

## **Review:**

### **1. Be Honest- 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)

### **2. Be Angry- 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)

## **Five Habits That Cultivate Holiness from the Heart:**

(Continued from *The Role of 'Spiritual Training' in the Transformation Process, Part 1*)

### **3. \_\_\_\_\_ - Work hard and refuse to take "short-cuts."**

*He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.*

Ephesians 4:28 (NASB)

### **Spiritual Training Station #3**

- Training Objective:**  
Financial Stewardship (Work Ethic)
  
- Training Command:**  
"Steal no longer"  
(see Ephesians 4:28)
  
- Training Actions:**  
Put off – stealing  
Renew – think differently about the value of work  
Put on – work
  
- Training Apparatus:**  
Good Mentors

4. \_\_\_\_\_ - Don't wound with your words.

<sup>29</sup>Let there be no more foul language, but good words instead - words suitable for the occasion, which God can use to help other people. <sup>30</sup>Never hurt the Holy Spirit. He is, remember, the personal pledge of your eventual full redemption.

Ephesians 4:29-30 (NASB)

### Spiritual Training Station #4

- Training Objective:**  
Positive Speech
  
- Training Command:**  
"Saying only what helps"  
(the message of Ephesians 4:29)
  
- Training Actions:**  
Put off – negative speech  
Renew – give grace to others and avoid grieving the holy spirit  
Put on – positive, encouraging speech
  
- Training Apparatus:**  
Practicing Silence and Solitude

5. \_\_\_\_\_ - Be the first to say, "I'm sorry."

<sup>31</sup>Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Ephesians 4:31-32 (NASB)

### **Spiritual Training Station #5**

- Training Objective:**  
Holy Private Speech
  
- Training Command:**  
"Be kind to one another, tender-hearted, forgiving each other"  
(Ephesians 4:32 NASB)
  
- Training Actions:**  
Put off – hate  
Renew – new attitudes based on what God has done  
Put on – love
  
- Training Apparatus:**  
The Matthew 5:24 Principle

### **Summary:**

God has provided everything we need to live transformed, holy, and winsome lives. Our part is to appropriate His grace and power as we go into training in the areas of:

- ❑ **Personal Integrity**
- ❑ **Emotional Control**
- ❑ **Financial Stewardship**
- ❑ **Positive Speech**
- ❑ **Private Attitudes**

1. Which of the five areas would you consider an area of spiritual growth and strength?
  
2. Which of the five areas do you clearly sense you need to go into spiritual training to cultivate holiness?
  
3. What specifically will you do to allow God's Spirit to transform you in this area over time?