



# WEEK ELEVEN

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## DAY 1

1. Begin with prayer.
2. Read Ephesians 4:29-32.
3. Language and the ability to speak is an amazing gift and can be used for blessing or cursing. Using Ephesians 4:25-32 list the many ways we can use speech as a blessing. Using the same verses list the many ways our speech can be used negatively:
4. Many times we think of unwholesome words being just swearing or crass talk. However, in Ephesians 4:29 the word "unwholesome" means: rotten, putrefied, corrupted and no longer fit for use, worn out, of poor quality, or worthless. Using this definition, how and when are you guilty of letting unwholesome words come out of your mouth? How or why do we justify our use of unwholesome words?
5. 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:

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.

- Ephesians 4:29

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## DAY 2

1. Begin with prayer.
2. Read Ephesians 4:29-32.
3. When Paul calls us to use words that "edify," he's instructing us to use words that build one another up. If you think about the words you speak, do you actively focus on building up those around you or do you flippantly speak without thought?
4. Read Proverbs 18:21, Matthew 12:33-37 and James 3:2-12. What do these verses tell us about the power of our words? How should knowing the power of our words impact what we say? (think about the frequency, quality, rashness, etc.).
5. Read David's request in Psalm 141:3. If you struggle with your words, this is a good verse both to memorize and to pray!
6. Write out this week's memory verse below:

## DAY 3

1. Begin with prayer.
  2. Read Ephesians 4:29-32.
  3. In verse 30 we are told not to grieve the Holy Spirit. Read Ephesians 4:17-19, 25-31 and Romans 8:5-8. According to these verses, what are some ways we can grieve the Holy Spirit? In 1 Samuel 15:1-29 we see the account of Saul disobeying God's command. What was the result of his grieving or disobeying the Holy Spirit?
  4. In Ephesians 4:30-31 our speech and anger are closely related to grieving the Holy Spirit. Why would this be so?
  5. Our conscience is like an engine warning light. Not hugging the line with sin keeps our conscience from becoming hard and calloused. Read 1 Timothy 1:18-19; 1 Timothy 4:1-3; Titus 1:15; Hebrews 9:13-14 and James 4:17. What are some principles you learn from these Scriptures about your conscience?
  6. Write out this week's memory verse below:
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## DAY 4

1. Begin with prayer.
2. Read Ephesians 4:29-32.
3. Verse 31 contains a list of some sins that may not be outwardly visible. Which one(s) do you struggle with the most, toward whom and why?
4. Paul tells us to "put away" these things. That means to take off what is attached, to remove it. Circumstances will arrive that will tempt us to harbor sinful emotions, but through the power of the Holy Spirit we can victoriously put away these sins. What do 1 Corinthians 10:13; Matthew 26:41 and 1 John 5:4 & 14-15 tell us about fighting this battle?
5. How might the commands in Ephesians 4:32 be the cure for what ails us in verse 31?
6. Write out this week's memory verse below:

## DAY 5

1. Begin with prayer.
  2. Read Ephesians 4:29-32.
  3. We are told in verse 32 to be kind, tender hearted and forgiving. How does having a tender conscience help us to do those things?
  4. Do you extend forgiveness the same way the Lord forgives you? Read Matthew 6:12. Do you really want the Lord to forgive you in the same way you forgive others? Do you forgive quickly and completely? Or do you bring up what you have "forgiven" and use someone's past sins as a weapon?
  5. Read Psalm 103:8-12; John 8:11 and 1 John 1:9. How does God's forgiveness compare or contrast to the way you extend forgiveness to others? Is there anything you must grow in to better reflect Christ?
  6. Write out this week's memory verse below:
  7. What is something God is speaking to you about this week?
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