

Ephesians 4:1-32

Build each other up in love

Medium DAILY DIGEST

Stories for Ian Gregg

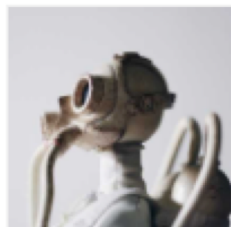
Today's highlights



How to Conquer Procrastination with 3 Self-Awareness Techniques

Meditation is one way, but not the only way

Niklas Göke in Better Humans ★ 10 min read



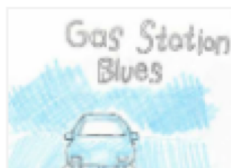
Dealing With Toxic Family Members

I recently received a question on my previous blog "Don't Compromise Yourself For Toxic People":

Ye Chen in The Startup 5 min read

Best in Relationships

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Gas Station Blues

What if I just got into the car and drove away without him?

Anna MoriartyLev in Spiralbound ★ 2 min read

Christian call: one life of love

Christian calling (1-3)

Humility

Gentleness

Patience

Bearing with one another in love

Unity of the Spirit

Bond of peace

Working out in Church life (4-6)

One body

One Spirit

One hope

One Lord

One faith

One baptism

One God

Gifts to serve one another

From Children (v14)

Tossed to and fro by false teaching

Carried about by human cunning,

craftiness,

deceitful schemes



Gifts to serve one another

To Maturity (v15-16)

Speaking the truth in love

Grow into Christ as our head

Join (ingraft) into the body of Christ

Build body up in love



We are deceived by our hearts

Unbelieving manner of life (17-19)

Futility of mind

Darkened in understanding

Alienated from life in God because
of ignorance

Hardness of heart

Calloused

Greedy

Deceitful desires (v22)



Our natural movement is to be manipulators

Movement	Against	Away	Towards
Time / relationship preferences	Excitement Competitive pursuits Avoids self-disclosure	Relaxation Solo pursuits Avoids self-disclosure	Flexible Desire to be w/ others Self-disclosure
Communication	Conceals feelings / shares anger Boasting / mockery “Agenda” feel to conversation	Does not initiate Silence Sarcasm	Shares positive feelings / pouts Inclined to flattery Use humor to diffuse
Conflict	Preemptive strikes Demonize motives of others	Ignore problems Shut down / attack when cornered	Unable to say no Prone to gossip / bitterness
Desires	Success, power, admiration	Comfort, security, perfection, order	Acceptance, intimacy, belonging
Fears	Failure, weakness	Hassles, being controlled	Rejection, isolation, shame

Renewed in your mind



Movement in Christ is from self to serving others

Old self: manipulation

New self: honoring others

Falsehood

Speak truth

Angry and sin

Reconcile same day

Steal

Labor, so you can share
with others

Corrupting talk

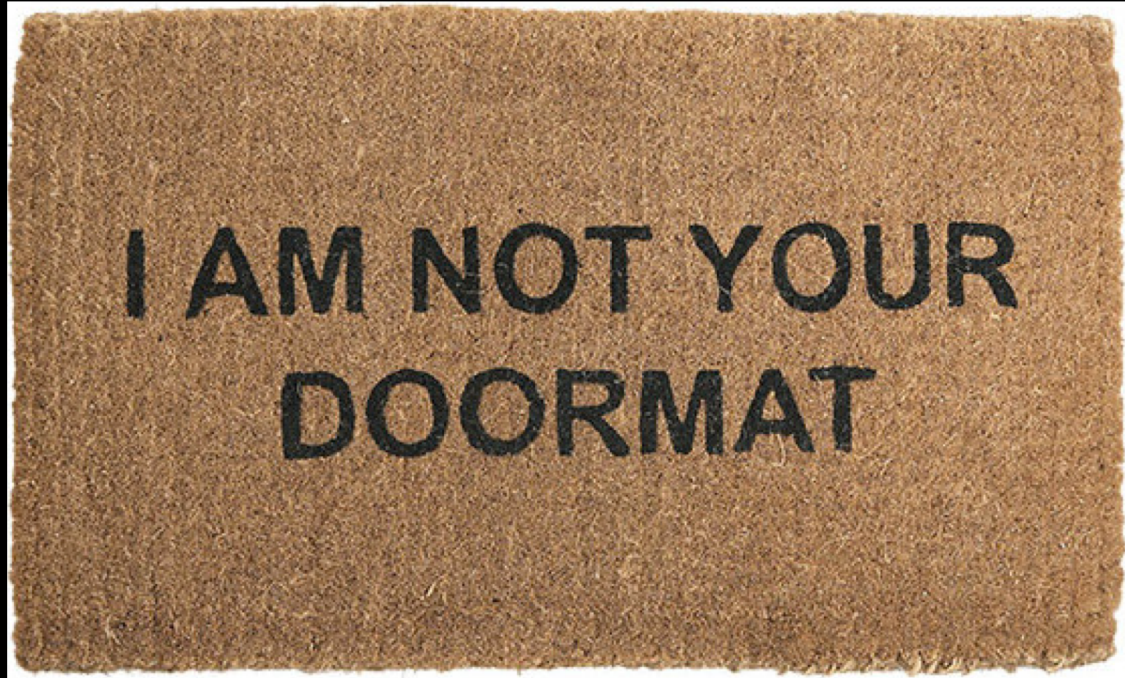
Speak to build up, give
grace

Bitterness, wrath, anger,
clamor, slander, malice

Kindness, tenderhearted,
forgiving

Extract benefit for me → Honor as belonging to God

Concerns



Concerns



Concerns



