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What Not to Wear – Part II Ephesians 4:25-32

²⁵ *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

When tempted to be untruthful . . .

Put Off _____ Put On _____

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

When your anger is triggered . . .

Put Off _____ Put On _____

²⁸ *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.*

When tempted to take something you haven't earned . . .

Put Off _____ Put On _____

²⁹ *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.*

When tempted to say something negative about someone else . . .

Put Off _____ words, Put On _____ words

³¹ *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

³² *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

When wronged by someone else . . .

Put Off _____ Put On _____

³⁰ *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.*

**We grieve the Holy Spirit when we . . .
Live from our Old Self instead of our New Self**

**The Transition from Old Self to New Self is a shift from a
_____ attitude to a _____ attitude**

**It is a shift from
Self focus to others focus**

Spend some time each day reading, meditating on, studying, resting in and applying Ephesians 4:25-32. Here are some resources that may help:

- **Read – *Humility* by Andrew Murray**
(available at your favorite online bookseller)
- **<http://parkerhill.wordpress.com>** – weekend follow-up questions for you and your small group
- ***Life Lessons with Max Lucado - Ephesians***
(available at your favorite online bookseller)
- **www.crosswalk.com**
- **www.studylight.org**