



Because I'm in Christ, I can live at peace with others.

What we say to each other matters (v. 25,29)

Our offhand comments and daily conversations matter because what we say reflects who we are (members of God's family, the temple of the Holy Spirit!). Read verses 25 and 29. Decide which circled phrases describe what the "old self" and the "new self" would say.

name-calling	 NEW	 OLD	"thank you"
honest compliment			curse words
talking about someone behind his/her back			flattery
dirty jokes			"I'm sorry"
			criticism that leads to improvement

What we say and do in anger matters (v.26-27)

In order to live out our new identity, we give up the right to act on our anger any way we want. Look at what Paul says about anger. "Be angry, but..."

- do NOT _____
- do NOT _____ (ie. hold grudges, ignore the disagreement)
- give NO _____ (ie. by acting without thinking, being selfish or violent, out of control)

Our attitudes and actions when we are wronged matter (v. 31-32)

Can you use words from the passage for each description below?

Heart of bitterness (verse 31)

- I deserve good things (love, respect, honor, attention) and I'm not getting them. (?)
- I try to punish those who aren't giving me the good things I deserve. (?)
- I am upset because I've been wronged. (?)
- I demand loudly that I get what I deserve. (?)
- I tell lies about others to hurt them. (?)
- I want others to suffer or feel hurt, like I do. (?)

Heart of forgiveness (verse 32)

- I have done wrong things and don't deserve to be rewarded, but Jesus accepts me because He loves me and died for me. (?)
- So I am (?) to others even when they don't deserve it, because Jesus is kind to me.
- I am (?) and want to help others, because Jesus has compassion on me.
- I am (?) to those who have hurt me, because Jesus forgives me so much more.

"Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God."

Ephesians 5:1-2

