

Day One: "Taming the Tongue"

Read: Ephesians 4:25

Reflect: In what circumstances do you tend to be tempted to lie?

Dig: Why is "therefore" the first word of this verse? In other words, how is this command regarding how we use our tongues related to the previous paragraph?

If we lie on a continual basis, whose child are we? (See John 8:44)

Will liars inherit God's kingdom? (See 1 Corinthians 6:9, Revelation 21:8)

Of the six things which the Bible tells us the Lord hates, in Proverbs 6:16-19, how many have to do with the tongue?

Apply: Ask Jesus to cleanse your tongue. Before you speak today, ask yourself:

Is it necessary?

Is it true?

Is it kind?

Week Nine: "Truth-Telling"

Day Two: "Speaking Truth"

Read: Ephesians 4:25

Reflect: What would our world be like if we all spoke the truth at every opportunity?

Dig: The phrase "speak truthfully to his neighbor" is a quotation from Zechariah 8:16 (pg. 1059, Freedom in Christ Bible). List the four commands of Zechariah 8:16.

According to verse 23 of Zechariah 8, what will happen to the Jew in those days?

According to Zechariah 8:23, what will be the ethnic makeup of this new age of the Spirit?

According to Galatians 3:26-29, who is considered a "Jew" (Abraham's seed) in this new age?

Apply: How can you contribute to building a multi-ethnic body of Christ by speaking truthfully?

Week Nine: "Truth-Telling"

Day Three: "The Truth"

Read: Ephesians 4:25

Reflect: In the space provided here, see if you can describe what truth is:

Dig: How is Jesus described in John 14:6?

How is the Spirit described in John 14:17 and what is his role in your life?

How is God's word described in John 14:17?

How is truth to be spoken? (See Ephesians 4:15).

Apply: Ask God to sharpen up your truth detector today and cause your heart to fall more in love with him and his truth.

Week Nine: "Truth-Telling"

Day Four: "Truth to Edify"

Read: Ephesians 4:25

Reflect: How has deceit or covering up destroyed trust and relationships in your life?

Dig: How are the word and concept of "neighbor" defined by the following phrase in Ephesians 4:25?

What further insights do you receive about the body (the family of believers called "the church") in Romans 12:3-6 (FICB pg. 1295)?

Is this "truth" something we just know or do we have to be taught? See Ephesians 4:15 and Ephesians 4: 21-24 for a biblical answer.

Apply: What can you do to build trust and truth relationships in your family or small group?

Week Nine: "Truth-Telling"

Day Five: "Members of One Body"

Read: Ephesians 4:25

Reflect: What does it mean to be a "member" of our church? What rights and obligations came along with being a member?

Dig: How does verse 25 of this chapter relate to what the author said in verse 3?

The word "body" is used here and also in verses 4, 12, and 16. What point about our "membership" with each is made by these verses?

Does going to "church" services on Sunday meet the expectations of the book of Ephesians for how the family of God should operate?

According to Ephesians 4:25, what requirements are placed on how we use our tongues because we are in the church (body)?

Apply: Ask God to help you build the body of Christ. Give the Spirit full control of your building tool - your tongue.