

Please take a moment to quiet yourself before the Lord. Ask your heavenly Father to forgive you of any sin that is upon your heart and fill you afresh with His Holy Spirit. Now please read Ephesians 4:30-5:2.

As born-again believers in Christ, by whom are we sealed?

The Holy Spirit seals us until the day of redemption. Let's take a moment to receive a blessing by studying the meaning of *seal* in the Greek. *Seal* transliterates as *sphragizo* which means, "to set a seal upon, to mark with a seal, security from Satan, to set a mark upon by the impress of a seal or stamp, to place beyond doubt." As a believer in Christ, you carry the mark of God upon your forehead (Revelation 9:4), signifying for once and for all that your salvation is secure beyond doubt and that you are safe from the Evil One.

According to verse 31, what causes the Holy Spirit to grieve?

What are we to do with the things you listed above?

We are to "put them off." The original Greek word used for the phrase "put them off" is *airo* which means, "to take away, to carry off, to remove by force, to put to death." We can deduce from this definition that it may not be easy to rid ourselves of anger, bitterness, wrath and evil speaking.

In order to rid ourselves of these terrible attributes what must we do (Ephesians 5:1)?

We must become imitators of Christ.

How will we know when we are imitating Christ?

When we love rather than ignore; when we forgive rather than avenge; when we sacrifice rather than grasp; when we give rather than take; then we will know that we are imitating our Heavenly Father. Please take a moment to pray and ask God to help you desire to do the things that will make you become like Christ.

Have a blessed day.

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Spend some extra time today studying the Word of God.

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