

## **Ephesians 4:25-32**

**<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.**

## **Ephesians 4:25-32**

**<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

A lone, gnarled tree with dense green foliage stands on a rocky, grassy cliff. The tree's trunk is dark and twisted, leaning slightly to the right. The cliff face is rugged, with patches of green grass and moss. In the background, a vast, hazy valley stretches out, with rolling hills and a distant town visible under a pale, overcast sky. The overall mood is serene and contemplative.

# **Journey: Community Is a Covenant**



A misty landscape with a large tree on a rocky hillside and a body of water in the distance.

# Ephesians 4:26

We are **members of** one  
another.

# Community Is a Covenant

- It is a divine covenant.
- Speak words that give life, not take life (4:25, 29).

# **Community Is a Covenant**

**What do you think others need  
to hear so that they experience  
life?**

# Community Is a Covenant

- It is a divine covenant.
- Speak words that give life, not take life (4:25, 29).
- Fight for relationships, not against relationships (4:26-27, 31-32).
- Embrace the heart and power of the Spirit (4:30).



# **Covenant Calls for Action**

- **Have I invited anyone to speak into my life and talk to me about my blind spots? If not, why not?**
- **Do my words give life or take life?**
- **Am I holding any grudges? Am I calloused toward anyone, writing him or her off?**
- **Are there any relational graveyards I need to go dig up and deal with?**
- **Based on what I've heard, are there areas where I am grieving the Spirit?**