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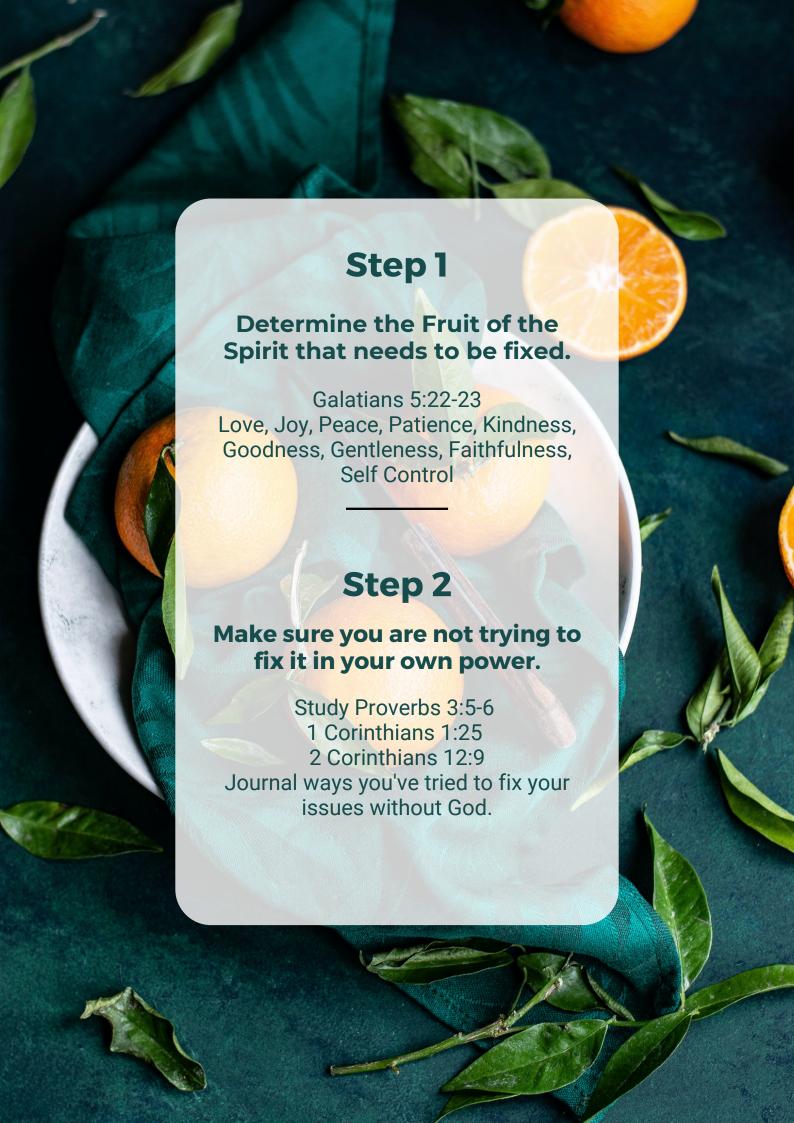
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Joy Jumpstart Journal:
https://tinyurl.com/25ux3bhn

From Chaos to Shalom Workbook: https://tinyurl.com/2p86bnrj

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How am I doing on these on a scale of 1-10?

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Gentleness
- Faithfulness
- Self-Control



Ephesians Questions to ask yourself

Can you say NO to all of these?

- ~ Are you living as you did before you became a believer?
- ~ Are you being controlled by your own futile thoughts and understanding?
- ~ Do you have a hard, calloused heart that seeks sensual impurity and greediness?
- ~ Do you speak lies?
- ~ Do you sin when you are angry by hating, screaming, hurting others, or speaking evil words?
- ~ Do you let the sun go down on your anger?
- ~ Have you ever stolen anything that you haven't repented for?
- ~ Do you ever let unwholesome words come out of your mouth?
- ~ Are you ever bitter?
- ~ Do you want people to be punished when they hurt you?
- ~ Are you often angry?
- ~ Do you shout and yell a lot?
- ~ Do you say things that damage someone else's reputation?
- ~Do you chat about others when they aren't around?
- ~ Are you ever immoral, impure, or greedy?
- Do you ever say anything shameful, foolish, or vulgar?
- Do you regularly want what someone else has?
- ~ Is there anything in your life more important than God?
- ~ Do you often participate in vain (empty) conversations?
- ~ Do you participate in darkness or even have conversations about dark things?
- ~ Do you get drunk sometimes?
- ~ Parents, do you make your children angry?
- ~Children do you dishonor your parents?

Ephesians Questions to ask yourself

Can you say YES to all of these?

- ~Have you laid aside the old self and its lusts?
- ~Are you allowing the Word to renew your mind?
- ~ Is your heart soft and are your thoughts pure?
- ~ Do you labor with your own hands, performing good work, and sharing with those in need?
- ~ Are you careful that everything you say edifies the person listening and isn't just for your own benefit?
- ~ Are you always kind, tender-hearted, and forgiving?
- ~ Do you imitate God and walk in love just as Christ loved you?
- ~ Are you always thankful?
- ~ Do you try to learn what is pleasing to the Lord, and then do it?
- ~ Do you make the most of your time?
- ~ Are you filled with the Spirit, speaking to others with psalms, hymns and spiritual songs?
- ~ Do you often have a melody in your heart to the Lord?
- ~ Do you honor others?
- ~ Wives do you honor and obey your husbands?
- ~ Husbands do you love your wife as Christ loved the Church, nourishing and cherishing her and loving her as you love your own body?
- ~ Do you honor parents and those in authority, no matter how old you are?
- ~ Do you raise your children in God's instruction?
- ~ Employees do you sincerely honor and serve your boss?
- ~ Bosses do you serve and honor your employees?





