





It's Complicated
FROM CHECKLIST TO CHECKUP.

1 Group





It's Complicated
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Message Timer Start: 35 Mins



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Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. "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. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

EPHESIANS 4:25-5:2

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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. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

EPHESIANS 4:26-5:2

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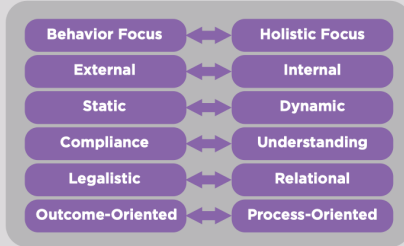
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(EPHESIANS 4:25-32)

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Dos and Don'ts

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For we are all members of one body:

That they may have something to share with those in need

Only what is helpful for building others up

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. (1:13-14)

As in Christ God forgave you

As dearly loved children

As Christ loved us and gave himself up for us

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The WHYS

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- For we are all members of one body: → UNITY (4:1-6)
- That they may have something to share with those in need → STEWARDSHIP (4:7-10)
- Only what is helpful for building others up → EDIFICATION (4:11-13)
- And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. (1:13-14)
- As in Christ God forgave you → FORGIVENESS
- As dearly loved children → COMPASSION
- As Christ loved us and gave himself up for us → SACRIFICIAL LOVE

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"And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory."

EPHESIANS 1:13-14

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