

Chapter 4 (1 - 16)

I implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience.

If we live by the truth and in love, we shall become more and more like Christ.

We are parts of the Body of Christ.

Christ is the head. Each part must do its bit to keep the Body healthy and growing in love.

Jesus, help me understand
how the Church is your Body

Chapter 4 (17 - 19)

Do not go back to living the aimless kind of life that many non-believers live. Intellectually they are in the dark, because they have shut the door on God's grace.

They have a poor sense of right and wrong, and have abandoned themselves to reckless living.

Jesus, help people who are confused
about the meaning of life

Chapter 4 (22 - 32)

You must give up your old way of life.

You must put aside your old self and its delusions.

Your mind must be renewed by a spiritual revolution, so that you can follow a way of life based on goodness and truth.