

In verse 25, the passage begins with the phrase "Therefore," indicating that today's passage connects with previous teachings. So, what was taught before today's passage? Just before Ephesians 5:24, it says, "Put on the new self, created to be like God in true righteousness and holiness." Here, "to be like God" means to resemble Him (Romans 8:29). Therefore, today's passage specifically teaches us how we can resemble Jesus.

Firstly, true repentance is necessary.

Repentance is always connected with believing in Jesus in the Bible. True repentance means turning away from sin and towards what God desires. Last week's teaching already revealed principles of a changed Christian life. We must discard the old self and put on the new self. To change from our current state to a new one, we must repent, turning away from old ways and embracing new ones.

Today's passage explicitly lists what to discard and what to put on. We must discard bitterness, rage, anger, harsh words, and actions that harm others out of selfish desire. These actions give the devil a foothold and destroy our lives. Verse 27 warns not to give the devil a foothold. Remember, such actions grieve the Holy Spirit (verse 30).

Secondly, we need the guidance of the Holy Spirit.

The key to living as saved Christians is the Holy Spirit's empowerment. It's not by our own strength that we can stop being angry or change our language and behavior. So, to live in a way that pleases God and resembles Jesus, we need the guidance of the Holy Spirit.

**Bible
Memorization**

A VERSE FOR THIS WEEK

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.” (Ephesians 5:30)

**Bible
Reading**

5/6(Mon)	5/7(Tue)	5/8(Wed)	5/9(Thur)	5/10(Fri)	5/11(Sat)	5/12(Sun)
2 Kings 9-10	2 Kings 11-13	2 Kings 14-15	2 Kings 16-18	2 Kings 19-20	2 Kings 21-23	2 Kings 24-25 1 Chronicles 1

QT

Quiet Time Passage

5/6(Mon)	5/7(Tue)	5/8(Wed)	5/9(Thur)	5/10(Fri)	5/11(Sat)	5/12(Sun)
1 Kings 13:25-34	1 Kings 14:1-20	1 Kings 14:21-31	1 Kings 15:1-8	1 Kings 15:9-24	1 Kings 15:25-32	1 Kings 15:33-16:14

**Sharing
Questions**

1. Share any insights or grace you received from today's teaching.
2. Reflect on what needs to be discarded and put on to resemble God in emotions, language, and actions.
3. Pray for each other to seek the empowerment of the Holy Spirit for a transformed Christian life.