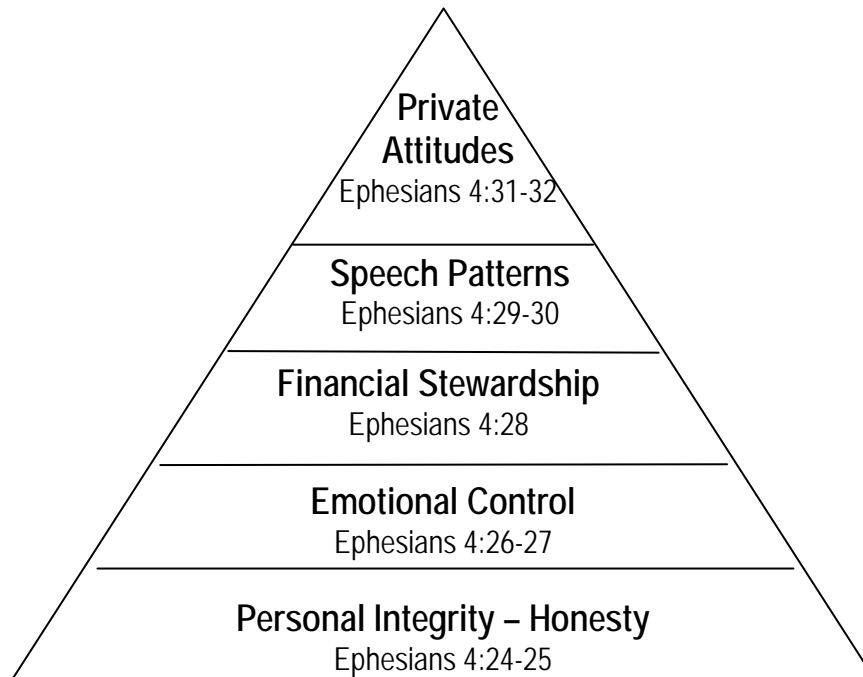


## Introduction/Review:

1. **Every believer** is called to “morph.”  
Ephesians 4:1-6
  
2. **Christ's defeat** of sin, death and Satan makes “morphing” possible.  
Ephesians 4:7-10
  
3. **The Church** is God's primary agent of “morphing” in our lives.  
Ephesians 4:11-16
  
4. We achieve personal purity by God's **three-fold principles of transformation**:  
Ephesians 4:17-24
  - “Put-off”
  - Be Renewed
  - “Put-on”
  
5. **Transformation** is a matter of spiritual training vs. trying harder.  
Ephesians 4:25-32

## Five Habits That Cultivate Holiness from the Heart:



1. \_\_\_\_\_ - Speak the truth in love.

<sup>15</sup> . . . but speaking the truth in love, we are to grow up in all {aspects} into Him, who is the head, {even} Christ,

<sup>25</sup> Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another.

Ephesians 4:15, 25 (NASB)

## Spiritual Training Station #1

- Training Objective:**  
Honesty (Personal Integrity)
- Training Command:**  
"Speak the truth in love" (see Ephesians 4:15, 25)
- Training Actions:**  
Put off – falsehood  
Renew – recognition of shared membership in the body  
Put on – truthful speech
- Training Apparatus:**  
Practice Confession

2. \_\_\_\_\_ - Deal with anger appropriately.

<sup>26</sup>BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,  
<sup>27</sup>and do not give the devil an opportunity.

Ephesians 4:26-27 (NASB)

## Spiritual Training Session #2

- Training Objective:**  
Emotional Control
- Training Command:**  
"Be angry, and yet do not sin" (see Ephesians 4:26)
- Training Actions:**  
Put off – anger that leads to offense and sin  
Renew – recognition in dangers of retaining anger  
Put on – appropriate expressions of anger
- Training Apparatus:**  
"I feel" Messages