

## 40 DAYS OF LENT: DAY #6

### WORD OF TODAY: Ephesians 4:25-27 (ESV)

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.

### THOUGHTS ON THE WORD:

St. Paul teaches us much in these verses. First, within the Body of Christ, we are all members and we are to speak truth to one another. And note, the Apostle does not say we should always be happy with one another, but instead says “be angry.” It is okay at times to be angry, but that anger should not give way to sin. That anger must be dealt with, and it should be dealt with that same day.

How does it make you feel when you find yourself confronted with error that you had not previously known was in you? The confrontation often leads to anger, and in particular, anger towards the one who spoke the truth to you. St. Paul doesn't say this is an incorrect initial response, but he does say it needs to be overcome.

And if it is not overcome, or if we fail to speak the truth to one another, we have given the devil an opportunity. When we let the sun go down on our anger, we open the door for the devil to enter. When we hesitate to speak truth for fear, quite likely fear of an angry response, we also open the door to the devil. As Christians, we must be ready to speak truth as well as receive truth. We must seek reconciliation with one another when we encounter correction. What truth might you speak to a fellow member today? What truth might someone be hesitant to speak to you for fear of anger and division?

PERSONAL REFLECTION (Spend a few minutes reflecting on the Word and the thoughts presented. What do you hear, and how might you respond?):

TIME MEDITATING (How long did you give your attention to God's Word?):

REVEALED THROUGH SELF-EXAMINATION (What conviction(s) were revealed?):

TODAY'S CONFESSION:

TODAY'S PRAYER:

TODAY'S FAST (What will you deny yourself today?):

TODAY'S ALMS-GIVING (What will you give to another today?):