



Open it

1. Write down two truths and a lie about yourself. Try to be sneaky! Pick things that you think only someone who knows you really well would guess.

Daily Devotions

Day 1 — Today's Theme: Explore the Passage

Read Ephesians 4:25–32.

2. What are we to put off? What are we to do instead? (4:25)
3. What two things are we not to do while we are angry?
4. What should someone who is stealing do instead?
5. How should we talk?
6. What are we to get rid of? (4:31) What are we to do instead? (4:32)

Day 2 — Today's Theme: Is it Ever OK to Lie?

Read Ephesians 4:25.

Have you ever stopped to think, "Why do we lie?" We lie for a few reasons. Maybe we did something wrong, and we don't want to get caught and face the consequences; maybe we pretend to be someone we aren't to look "better"; maybe we just don't want to hurt someone's feelings. Is it ever OK to lie? What about telling a "white lie"? A "white lie" is *a lie that is told in order to be polite or to stop someone from being upset by the truth*.¹ You may tell someone that you like their haircut or the new clothes that they are wearing, when really they look bad. Is that OK to lie about? Or what about Rahab who lied to protect the Israelite spies? Was that OK? God never commended Rahab for her lie, but commended her for her faith.² Today's verse tells us to put off falsehood and speak truthfully to one another. Stott makes an excellent point that "the avoidance of lies is of little use without the active pursuit of truth."³ Lying also breeds mistrust and brings division to relationships, especially within the body of Christ. Jesus says that He is the way the truth and the life.⁴ So whenever we lie, we are living contrary to who Jesus is.

7. Do you think it's ever OK to lie?

8. Is there an area in your life where you need to put off falsehood and start speaking truthfully to others?

9. Why did Paul say that a motivating reason to stop lying is that we are members of one body?

¹ <https://dictionary.cambridge.org/dictionary/white-lie>

² Hebrews 11:31

³ https://www.preceptaustin.org/ephesians_425-27

⁴ John 14:6

Day 3 — Today's Theme: Anger Management

Read Ephesians 4:26-27.

What really makes your blood boil? We all experience anger in our lives. Anger is caused by an unmet expectation you have. If someone says something hurtful, you feel anger. If someone is being a bully, you feel anger. People aren't behaving the way that you expect them to behave! God says that anger is an emotion we all experience, for even He has righteous anger, but when we are angry we shouldn't sin. This means that we need to consider how we respond when we are angry. If you see an injustice, consider ways you can be involved to combat injustice. Or if you have been hurt by someone's words or actions, act quickly to deal with your anger. Resolve the issue before you lay down your head on your pillow at night. Talk things out with the person who offended you and forgive that person. When you allow anger to fester in you, it gives the devil a foothold in your life where he can camp out and wreak havoc. Anger takes away inner peace. You have no peace with the people you are angry with and no peace with yourself. Undealt with anger can control your whole countenance and outlook on life.

10. What causes you to be angry?

11. How can you be angry without sinning?

12. What does it mean to not let the sun go down while you are still angry?

Read Ephesians 4:28.

Through my first two years of elementary school, I was a known kleptomaniac (someone who steals). I would steal candy from stores, items out of other kids' desks, and even swindle money from trusting classmates. In second grade, I told a classmate, Lisa, to bring me a dollar every day because I was collecting money for a "missionary," which she did for weeks, when all that I was really doing was pocketing her money for myself. Thankfully the Lord has changed my life since trusting in Jesus and you don't have to worry about me stealing from you. During the time that Paul wrote Ephesians, slaves often stole because they were not often well taken care of and were often in need.⁵ You may say that you don't steal, but do you use someone else's Netflix account without paying for it, or do you work a job for cash "under the table" so that you don't have to pay taxes on it? That is taking a service or money from someone that doesn't rightfully belong to you. Because of our new identity in Christ, Paul says instead of stealing, we need to work, doing something useful with our hands and share with those in need. We need to be generous with our money to those around us who have real needs.

13. In what ways have you stolen from someone else in the past?

14. How does working hard with your hands and sharing with others show a transformed life in Christ?

⁵ Wiersbe, https://www.preceptaustin.org/ephesians_428

Read Ephesians 4:29–31.

There is evidence that World War II was extended by a deadly three weeks due to an error in translating a single word. On July 25, 1945, Churchill, Truman, and Stalin issued the Potsdam Declaration which stated that Japan had to surrender unconditionally or accept the consequences. The Japanese Imperial Cabinet issued the statement, *mokusatsu*. *Mokusatsu* can mean either “We are considering it” or “We are ignoring it.” Most Japanese understood that the reply to the surrender ultimatum had the first meaning, “We are considering it.” However, the man who translated the word into English for the Domei news agency used the word “ignore” instead of “consider.” Because the Japanese are a proud people, instead of correcting this statement, they let the statement stand. On July 28, 1945, American newspapers printed stories saying that the Japanese are ignoring the peace offer. On August 6, 1945, President Truman ordered an atomic bomb dropped on Hiroshima where 92,000 people lost their lives, and three days later 42,000 additional people lost their lives by a second atomic bomb dropped on Nagasaki. At the same time, because they thought that Japan had ignored the peace offer, Russia declared war on Japan and invaded Manchuria, causing additional loss of life. In the 20 days that followed the confusion about the word *mokusatsu*, more than 150,000 men, women, and children lost their lives because of one word that was misused and misunderstood. Your words are powerful! Your words may not be the cause of an atomic bomb being dropped, but they do have the ability to either build a person up or destroy a person! Furthermore, your words grieve the Holy Spirit when they are used destructively toward others. Ultimately, Jesus says that the words you speak show the true condition of your heart.⁶

15. Why do we use words to cut other people down?

16. Do your words tend to build others up or tear others down? Why would you say that?

17. If someone struggles with how they use their words, what are some practical ways that they can use their words to build others up instead?

⁶ Luke 6:45

Day 6 — Today's Theme: Forgiveness is not Optional

Read Ephesians 4:29-31.

God commands us to replace destructive words and attitudes with kindness and compassion toward others. And if you have been hurt by someone, you are to forgive them! Our motivation for forgiveness is to look to the cross of Christ. Imagine going back in time and standing at the foot of the cross and looking up and thanking Jesus for forgiving all of the countless sins that you have committed against Him. Then imagine someone who has hurt you deeply and that you struggle to forgive is standing in front of you at the foot of the cross too. How can you say thank you Jesus for forgiving you of all your countless sins and not forgive that person who hurt you? Forgiveness doesn't mean that you will necessarily forget what the person did to you because we don't have the ability to forget. However, forgiveness means that you won't count that sin against that person anymore. Forgiveness involves three things. It's a commitment to not bring it up again in a conversation with that person. It's a commitment to not talk about it with anyone else. And it's a commitment to not dwell on what that person did to hurt you, but when it does come to your mind, to take that thought and make it captive to Christ (2 Corinthians 10:5).

18. What makes it hard to forgive?

19. Is there someone in your life that you need to forgive? Ask the Lord to help you forgive that person and then make the choice to forgive them!

Note: This study was written by Pastor Mario Arindaeng. www.villagebible.church/students.