



**TEACHER: BETH SEIFERT**

**ONAOMI'S TABLE 2016**

**Day 12: Ephesians 4:25-32 Watch Your Toes**

**Read 1 Thessalonians 5:8-11.** What truths does Paul give here for us to encourage each other with?

**Read James 3:3-10.** What point is James making about our tongues in verses 3-5? What does James say the tongue is a world of? How have you seen this to be true? Can the tongue be tamed? Look carefully at verses 9-10. What is James' point here? Why should this be a sober rebuke for us all?

**Read Colossians 3:5-8.** Why is the wrath of God coming? What "category" does Paul place these things in (verse 5)? What things does Paul warn that we should put away as we walk in Christ?

**Read James 1:19-21.** James gives three positive admonitions here. What are they? (Things you are to "be".) Why does James say this? In what manner should we receive the Word of God?

**Read Hebrews 12:14-15.** Why should we strive for holiness from God? What might cause you to become defiled? Can you think of an instance in your life where you have seen this happen?

**Read James 3:13-18.** Make a list contrasting the wisdom from above with the wisdom that is earthly, according to these verses. What is the harvest that we desire to have?

**Read Colossians 3:23-24.** Why should we work hard? What inheritance are we seeking?

As you spend time with God today, think about the contrast between the earthly things and those of God. Ask God to continue to tear down all the callouses you may still have to the sin in your life, as He continues to sanctify you. Ask Him to help you to have the right balance in your attitude toward your sin, neither considering it too little nor considering it too much, but understanding the magnitude of your sin while also understanding with humility the grace He has freely extended to you.