

SEPTEMBER SCRIPTURE & SPOTLIGHT

COOPERATION

Ephesians 4:2-3, 29, 31-32

² Always be humble and gentle. Be patient and accept each other with love. ³ You are joined together with peace through the Spirit. Do all you can to continue together in this way. Let peace hold you together.

²⁹ When you talk, do not say harmful things. But say what people need—words that will help others become stronger. Then what you say will help those who listen to you.

³¹ Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. ³² Be kind and loving to each other. Forgive each other just as God forgave you in Christ.

AFFIRMATION:

Today's a new day! I leave yesterday in the past. I am ready for challenges and victories even after making mistakes. Together, we are better. Our teamwork makes the dream work. We collaborate. We communicate. We build each other up. We celebrate. We cooperate. We learn from our mistakes. We are growing with grit and grace. We're ready to take on today!

DUE FRIDAY, SEPTEMBER 30, 2022

LET'S TALK ABOUT IT!

When you hear the word, cooperation, what do you think of? Can you think of a time when you were asked to cooperate? What happened? How did you feel? What happened in the end? What do you think is the most important thing when you are trying to cooperate with others?

The book of Ephesians was written by the Apostle Paul. He was writing to the believers in Ephesus, an ancient Greek city from prison. They needed encouragement and guidance to better understand what it meant to live in their new identity in Christ.

What do you think it means to “be humble and gentle”? Do you think it means allowing others to “walk all over you” or treat you badly? Why or why not? How can you be humble and gentle while keeping your boundaries?

Gentleness is a strong hand with a soft touch. It is a tender, kind approach towards others' weaknesses. Humility in the Bible means believing what God says about you over anyone else's opinion, including your own. It is embracing who you are in Christ. Being humble then is being confident and content in this truth that you have no problem lifting others around you up, owning your mistakes and being willing to learn in the process. Why do you think it might be hard to “be gentle and humble” at times?

When you hear the sentence, “Let peace hold you together,” what do you imagine? Why do you think the Apostle Paul encourages us to do this?

How can words help others become stronger? What are some examples? Why is this important when we are collaborating with others?

Apostle Paul encourages us to “never” do a few things in verse 31. He is encouraging us to make a great effort to avoid doing these things as they not only hurt others but ourselves. How can holding onto anger or bitterness harm you?

Do you think forgiveness is important? Why or why not? Why is it hard to forgive? Can you think of a time when you chose to forgive/not forgive someone? What happened? How did you feel?