

## M&M Monday 5,1,2017

*Meditation and Motivation  
through Bible verse and prayer  
to help you get through your Monday!*



*Ephesians 4:25-32 - Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. <sup>26</sup> "Be angry, and do not sin": do not let the sun go down on your wrath, <sup>27</sup> nor give place to the devil. <sup>28</sup> Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. <sup>29</sup> Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. <sup>32</sup> And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

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**Matthew Henry's Commentary regarding this scripture:**

*Lying is a part of the old man that must be put off; and that branch of the new man that must be put on in opposition to it is speaking the truth in all our converse with others. It is the character of God's people that they are children who will not lie, who dare not lie, who hate and abhor lying. All who have grace make conscience of speaking the truth, and would not tell a deliberate lie for the greatest gain and benefit to themselves. Though anger in itself is not sinful, yet there is the utmost danger of its becoming so if it be not carefully watched and speedily suppressed. Observe, It is the great duty of Christians to take care that they offend not with their lips, and that they improve discourse and converse, as much as may be, for the good of others... we must not do that which is contrary to his holy nature and his will; we must not refuse to hearken to his counsels...*

**Thank You Father for helping us through today and the rest of this week, as we submit ourselves to You, we ask for help in putting away from us things that aren't edifying to those around us and to Christ in us and that we would give Holy Spirit the freedom to rule in our thoughts, words, and actions today and always in Jesus holy name, Amen.**