

**One Body: Life-Giving Limits**  
**Ephesians 4:25-32**

I. Passage Notes

A. Enjoy the \_\_\_\_\_ of limits

1. Limits \_\_\_\_\_

2. The \_\_\_\_\_ of the limits

B. Be \_\_\_\_\_ to the Holy Spirit

1. \_\_\_\_\_ the old master

2. \_\_\_\_\_ the new master

II. Application

A. See God's limits for the \_\_\_\_\_ they are

B. Pursue \_\_\_\_\_ relationships

III. Next Steps

A. Submit your life to Jesus

B. Evaluate and adjust the way you speak to others

C. Take steps to reconcile a broken relationship