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Weekly Affirmation:

*I have put on
the New Self!*

Consider taking an honest personal inventory of the vices and virtues found in Ephesians 4-5. Do this with much prayer and trust in God's patience and grace toward you, as well as trust in His call to holiness.

Try a game where a family member says an occupation and you have 10 seconds to name 5 items of clothing/accessories specific to that job (e.g. Doctor: white coat, mask, gloves, scrubs, stethoscope).

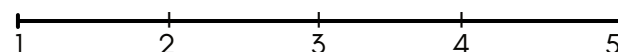
Read Ephesians 4:22-24. Followers of Christ are described as taking off old "dirty clothes," and putting on "clean clothes" of a new life.

God wants us to “dress” to match our role - to act like what we truly are - His holy, righteous, beloved children.

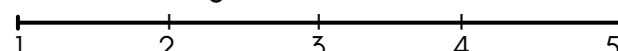
How do you think you are doing in allowing Holy Spirit to bear fruit in these virtues?

1 = Want More Fruit - 5 = Very Fruitful

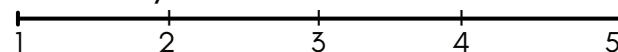
Truthfulness



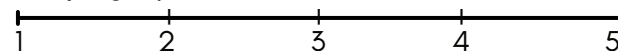
Control of Anger



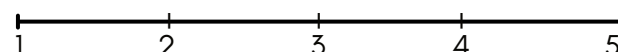
Generosity



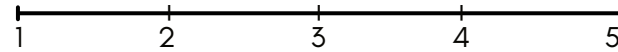
Edifying Speech



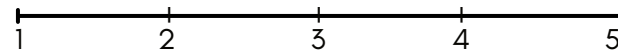
Kindness



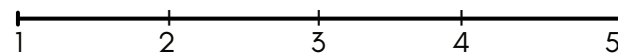
Compassion



Forgiveness



Thankfulness



May 2024 Growth Goals

Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Ephesians 4:30

- Read the Book of Ephesians
- Memorize one of the weekly memory verses
- Watch the Bible Project video on the Book of Ephesians (*available on the website*).
- Invite at least one person to weekly assembly.

Ephesians 4:30

ans
Windows is open, when I'm you, Windows is open,
I heart beats like everest and back I heart beats like everest and back
I hope you don't see right So I see hope you don't see right
I love you and why Dear, I do love you
Help me please help to keep your