Pamela Kipps Spiritual Roadmap

August 12, 2018 Ephesians 4:25-32

Ephesians 3:16-19 *“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,* ***17****so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,* ***18****may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ,* ***19****and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”*

Ephesians 4:25-27 *Therefore each of you must put off falsehood and speak truthfully to his neighbor for we are all members of one body. 26”In your anger do not sin.” Do not let the sun go down while you are still angry 27and do not give the devil a foothold.*

Ephesians 4:29-32 *Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up in according to their needs, that it may benefit those who listen. 30And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31Get rid of all bitterness, rage and anger, brawling and slander along with every form of malice. 32Be kind and compassionate with one another, forgiving each other, just as in Christ God forgave you.*

 **Paul’s Top Ten List of Righteous Christian Behaviors**

1. **Live a life worthy of the calling you have received--recognize *your* call to ministry – lay and clergy are called to enter into Christian community and service**
2. **Be humble and gentle--get rid of pridefulness, self-promotion, stern manner**
3. **Be patient, and bear with one another--extend grace, grant mercy, show patience and recognize gifts and limitations of others**
4. **Keep the unity of the Spirit through the bond of peace-- recognize your duty to live in unity with people who are not necessarily the same as you; don’t be a pot stirrer and venom spewer**
5. **Put off falsehood and speak truthfully--eliminate gossip, lies, false claims, don’t tell stories that flatter you and condemn others**
6. **In your anger do not sin--exhibit self-control, choose wisely your response; manage your anger, slow down your responses and respond calmly**
7. **Don’t let unwholesome talk come out of your mouth-- swearing, vulgar language or jokes, misuse of God’s name, bad mouthing others**
8. **Get rid of bitterness and rage--forbid toxic feelings to take up residence, quit reliving bad experiences**
9. **Be kind and compassionate--be helpful, lighten loads of others, live with empathy, respond kindly and compassionately, even when you don’t get the same back**
10. **Forgive one another--just as you have been forgiven; God of second chances calls us to be forgiving - when situation is not toxic, abusive or damaging**