

# ***Our Part in God's Grand Plan: A Study in Ephesians***

**Challenges for the Week of 12 February,  
2017**

## **Memorize and Meditate**

“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”

Ephesians 4:29-30 *NASB*

## **Prayer for the Week (for daily recitation)**

“Lord, my tongue belongs to you. Help me to use it to build others up and to bring you joy.”