

YOUR SUPERPOWER

Supercharge Your Superpower

Ephesians 4:20-24 NLT: ²⁰ But that isn't what you learned about Christ. ²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.

Chapters 1–3: what God has made possible.

Chapters 4–6: how we live it out.

Ephesians 4:22 NLT: throw off your old sinful nature and your former way of life.

Ephesians 4:22 NIRV: You were taught not to live the way you used to. You must get rid of your old way of life.

Ephesians 4:14-19... immature, easily deceived, hopelessly confused, mentally dull, closed-minded, and hard-hearted.

Ephesians 4:25-32 NLT: ²⁵ So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. ²⁶ And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil. ²⁸ If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. ²⁹ Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. ³⁰ And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. ³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Remove
Lies
Uncontrolled Anger
Stealing (selfishness)
Foul or abusive language
bitterness, rage, anger, harsh words, and slander

What's one 'old way' you know God is calling you to throw off this week?

69% of fights are unsolvable

16% become gridlocked

It's not *that* you fight, it's *how* you fight

Rules of Engagement

- Be curious, not combative
- Speak honestly, but gently
- No name calling
- No kitchen-sinking
- No interrupting...No endless monologues
- Take breaks
- Give me an agenda, set a time in advance

Agreed on rules add a degree of predictability, which reduces anxiety and avoidance, helping both of you win rather than lose when dealing with conflict” - *Fighting For Your Marriage*

“If you replace the thought with another thought, it’s more likely that you’ll keep the first thought out of your mind” – *Rewire Your Anxious Brain*

Remove	Replace
Lies	Speak Truth
Uncontrolled Anger	Controlled Anger
Stealing (selfishness)	Sharing and generosity
Foul or abusive language	Good and helpful language
bitterness, rage, anger, harsh words, and slander	Kindness, being tenderhearted, forgiving

Ephesians 4:22-24 NLT: ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:23 NLT: let the Spirit renew your thoughts and attitudes.

Ephesians 3:16, 19 NIV: ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being... ¹⁹ that you may be filled with all the fullness of God. -

When we bring our openness; God brings His power.

Philippians 1:6 NIRV: "God began a good work in you. And I am sure that he will carry it on until it is completed."

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.