


Ephesians 4 (NLT)

1 Therefore I a prisoner *for serving the Lord*

beg you  *to lead a life worthy of your calling*
for you have been called by God


2 Always

be humble and gentle

because of your *love*

Be patient with each other

making allowance for each other's faults

3 Make every effort  *to keep yourselves united in the Spirit*
binding yourselves together with peace


4 For **there** is one body
and one Spirit
you have been called to one glorious hope for the future

5 There is one Lord
one faith

6 one baptism
one God and Father  who is over all
and in all
and living through all

7 However *he has given* each one of us
a special gift through the generosity of Christ

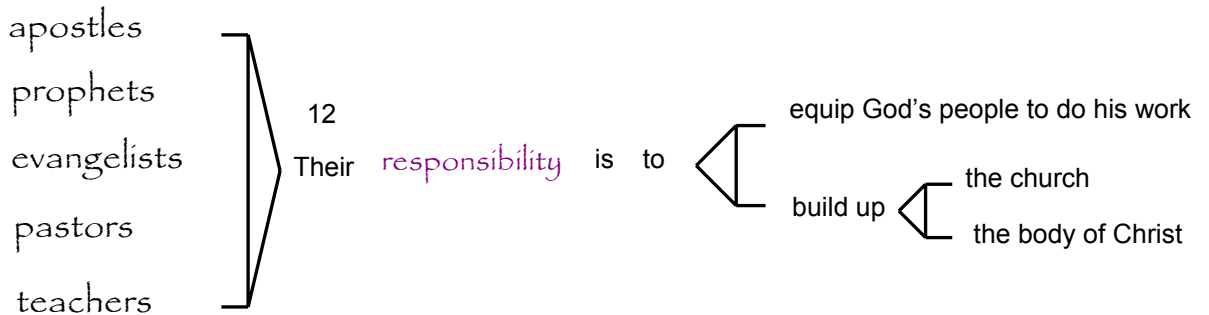
8 That is why the Scriptures say

When he ascended to the heights he  led a crowd of captives
gave gifts to his people

9 Notice that it says he ascended
This clearly means that Christ also descended to our lowly world

10 And the **same one** who descended
is **the one** who ascended higher than all the heavens
so that he might fill the entire universe with himself

11 Now these are the gifts Christ gave to the church



13 This will continue **until we all** come to such unity in our **faith**
knowledge of God's Son
that we will **be mature in the Lord**
measuring up to the full and complete standard of Christ

14 Then we will no longer be immature like children

We won't be **tossed**
blown about by every wind of new teaching



influenced when people try to trick us with lies
so clever they sound like the truth




15 Instead **we will speak the truth** in love

growing more and more **like Christ** in every way



who is the head of his body the church

16 He makes the whole body fit together perfectly



As each part does  its own special work
 it helps the other parts grow






so that the whole body is  healthy
 growing
 full of love

17 With the Lord's authority I say this *Live no longer as the Gentiles do*



they are hopelessly confused
Their minds are full of darkness
they wander far from the life God gives  18 **because**  they have closed their minds
hardened their hearts against him
They have no sense of shame
They live for lustful pleasure 19
They eagerly practice every kind of impurity


20 But that isn't what you learned about Christ

21 Since you have  heard about Jesus
 learned the truth that comes from him

22 *throw off*  your old sinful nature
 your former way of life  which is corrupted  by lust
 deception

23 *Instead* let the *Spirit* renew  your thoughts
 attitudes

24 *Put on your new nature* created to be *like God*  truly righteous
 holy



25 So **stop telling lies**
Let us tell our neighbors the truth  for we are all parts of the same body





26 And **don't sin by** letting anger **control** you

Don't let the sun go down while you are still angry

27 for anger gives a **foothold** to the devil

28 If you are a thief quit stealing **Instead**  **use your hands** for good hard work
 **give generously** to others in need

29 **Don't use**  **foul OR**
 **abusive** language


Let everything you say be  *good*
 *helpful*
 *an encouragement*  **to those who hear them**

30 *do not bring sorrow to God's Holy Spirit by the way you live*

Remember he has identified you as his own

guaranteeing that you will be saved on the day of redemption

31 *Get rid of all*  **bitterness**
rage
anger
harsh words
slander
all types of evil behavior

32 *Instead* be  **kind to each other**
tenderhearted
forgiving one another just as **God through Christ has forgiven you**