

## Saturday

Please reread Ephesians 4:1–5:2. As you read the verses, ask God to point out one key thing He wants you to focus on in your relationships.

*Pray that God will give you the strength and discipline to change your actions and thoughts in your relationships. Pray that you will be an “imitator of God” in your relationships. Please pray also for the services this weekend. Pray that as our church grows individually in relationship with God that as a whole we would grow in unity.*



## Rekindle My Relationships

Mark Spurlock • January 9 & 10, 2010 • Week 3

1. \_\_\_\_\_

“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with **one another** in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit — just as you were called to one hope when you were called — one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.” *Ephesians 4:1–6*

2. **The secret to great relationships:** \_\_\_\_\_

“It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God’s people for **works of service**, so that the body of Christ may be **built up** until we all reach **unity** in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.” *Ephesians 4:11–13*

“From him the whole body, joined and held together by every supporting ligament, **grows and builds itself up in love**, as **each part does its work**.” *Ephesians 4:16*

3. \_\_\_\_\_

“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.” *Ephesians 4:29*

4. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

“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.” *Ephesians 4:26–27*

“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**.” *Ephesians 4:30–31*

5. **The other secret to great relationships:** \_\_\_\_\_

“Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and **gave himself up** for us as a fragrant **offering and sacrifice** to God.” *Ephesians 5:1–2*

Ask: \_\_\_\_\_ ?

# Daily Meditations

## Monday

Please read Ephesians 4:1–6. What character qualities do you see listed in these verses?

How do these qualities help you focus on “we” instead of “me”?

Think of a relationship that you have that needs rekindling. How have you been focusing on “me” instead of “we”?

Which of these character qualities will you apply to that relationship to move from “me” to “we” this week?

*Thank God today that He loves you and that He cares about your relationships. Pray about the relationship(s) that you know need rekindling. Ask Him to keep your conscience sharp and help you think beyond your own needs.*

## Tuesday

Please read Romans 12:3–8, 1 Corinthians 12:14–27 & Ephesians 4:11–13, 16. What do you learn about the variety of gifts in the Body of Christ in these passages?

How have you seen the principle of serving enhance your relationships?

What does it mean to build an attitude of serving into your relationships?

How could serving rekindle your relationships?

*Thank God today for the ultimate example of service provided in Jesus. Thank Him that He designed us to function better as a team. Pray that He will build into you an attitude of service and that it will make a positive impact on your relationships.*

## Wednesday

Please read Ephesians 4:29. We all know the power of words — for better or for worse! Think about yesterday. How would you rate your words? Did you spend more time as a “builder” or a “wrecking ball”?

When are you most tempted to let “unwholesome talk” come out of your mouth?

Think about the relationship you’re hoping to rekindle. How can you use your words to build into that relationship today?

*Thank God today for the opportunity to be a “builder” in people’s lives. Ask for His help in controlling your speech. Pray that he will give you just the right words for your relationships.*

## Thursday

Please read Proverbs 29:11, Ephesians 4:26–27, 30-31 & James 1:19–21. Recall a time recently when you were angry. What were the consequences of giving vent to your anger?

How can forgiveness help circumvent your anger? How would forgiveness have impacted your response the last time you were angry?

In what relationship are you struggling with anger right now? How could forgiveness help rekindle that relationship?

*Thank God today for His forgiveness of you. Pray about your struggles with anger. Ask God to give you the grace and strength to forgive. Pray that your willingness to forgive will help build into your relationships.*

## Friday

Please read Ephesians 5:1–2. In your own words, summarize what Paul is saying to us in these verses. Why do you suppose it’s so important to Paul to keep focusing on the big picture?

Spend some time today dwelling on the sacrifice God made for you through His Son, Jesus. How has that level of sacrifice impacted you?

In what relationship are you hesitant to sacrifice? Why is that?

How can the understanding of Christ’s sacrifice for you help you in that relationship?

*Thank God today for the amazing gift of life that cost the sacrifice of His Son, Jesus. Pray you’ll grow in the understanding of that sacrifice and that you will live a life that imitates His.*



Memory Verse

“Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.” *Ephesians 5:1–2 (NIV)*