

# Care 101 – Healing Wounds

**SIT:** And raised us up with him and **seated us** with him in the heavenly places (Eph. 2: 6)

**WALK:** I therefore, a prisoner for the Lord, urge you to **walk** in a manner worthy of the calling to which you have been called, (Eph. 4: 1)

**STAND:** Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to **stand** against the schemes of the devil. (Eph. 6:10, 11)

## **Ephesians 4: 1 - 3**

1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace.

**Humble:** not proud or haughty : not arrogant or assertive

### **Tapeinophrosynē:**

- having a humble opinion of one's self, a deep sense of one's (moral) littleness, modesty, humility, lowliness of mind

**Gentleness:** mildness of manners or disposition

### **Prautēs**

- mildness of disposition, gentleness of spirit, meekness

**Patient:** bearing pains or trials calmly or without complaint

### **Makrothymia**

- patience, endurance, constancy, steadfastness, perseverance, forbearance, longsuffering, slowness in avenging wrongs

**Unity:** the quality or state of not being multiple: oneness

### **Henotēs**

- unity, unanimity, agreement

## **Ephesians 4: 25 – 32**

25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

**Kind:** of a sympathetic or helpful nature

**Tenderhearted:** easily moved to love, pity, or sorrow

**Forgiving:** to cease to feel resentment against, to give up resentment of or claim to requital.

**Walk in a manner worthy of the calling:**

- With all humility and gentleness
- With patience
- Bearing with one another in love
- Eager to maintain the unity of the Spirit in the bond of peace
- Speak the truth with his neighbor
- Be angry and do not sin.
- Let no corrupting talk come out of your mouths
- Do not grieve the Holy Spirit of God
- Let all bitterness and wrath and anger and clamor and slander be put away from you along with all malice
- Be kind to one another
- Tenderhearted
- Forgiving one another, as God in Christ forgave you.

**THE TEST:**

**Bitterness:** Anger and disappointment at being treated unfairly

**Wrath:** Strong vengeful anger or indignation

**Anger:** A strong feeling of displeasure and usually of antagonism

**Clamor:** Noisy shouting

**Slander:** The utterance of false charges or misrepresentations which defame and damage another's representation.

**Malice:** The intention or desire to do evil; ill will.