**Sit. Walk. Stand.**

**Today: Off and On**

**Speaker: Ronnie Norman, Senior Minister**

**Ephesians 4:23-24**

*…put off your old self, and to put on the new self, created to be like God in true righteousness and holiness.*

**http://blog.oconnormortuary.com/wp-content/uploads/2014/01/iStock\_000022271409Small.jpg**

**1. Instead of spinning the truth, speak and seek the truth.**

**Ephesians 4**

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

IMAGE: <https://www.njitalianheritage.org/wp-content/uploads/2015/11/pinnochio.jpg>

**2. Instead of excusing your anger, take responsibility for it.**

***26****“In your anger do not sin”: Do not let the sun go down while you are still angry,* ***27****and do not give the devil a foothold.*

**3. Instead of a taker mindset, be productive & generous.**

***28****Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.*

**4. Instead of destructive words, use words to build up and bless.**

***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.*

**5. Instead of living for you, live for God.**

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

**6. Instead of disposable relationships, invest in long-term relationships.**

***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.*