

## **Ephesians 4:25-5:2 &**

### **II Samuel 18:5-9, 15,31-33**

Paul takes time and effort to directly relate Christian attitudes and behaviours to everyday life.

How we get along with other people showcases our faith. Paul therefore tells the Ephesians that they mustn't lie to other people..... presumable not even "little white lies".

If they are angry, they are not to hold on to that anger, but to deal with it, and to then to let it go. Gossiping, and swearing are also to be shunned. What comes out of our mouths must be acceptable for God to hear.

Some of the things which Paul speaks against could almost be described as a temper tantrums. I guess that he was saying that we need to be mature in our approach to other people.

Much of what Paul outlined in the passage is "Don't". After several verses telling us what we are not to do, say and be, there is a change. The next three verses accentuate the positive, "Be generous to one another, tender-hearted, forgiving one another as God in Christ forgave you." I find it really helpful to read this encouraging verse. It is so much easier when someone can tell you what to do or say - it can be far more difficult to relate to people if there is a list of "not to do's" at the forefront of your mind.

But I can understand why Paul approached this letter in the way that he did. Maybe Paul was looking back at Jewish history as he was dictating this letter. We only have to turn to the reading from Samuel to see how things can get completely out of hand. David was caught in the middle of a bloody civil war - with the other side being led by his son, Absalom.

The reasons for the outbreak for this war were many and varied. But at its' core was the fact that David had many, many wives. Each of them tried to advance their own children's' cause at the expense of the others. The palace became a hot-bed of gossip, bad behaviour and rivalry.

Alliances between various siblings caused further problems. It seems that David was unwilling, or unable, to take the time and effort to discourage such bad behaviour. Anger was allowed to fester, and finally to explode into war.

Paul's advice to, "Live in love" has much to recommend it!

Blessing from Meg

## **John 6:35, 41-51 (NIV)**

<sup>35</sup> Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

<sup>41</sup> At this the Jews there began to grumble about him because he said, "I am the bread that came down from heaven."

<sup>42</sup> They said, "Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I came down from heaven'?"

<sup>43</sup> "Stop grumbling among yourselves," Jesus answered.

<sup>44</sup> "No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day.

<sup>45</sup> It is written in the Prophets: 'They will all be taught by God.' Everyone who has heard the Father and learned from him comes to me. <sup>46</sup> No one has seen the Father except the one who is from God; only he has seen the Father.

<sup>47</sup> Very truly I tell you, the one who believes has eternal life.

<sup>48</sup> I am the bread of life.

<sup>49</sup> Your ancestors ate the manna in the wilderness, yet they died.

<sup>50</sup> But here is the bread that comes down from heaven, which anyone may eat and not die.

<sup>51</sup> I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.

~ Mohandas (Mahatma) Gandhi

**I may not have lost**

**all my marbles**

**just yet. But**

**there is**

**Definitely a small**

**hole in the Bag**

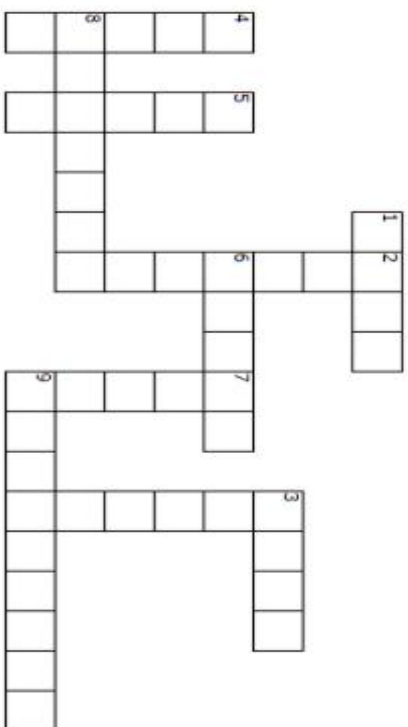
**somewhere...**



# The Perfect Role Model

Live a life filled with love, following the example of Christ.  
Ephesians 5:2a (NLT)

Based on Ephesians 4:25-5:2



## ACROSS

- To be friendly, generous, or caring toward others
- False statements presented as being true
- A statement proven to be correct
- One who serves as a pattern to be copied
- Willing to overlook faults in others; to be merciful

## DOWN

- To copy the actions, appearance, or speech of another person
- Feeling or showing affection for others
- A feeling of extreme displeasure
- To take something without permission
- A person who takes something without permission

W E K Q A S C E G D D P W P E  
 P W C G K Q R X O R T P E V C  
 E O T H I E F A O Q Q R I J U  
 X R X O G K Q M D C A S U K W  
 Y D Y N K S Z P K O U Y R T L  
 F S A O T V Z L Z B J F E U H  
 O P G W T J O E A B U S F E E  
 R W S T E A L I N G O P G G L  
 G O L I E S J F O U L A A I E  
 I R K L U X R M J E R U V T T  
 V K T O X Q T N H U G E A M M  
 I P B V K I N D O N D T U Y N  
 N T R E S V H C A I I M V G V  
 G E P U I B N L X M D A Z V U  
 M V Y U N E M T I P W K R V K

STEALING	ENCOURAGE	DEVIL	WORDS	LOVE
IMITATE	FORGIVING	THIEF	KIND	WORK
TRUTH	LIES	ABUSIVE	HELPFUL	GOOD
LANGUAGE	FOUL	EXAMPLE	ANGER	SIN