

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. 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 4:25-28 (NIV)

Anger

Well, without a doubt, I have done that. **You have done what?** I have held on to anger. I have carried anger from one day into another. Not only have I given the devil a foothold, I have given him a handhold as well. **That's not good. But you have learned your lesson. You have seen the damage the devil can do with unreconciled anger.** Yes, I certainly have seen plenty of that. **What is your attitude toward anger right now?** I have hidden your word in my heart in regard to anger. **How so?** I have taken your word, that says I should be "quick to listen, slow to speak and slow to become angry," deep into my heart and mind. I have meditated on those words. I have memorized those words. I have prayed those words. I have grabbed ahold of those words and put them into practice. But that is not all. **What else?** Your Holy Spirit has used those words to fight in me, with me, for me, and through me. At just the right time, in a potential angry moment, the Holy Spirit has brought those words into my heart and mind. Those words have helped me to resist temptation and stand against evil. **Why are you so concerned about how you might express anger?** It has been a troublesome issue in my life. I know that expressing my anger will not bring about the righteous life you have called me to live. **No, it will not. It pleases me that you have taken my word so deeply into your heart and mind and life. You have truly allowed my word to dwell in you richly.** I am so thankful that your word has strengthened me to stand against anger. **That is very good.**

There is another form of anger that is not evil. There is another form of anger that is good. Do you know what kind of anger is good? Yes, I think that I do. **Tell me what you think.** At times you have allowed me to clearly see injustice in society. Seeing injustice in society has caused a form of anger to stir up in me that has positively motivated me to take action to right a wrong in society. Others have probably seen this action more as an expression of love rather than an angry response to injustice. This then, is a good from of anger. This type of anger has caused me to love others more deeply. This type of anger has made me more passionately available for your use. This type of anger has allowed you to work in and through me so I can be a light for you in the world. This is the only type of anger that I want to see in me. **You have learned some very valuable lessons about anger.** For that, I am very thankful. **That is very good.**

Lord, I will not let the sun go down on my anger. I will not carry anger from one day into the next. I will not give a foothold to the devil. Rather, I will confess and apologize for my anger so I can be reconciled and live in peaceful, loving harmony with others. Amen

Becoming Like Christ *A Foothold*

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. 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.

NIV Ephesians 4:25-28

Becoming Like Christ *A Foothold*

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.

NLT Ephesians 4:25-28

Becoming Like Christ *Make Room*

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy.

NRSV Ephesians 4:25-28

Becoming Like Christ *No Room Or Foothold*

Therefore, rejecting all falsity *and* being done now with it, let everyone express the truth with his neighbor, for we are all parts of one body *and* members one of another. When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no [such] room *or* foothold for the devil [give no opportunity to him]. Let the thief steal no more, but rather let him be industrious, making an honest living with his own hands, so that he may be able to give to those in need.

AMP Ephesians 4:25-28

Becoming Like Christ *An Opportunity*

Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE *of you* WITH HIS NEIGHBOR, for we are members of one another. 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. He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.

NASB Ephesians 4:25-28

Becoming Like Christ *No Opportunity*

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

ESV Ephesians 4:25-28

Becoming Like Christ *Nor Give Place*

Therefore, putting away lying, "*Let each one of you speak truth with his neighbor,*" for we are members of one another. "*Be angry, and do not sin*": do not let the sun go down on your wrath, nor give place to the devil. Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need.

NKJV Ephesians 4:25-28

Becoming Like Christ *Foothold*

What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself. Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life. Did you used to make ends meet by stealing? Well, no more! Get an honest job so that you can help others who can't work.

MSG Ephesians 4:25-28

Becoming Like Christ *A Mighty Foothold*

Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; for when you are angry, you give a mighty foothold to the devil. If anyone is stealing he must stop it and begin using those hands of his for honest work so he can give to others in need.

TLB Ephesians 4:25-28

Becoming Like Christ *A Way*

So you must stop telling lies. Tell each other the truth, because we all belong to each other in the same body. When you are angry, do not sin, and be sure to stop being angry before the end of the day. Do not give the devil a way to defeat you. Those who are stealing must stop stealing and start working. They should earn an honest living for themselves. Then they will have something to share with those who are poor.

NCV Ephesians 4:25-28

A Foothold

Year _____ Week _____ Day _____ Date _____

Becoming Like Christ – Ephesians 4:25-28

In Context: *Read Ephesians 4*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

Therefore | each of you | must put off | falsehood | and speak truthfully | to his neighbor, | for we are all | members of one body. | "In your anger | do not sin": | Do not let | the sun go down | while you are | still angry, | and do not give | the devil a foothold. | 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 4:25-28 (NIV)

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, I will not let the sun go down on my anger. I will not carry anger from one day into the next. I will not give a foothold to the devil. Rather, I will confess and apologize for my anger so I can be reconciled and live in peaceful, loving harmony with others. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

Why is it critically important that you do not carry your anger from one day into another?

When have you seen anger give the devil a foothold with which he could do tremendous damage?

When have you foolishly maintained that what you were experiencing was righteous anger?

How willingly do you confess and apologize for your anger so that you can be reconciled with others?

When has stubborn pride been the underlying source of your unrighteous anger?

When has dramatic injustice been the source of righteous anger to be stirred up in you?

When has authentic righteous anger caused you take action to right a wrong in society?

Living It Out: ***(What action step is God guiding your heart to take?)***

Don't let the sun go down on your anger so that you will not give a foothold to the devil.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that the Lord will help you to confess and apologize for your anger so you can be reconciled with others.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group when you have willingly confessed and apologized for your anger.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you never give the devil a foothold by letting your anger continue from one day into the next.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will never give the devil a foothold by holding on to my anger.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, will you help me to know the difference between righteous and unrighteous anger?
