

# Devotion 7

## **Ephesians 4: 22-32**

.. be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.



## My Reflections

### **Todays' thought from Nadia Bolz-Weber**

My spirituality is most active when: I am confronted by the mercy of the gospel so much that I cannot hate my enemies, and when I am unable to judge the sin of someone else (which, let's be honest, I love to do) because my own crap is too much in the way, and when I have to bear witness to another human being's suffering despite my desire to be left alone, and when I am forgiven by someone even though I don't deserve it and my forgiver does this because he, too, is trapped by the gospel, and when traumatic things happen in the world and I have nowhere to place them or make sense of them but what I do have is a group of people who gather with me every week, people who will mourn and pray with me, and when I end up changed by loving someone I'd never choose whom God sends my way to teach me about God's love.

*Lord Jesus, may I be a vessel of God's grace given by the work of your power. To you be glory in my life, in the church and in Christ Jesus, to all generations, forever and ever. Amen." (adapted from Ephesians 3: 7, 20)*