



# WEEK TEN

---

## DAY 1

1. Begin with prayer.
2. Read Ephesians 4:25-28
3. In Ephesians 4:25 what does Paul tell us to lay aside?
4. In what situations or scenarios are you tempted to lie, tell a half truth or withhold aspects of the truth?
5. Read Psalm 101:7; Proverbs 6:16-19, Proverbs 12:22; & Proverbs 19:9. How does the Lord feel about lying and deceit?
6. If the Lord is so strongly against falsehood of any kind for any reason, what should our attitude toward it be?
7. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

## Memory Verse:

Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

- Ephesians 4:26-27

---

## DAY 2

1. Begin with prayer.
2. Read Ephesians 4:25-28
3. In verse 25, Paul commands us to speak truth to each other. Read Proverbs 3:3; Ephesians 4:15; and 2 Timothy 2:25. What characteristics should accompany the truth that we speak?
4. Sometimes we see truth that should be spoken, but we must discern if we are the person God is calling to speak that particular truth to someone. Read James 1:19; Proverbs 17:27. What do these verses tell us about being quick to speak?
5. Speaking truth in a manner that is gentle and loving requires great wisdom. Read James 1:5. If we feel we lack wisdom, how do we get more? Read Proverbs 16:21. If we speak in kindness and wisdom, what impact does this have on our message of truth?
6. Write out this week's memory verse below:

## DAY 3

1. Begin with prayer.
  2. Read Ephesians 4:25-28.
  3. Verse 26 tells us to be angry AND YET \_\_\_\_\_. Anger is an emotion we all feel. We can't necessarily help the emotion we feel, but we do have control (through the power of the Holy Spirit) over our response. Why do you think the Bible sets a time limit on our anger? Why must we use wisdom in our speech, even when we're angry? See Proverbs 12:18.
  4. When we are angered by something or someone, we often must pursue forgiveness in order to have peace in the relationship. What do Matthew 6:12 and Romans 12:17-21 tell us about forgiveness?
  5. Read Hebrews 12:14-15. What is the danger of not learning to express our anger righteously?
  6. Write out this week's memory verse below:
-

## DAY 4

1. Begin with prayer.
2. Read Ephesians 4:25-28.
3. In what ways might we steal besides taking objects that don't belong to us? Are there ways we defraud each other that have nothing to do with material possessions? (Consider damage to one's reputation, cheating on taxes, wasting time at work, etc.)?
4. Read Proverbs 10:2; Proverbs 20:17 and Proverbs 21:6. What do these verses caution us about gaining things through deceitful means?
5. Is there any area in which you are guilty of stealing or gaining something through deceitful means? If so, take a moment and repent to the Lord. Read Leviticus 6:2-5. Israelite law called for restitution of anything stolen. Is there a way in which you could make restitution?
6. Write out this week's memory verse below:

## DAY 5

1. Begin with prayer.
  2. Read Ephesians 4:25-28
  3. In verse 28, what is part of the purpose of our labor?
  4. Read Proverbs 11:24-25; Proverbs 19:17, 2 Corinthians 9:7; 1 Timothy 6:17-19; 1 John 3:17. What do these verses tell us about generosity and giving to others?
  5. Is generosity to others a deliberate part of your life? Do you set aside part of your income to help those in need? Read Luke 6:38 and 2 Corinthians 9:6. According to your history of generosity, would you reap sparingly or bountifully in time of need?
  6. Write out this week's memory verse below:
  7. What is something God is speaking to you about this week?
-