



Week 20 5/13 – 5/19

God promises health to us if we listen.

“If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you.” Exodus 15:26 NIV

If we want God to care for us, we need to submit to his directions for living. So what are those instructions? I mean, we “sorta” know...but do we really and do we follow them? I looked it up in my NIV Bible and this is what I found:

Instructions for Christian Living - Ephesians 4:17-32

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. 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. 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.



Speak truthfully to your neighbor

do not let the sun go down while you are still angry

do not give the devil a foothold

steal no longer

do something useful with your own hands

do not let any unwholesome talk come out of your mouths

build others up according to their needs

get rid of all bitterness, rage and anger

be kind and compassionate to one another

forgive each other

