephesians 4:28**

**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. (NIV)**

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**Ephesians 4:28**

**Did you use to make ends meet by  
stealing? Well, no more! Get an honest job  
so that you can help others who can't work.  
(MSG)**

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## Ephesians 4:29-32

**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. 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. (NIV)**

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## Ephesians 4 29-32

**Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift.**

**Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted.**

**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. (MSG)**

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## James 3 v 6&8

**The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, but no human being can tame the tongue. It is a restless evil, full of deadly poison.**

(NIV)

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