

Daily Readings

Monday

Read Ephesians 4:17-32. What's your first, general reaction to this passage? If you begin to feel guilty or overwhelmed, remember that God's desire is not to crush you. Even his expectations are meant to drive us to grace.

Tuesday

Read Ephesians 4:17-19. These verses say that people give in to all kinds of impurity and greed when they lose their "sensitivity" to God and when they become "darkened in their understanding." How does this happen? What kinds of things have the potential to lead your mind away from God and into trouble?

Wednesday

Read Ephesians 4:20-24. Verse 23 says that we can be lead astray by "deceitful desires." It's true that our desires can sometimes be deceitful, promising us things that they cannot deliver. Do you face any deceitful desires in life? What can you do to remember that real fullness in life comes through "righteousness and holiness" (v.24)?

Thursday

Read Ephesians 4:25-28. How do you think anger "gives the devil a foothold"? What is the devil trying to do? How does our anger give him the opportunity to do it?

Friday

Read Ephesians 4:29-32. Notice how all the "do not's" in this passage correspond to positive instructions instead. Don't lie, but tell the truth. Don't steal, but share. Don't let unwholesome talk come out of your mouths, but build each other up. It has been said that Christianity is not about the elimination of sin but the transformation of desire. How might it help you to grow in Christian holiness to pursue good things instead of only avoiding bad things?

Saturday

Read Matthew 5:43-48. Jesus asks his disciples how they are different from the tax collectors and the pagans because he assumes that the community of his followers will be different from the rest of the world. What is something about yourself that's different because of Jesus? What is one way that Jesus might be calling you to grow beyond what's "normal" in our world?