


Day 1

 Please pray for holy guidance and insight before you begin today’s study.

Living life as a Believer

¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

Q1. What does “insist on it in the Lord” mean to you?

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Q2. How do the Gentiles live? And why mustn’t we live like them?

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Q3. How is the thinking of the Gentiles “futile”?

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¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

Q4. How can a person’s understanding be considered “darkened”?

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John 1:4-5 In Him was life, and that life was the light of men. ⁵ The light shines in the darkness, but the darkness has not understood it.

Q5. God is love... and how about the good Muslims, Buddhists, Eskimos, and my non-church-going-neighbor-who-is-always-doing-good? Will we all will go to Heaven? (Does God grade on a curve and balance our good deeds against our bad?)

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John 14:6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

Matthew 7:13-14 “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it”.

Q6. How might a person’s heart be hardened?

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Day 2

 Please pray for holy guidance and insight before you begin today’s study.

¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

Q7. How could a person lose all “sensitivity”?

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Q8. Can you name impurities that may cause people to continually “lust for more”?

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Q9. Can you think of any Scripture that may corroborate verse 19?

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Proverbs 5:3, 8 (ESV) [King Solomon wrote in Proverbs:] “For the lips of a forbidden woman drip honey, and her speech is smoother than oil . . . Keep your way far from her, and do not go near the door of her house”.

Ecclesiastes 2:26 To the man who pleases him, God gives wisdom, knowledge, and happiness, but to the sinner he gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind.

Matthew 24:10-14 At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold, but he who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.


Romans 1:18-23 The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God's invisible qualities -- his eternal power and divine nature -- have been clearly seen, being understood from what has been made, so that men are without excuse. For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like mortal man and birds and animals and reptiles.

1 Peter 5:8-9 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

1 John 2:15-18 Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world -- the cravings of sinful man, the lust of his eyes and the boasting of what he has and does -- comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever. Dear children, this is the last hour; and as you have heard that the antichrist is coming, even now many antichrists have come. This is how we know it is the last hour.

Galatians 5:19-21^a The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like.

Day 3

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²⁰ You, however, did not come to know Christ that way. ²¹ Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

Q10. Did the world lead you to Jesus? Or was it a spiritual leading?

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Q11. What ‘techniques’ have you used to grow closer to Jesus?

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²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.


Q12. What did Paul mean to “put off your old self... and to put on the new self”?

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Q13. How can we Believers be “created to be like God in true righteousness and holiness”?

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Day 4

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²⁵ Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

Q14. Who might be our “neighbor”?


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Galatians 5:14 The entire law is summed up in a single command: "Love your neighbor as yourself."

Q15. What “one body” are we a member?

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Day 5

 Please pray for holy guidance and insight before you begin today’s study.

²⁶ "In your anger do not sin" [Psalm 4.4]: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Q16. As a Believer how do you feel when you have been angry?

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Q17. How does going to bed angry “give the devil a foothold”?

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²⁸ He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.


Q18. In verse 29 Paul writes about “unwholesome talk”, what do some other Scriptural passages teach about the tongue?

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Matthew 15:17-19 "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? ¹⁸ But the things that come out of the mouth come from the heart, and these make a man 'unclean.' ¹⁹ For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander”.

James 3:4-10 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. ⁷ All kinds of animals, birds, reptiles, and creatures of the sea are being tamed and have been tamed by man, ⁸ but no man can tame the tongue. It is a restless evil, full of deadly poison. ⁹ With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers, this should not be.

Day 6

 Please pray for holy guidance and insight before you begin today’s study.

³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Q19. How is it possible to “grieve” the Holy Spirit?

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Matthew 12:31-32 [Jesus taught,] And so I tell you, every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven. Anyone who speaks a word against the Son of Man will be forgiven, but anyone who speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come.

Q20. How would you explain the phrase “with whom you were sealed for the day of redemption”?

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Ephesians 1:13-14 And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession -- to the praise of his glory.

³¹ Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Q21. How are we to treat other members of the church?

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Q22. How are we to treat our neighbors, our co-workers, our bosses, and others who do not believe in the saving grace of our Lord Jesus?

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