



## COMMUNICATION

WEEK 2 | DAY 10

### READ EPHESIANS 4:25-32

*Therefore each of you must put off falsehood and speak truthfully to your 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. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Invite God into your conversational life. Ask Him to bring to mind both words that you have spoken or that have been spoken over you, that do not line up with what He says about you or His love for people.

### PRAY THIS WITH US:

"God, I repent of the thoughtless words I have spoken and of the words I have spoken in anger or in gossip. Help me be quick to listen and slow to speak. Help me to consider my audience before speaking. Remove any resentment or bitterness from my heart and mouth and fill me today with your love. Help my words to overflow with love, joy, peace, patience, kindness, gentleness and self-control. Give me courage to address difficult conversations and empower me to speak truth in grace. Amen."

[\*\*HEAR FROM MURIEL\*\*](#)