

## **Day 1 — No Longer Walking the Same Way**

### **Scripture**

Ephesians 4:17–19

### **Reflection**

Paul begins this section with strong language: “I insist in the Lord.” This is not gentle advice or optional counsel. Paul is urging believers to recognize that following Christ requires a fundamentally different way of living. The old life marked by futile thinking, darkened understanding, exclusion from God, and calloused hearts leads only to emptiness.

### **Illustration**

Imagine continuing to use a broken GPS that repeatedly leads you into dead ends and wrong turns. Knowing it is faulty, you would eventually stop trusting it. That is what our life is like when we rely upon our own understanding rather than the guidance of the Holy Spirit.

### **Application**

In what ways are you tempted to think, speak, or act like the world rather than as someone redeemed by Christ?

### **Prayer**

Lord, help me recognize where I am still walking in old patterns. Give me the courage to live differently for Your glory. Amen.