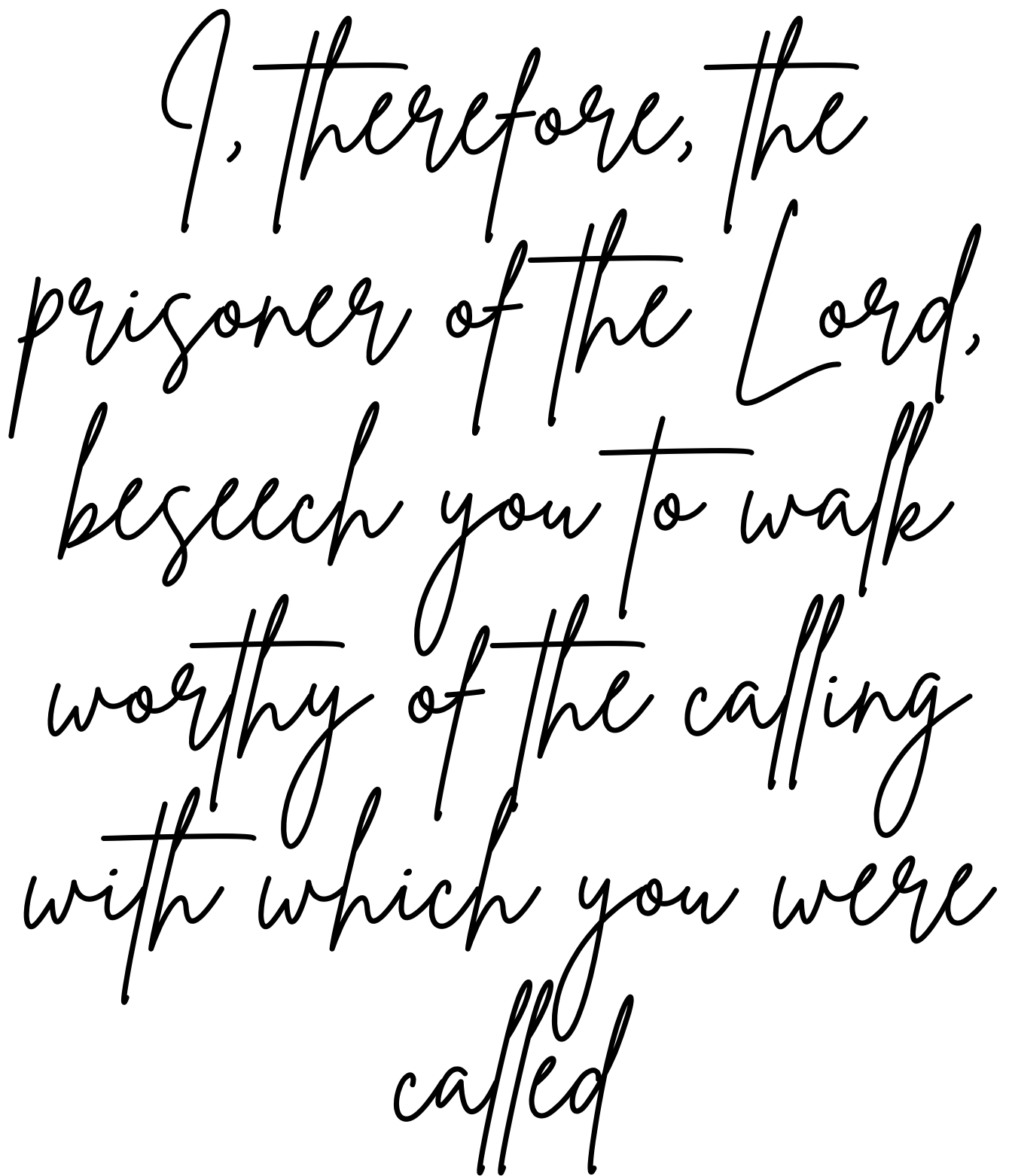




It Starts With Me!

JOURNAL PAGES



A decorative border featuring watercolor-style illustrations of various flowers and green leaves in shades of orange, red, and green, framing the central text.

I, therefore, the
prisoner of the Lord,
beseech you to walk
worthy of the calling
with which you were
called

Ephesians 4:1



WEEK ONE

Unity in the Body of Christ

This Week's Reading:

Ephesians 4:1-3

Ephesians 4:4-6

Philippians 2:1-4

(also see vv. 5-10)

Colossians 3:12-14

2 Corinthians 13:11-13

Romans 12:14-18

Romans 15:1-5

(also see vv. 6-7)

Key Principles

Application



It Starts With Me!



Prayer



WEEK TWO

What He's Done/What He's Given

This Week's Reading:

Ephesians 4:7-10

Ephesians 4:11-13

Romans 12:3-8

Titus 2:11-14

Titus 3:5-7

1 Peter 4:10-11

2 Timothy 1:8-11

(also see vv. 12-13)

Key Principles

Application



Prayer



WEEK THREE

Grow Up in Every Way

This Week's Reading:

Ephesians 4:14-16

Ephesians 4:17-19

1 Corinthians 3:1-4

2 Peter 2:1-4

2 Peter 3:17-18

Hebrews 5:12-14

Colossians 1:9-12

(also see vv. 13-14)

Key Principles

Application



It Starts With Me!



Prayer



WEEK FOUR

Let Go of Your Former Ways

This Week's Reading:

Ephesians 4:20-24

Ephesians 4:25-27

Ephesians 4:28-29

Romans 12:1-2

1 John 1:5-9 (also see v.10)

Galatians 5:19-21

Colossians 3:5-10

Key Principles

Application



It Starts With Me!



Prayer



WEEK FIVE

Do Not Grieve the Holy Spirit

This Week's Reading:

Ephesians 4:30-32

Ephesians 5:1-5

Ephesians 5:6-10

(also see vv. 11-20)

Key Principles

Application



Prayer



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