

Checklist: Characteristics of Someone Who is Strong in the Lord

Based on Ephesians Chapters 1–5

Spiritual Identity and Foundation

- I know I am chosen, adopted, and redeemed in Christ. (Eph. 1:4-14)
- I trust in God's mighty power working in me. (Eph. 1:19-20)
- I understand that I am saved by grace, not by works. (Eph. 2:8-10)
- I pursue peace and unity with others in Christ. (Eph. 2:14-16)
- I am strengthened in my inner being by the Holy Spirit. (Eph. 3:16-17)
- I boldly live out my God-given purpose. (Eph. 3:7-12)

Daily Living and Conduct

- I live with humility, gentleness, patience, and love. (Eph. 4:1-2)
- I work to keep unity in the Spirit through peace. (Eph. 4:3-6)
- I use my spiritual gifts to serve and build others up. (Eph. 4:12-13)
- I speak the truth in love and seek spiritual maturity. (Eph. 4:14-15)
- I have put off my old self and live in righteousness. (Eph. 4:22-24)
- My words are truthful, kind, and encouraging. (Eph. 4:25, 29)
- I forgive others and let go of bitterness. (Eph. 4:31-32)
- I imitate Christ and walk in love and sacrifice. (Eph. 5:1-2)
- I avoid impure and ungodly behavior. (Eph. 5:3-4, 8-11)
- I live with wisdom and seek God's will. (Eph. 5:15-17)
- I am filled with the Spirit and live a life of praise. (Eph. 5:18-20)
- I submit to others in reverence for Christ. (Eph. 5:21-33)