

Introduction: “Dad, I’m trying as hard as I can!”

Review:

1. **Every believer** is called to “be transformed.”
Ephesians 4:1-6

2. **Christ’s defeat** of sin, death and Satan makes “transformation” possible.
Ephesians 4:7-10

3. **The Church** is God’s primary agent of “transforming” in our lives.
Ephesians 4:11-16

4. We achieve personal purity by God’s **three-fold principles of transformation**:
Ephesians 4:17-24
 - “Put-off”
 - Be renewed
 - “Put-on”

5. **Transformation** is a matter of spiritual training vs. trying harder.
Ephesians 4:25-32

Five habits that cultivate holiness from the heart:

(Habits 1 & 2 in Part 5, continued in series Part 6)

1. _____ - Speak the truth in love.

15. . . but speaking the truth in love, we are to grow up in all aspects into Him, who is the head, even Christ,

25 Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another.

Ephesians 4:15, 25

Spiritual training station #1

☐ **Training objective:**

Honesty (Personal integrity)

☐ **Training command:**

“Speak the _____ in love” (see Ephesians 4:15, 25)

☐ **Training actions:**

Put off – falsehood

Be renewed – recognize the _____ membership in God’s family

Put on – truthful speech and authenticity

☐ **Training apparatus:**

Practice _____

2. _____ - Deal with anger appropriately.

²⁶BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,
²⁷and do not give the devil an opportunity.

Ephesians 4:26-27

Spiritual training station #2

☐ **Training objective:**
Emotional control

☐ **Training command:**
"Be angry, and yet do not sin" (see Ephesians 4:26)

☐ **Training actions:**
Put off – anger that leads to sin and offense
Be renewed – recognize the dangers of _____ anger
Put on – appropriate expressions of anger

☐ **Training Apparatus:**
Communicate "_____ " messages
Make _____ requests

Discussion Questions:

1. How have you experienced the difference between “trying hard” and “training”?
2. In what ways did you relate with Ryan’s frustrations over trying hard and failing repeatedly? What’s your #1 besetting sin?
3. What was a significant example of truthful speech that someone practiced with you? How did it impact your life?
4. To what degree has anger against self, others, and God been an issue in your life? What do you think would happen in your relationships if you began to regularly use “I feel” messages?
5. In what specific area of your life do you need to go into spiritual training?
6. Who can help you develop new habits to replace old patterns that keep you in bondage?