

**Introduction: Transformation is a “joint effort.”**

*You are the God who **performs miracles**; You display  
Your power among the peoples.*

Psalm 77:14

*The Spirit of God, who raised Jesus from the dead,  
**lives in you...** Therefore, dear brothers and sisters, you have  
no obligation to do what your sinful nature urges you to do.*

Romans 8:11, 12

*I can do all things **through Christ** who strengthens me.*

Philippians 4:13

*...**work out** your salvation with fear and trembling; for it  
is **God who is at work in you, both** to will and to work for  
His good pleasure.*

Philippians 2:12-13

**Five habits that cultivate holiness from the heart:**

(continued from series Part 5)

3. \_\_\_\_\_ - **Work hard and refuse to take “short-cuts.”**

*He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.*

Ephesians 4:28

**Spiritual training station #3**

**Training objective:**  
Financial stewardship (work ethic)

**Training command:**  
“Steal \_\_\_\_\_” see Ephesians 4:28

**Training actions:**  
Put off – stealing  
Be renewed – recognize the \_\_\_\_\_ and \_\_\_\_\_ of work  
Put on – work as \_\_\_\_\_ the \_\_\_\_\_ see Colossians 3:23-24

**Training apparatus:**  
Write out your “\_\_\_\_\_” list

4. \_\_\_\_\_ - **Don't wound with your words.**

*Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

Ephesians 4:29-30

**Spiritual training station #4**

**Training objective:**  
Positive speech

**Training command:**  
"Saying only what helps"

see Ephesians 4:29

**Training actions:**

Put off – negative speech

Be renewed – recognize the \_\_\_\_\_ and \_\_\_\_\_  
of what you say.

Put on – positive, encouraging speech

Luke 6:45  
Proverbs 18:21  
Matthew 12:36-37

**Training apparatus:**

Practice \_\_\_\_\_ and \_\_\_\_\_.

5. \_\_\_\_\_ - Be the first to say, "I'm sorry."

*<sup>31</sup>Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

Ephesians 4:31-32

### Spiritual training station #5

**Training objective:**  
Relational harmony

**Training command:**  
"Be kind to one another, tender-hearted, forgiving each other" see Ephesians 4:32

**Training actions:**  
Put off – hate  
Be renewed – remember that " \_\_\_\_\_ " take  
precedence over your "rights"  
Put on – love

**Training apparatus:**  
The Matthew 5:24 Principle

### **Summary:**

God has provided everything we need to live transformed, holy, and winsome lives. Our part is to appropriate His grace and power by going into training in the areas of:

- ❑ **Personal integrity**
- ❑ **Emotional control**
- ❑ **Financial stewardship**
- ❑ **Positive speech**
- ❑ **Private attitudes**

### **Discussion Questions:**

1. Which of the five areas do you consider an area of positive spiritual growth and strength?
2. Which of the five areas do you clearly sense you need to go into spiritual training to cultivate a heart and lifestyle of Christ-likeness?
3. What specifically will you do to allow God's Spirit to transform you in this area over time?
4. Who, specifically, will you ask to help you on your journey?