



# COUNSELING 101

## Behave like You Believe.

Ephesians 4:17-5:14

Steve Holdaway, LifeSpring Church,  
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**BIG IDEA:** Relationships improve in proportion to how much you behave like you believe.

### First Question to Answer: Are you a true believer?

If the answer is yes, the only way to be whole and happy is to put off the old self and put on the new everyday:

#### **Ephesians 4**

<sup>20</sup> But that is not the way you learned Christ!— <sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> and to be renewed in the spirit of your minds, <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.

#### **Put off your old self:**

- It is pre-Christ.
- It is corrupt.
- It is controlled by deceitful desires.

#### **Put on your new self:**

- It has a renewed mind.
- It is recreated in the image of God.
- It is righteous and holy.

**Identity is the** foundation for your behavior: “Above everything else, guard your heart; for out of it flow the issues of life.” Prov.4:23

### Second Question to Answer: Do you behave like you believe?

#### **Counseling Imperatives:**

- Stop lying.
- Start telling the truth.
- Let no corrupting talk come out of your mouths.
- Stop harboring anger.
- Start forgiving.
- Stop stealing/cheating.
- Start handling your money for kingdom purposes.

For next Sunday, meditate on Ephesians 5:15-21.



# COUNSELING 101

Behave like You Believe

# THE BIG IDEA



Relationships improve in proportion to how much you behave like you believe.



**First Question to Answer:**  
**Are you a true believer?**

<sup>17</sup> Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.

<sup>18</sup> They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.

**Ephesians 4**

<sup>19</sup> They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.

**Ephesians 4**

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**Ephesians 4**



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Above everything else, guard your heart;  
for out of it flow the issues of life.

**Proverbs 4:23**

**Second Question to Answer:**  
**Do you behave like you believe?**

<sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.

## Ephesians 4

<sup>28</sup> 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.

**Ephesians 4**

<sup>29</sup> 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. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

**Ephesians 4**

<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

**Ephesians 4**



# ••• Counseling Imperatives •••

<sup>1</sup>Therefore be imitators of God, as beloved children. <sup>2</sup> And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. <sup>3</sup> But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.

## Ephesians 5

<sup>4</sup> Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

**Ephesians 5**



# Are you walking in the light?

## Checklist:



<sup>7</sup> Therefore do not become partners with them; <sup>8</sup> for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup> (for the fruit of light is found in all that is good and right and true), <sup>10</sup> and try to discern what is pleasing to the Lord.

**Ephesians 5**

<sup>11</sup> Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup> For it is shameful even to speak of the things that they do in secret. <sup>13</sup> But when anything is exposed by the light, it becomes visible,

**Ephesians 5**

<sup>14</sup> for anything that becomes visible is light. Therefore it says, “Awake, O sleeper, and arise from the dead, and Christ will shine on you.”

**Ephesians 5**

You are the light of the world

**Matthew 5:14**