March 13, 2022

**Helpful Reminders for the Journey**

Ephesians 4:17 - 5:7

# Six Realities to Avoid

## Aimlessness

## Blinded by sin

## Estrangement from God

## Calloused

## Apathetic

## Allegiance to self

# Fourteen Dynamics to Embrace

## Be renewed in your mind

## Put on the new man

## Speak truth in love

## Stand for righteousness

## Practice diligence

## Use clean speech

## Live consistently

## Be free of vices

## Practice kindness

## Be tenderhearted

## Forgive others

## Be like Jesus

## Be imitators of God

## Be imitators of Christ

# Six Activities to Avoid

## Fornication

## Uncleanness

## Covetousness

## Filthiness

## Foolish talking

## Coarse jesting