

Ephesians 4:25-32

Since you have put on the new man

Points to Consider

1. What we must put away
2. What we are to put on
3. Why?

What we must put away

Eph 4:25-32 *Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. 26 "Be angry, and do not sin": do not let the sun go down on your wrath, 27 nor give place to the devil. 28 Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. 29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. NKJV*

We need to put away **lying** (25). Remember that the Ephesian saints came out of a pagan culture where lying was prevalent.

Lying **will** destroy relationships. No relationship can withstand lying!

We are to deal with **anger** immediately in a godly way (26,31). If we deal with anger incorrectly, we are giving "place to the devil."

Gen 4:3-6 *And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the Lord. 4 Abel also brought of the firstborn of his flock and of their fat. And the Lord respected Abel and his offering, 5 but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. 6 So the Lord said to Cain, "Why are you angry? And why has your countenance fallen? NKJV*

Anger motivated Cain to **murder** Abel.

In Gen 27:42-45 we find out that Esau's anger was the reason Jacob had to flee to Laban's house.

In Gen 34:7 God tells us that the anger of Simeon and Levi caused them to kill all the men of Shechem. (49:6-7)

In Gen 39-40 Joseph, the butler, and the baker all end up in prison because of anger.

Joseph tells his brothers not to be angry with themselves.

Saul's anger caused him to cast a spear at his own son.

Prov 14:17 *A quick-tempered man acts foolishly, And a man of wicked intentions is hated.*

Prov 14:29 *He who is slow to wrath has great understanding, But he who is impulsive exalts folly.*

We are to put away **stealing** (28). Theft is a shortcut.

Ex 22:1-6 *"If a man steals an ox or a sheep, and slaughters it or sells it, he shall restore five oxen for an ox and four sheep for a sheep. 2 If the thief is found breaking in, and he is struck so that he dies, there shall be no guilt for his bloodshed. 3 If the sun has risen on him, there shall be guilt for his bloodshed. He should make full restitution; if he has nothing, then he shall be sold for his theft. 4 If the theft is certainly found alive in his hand, whether it is an ox or donkey or sheep, he shall restore double. 5 "If a man causes a field or vineyard to be grazed, and lets loose his animal, and it feeds in another man's field, he shall make restitution from the best of his own field and the best of his own vineyard. 6 "If fire breaks out and catches in thorns, so that stacked grain, standing grain, or the field is consumed, he who kindled the fire shall surely make restitution. NKJV*

Stealing is **always** wrong! Whatever we steal, we need to restore. This is true even if it is **accidental**.

We need to put away corrupt speech and evil speaking. (29,31)

James 3:2-12 *For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. 3 Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. 4 Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. 5 Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! 6 And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. 7 For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. 8 But no man can tame the tongue. It is an unruly evil, full of deadly poison. 9 With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. 10 Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. 11 Does a spring send forth fresh water and bitter from the same opening? 12 Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh. NKJV*

Our speech can cause major destruction in the lives of others.

Prov 18:6-7 *A fool's lips enter into contention, And his mouth calls for blows. 7 A fool's mouth is his destruction, And his lips are the snare of his soul. NKJV*

Prov 11:9 *With his mouth the godless man would destroy his neighbor, but by knowledge the righteous are delivered. ESV*

We are to put away bitterness. It is easy to become bitter. It usually starts with suffering some kind of injustice. That injustice is never dealt with, and it is allowed to fester within us.

In 2 Samuel 13 we find Absalom's anger turned to hatred, his hatred turned to bitterness, and his bitterness led to murder.

Joseph had good reason to be bitter toward his brothers, but he wasn't.

We are to put away wrath. This word carries with it the idea of being hot headed. It's when our anger boils over. Anger produces both bitterness (anger sustained for a long period of time) and wrath (anger that causes an immediate outburst).

We are to put away clamor. Matthew Henry says clamor means, "big words, loud threatenings, and other intemperate speeches, by which bitterness, wrath, and anger, vent themselves."

1 Kings 19:2-3 *Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." NKJV*

Jezebel spoke clamorous words to Elijah.

We are to put away malice. This word carries with it the idea of having ill-will toward another or wishing to do them harm.

What we are to put on

We are to put on a tongue that speaks truth (25). We don't have to say everything that is true. Insults and hurtful things don't need to be said just because they might be true.

We do need to speak God's word truthfully to one another. We also need to be honest in how God's word applies to one another.

We must work and be generous (28).

Col 3:22-25 *Bondservants, obey in all things your masters according to the flesh, not with eyeservice, as men-pleasers, but in sincerity of heart, fearing God. 23 And whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.*

Christians are to be **hard** workers knowing that we work to please God and give to others.

Prov 12:11 *He who tills his land will be satisfied with bread, But he who follows frivolity is devoid of understanding. NKJV*

Prov 13:4 *The soul of a lazy man desires, and has nothing; But the soul of the diligent shall be made rich.*

James 2:14-17 *What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him? 15 If a brother or sister is naked and destitute of daily food, 16 and one of you says to them, "Depart in peace, be warmed and filled," but you do not give them the things which are needed for the body, what does it profit? 17 Thus also faith by itself, if it does not have works, is dead. NKJV*

If we can **alleviate** the suffering of others, we should.

We must speak words that build up and impart **grace**.

Prov 15:23 *A man has joy by the answer of his mouth, And a word spoken in due season, how good it is! NKJV*

Prov 25:11-12 *A word fitly spoken is like apples of gold in settings of silver. 12 Like an earring of gold and an ornament of fine gold is a wise rebuker to an obedient ear. NKJV*

We must be **kind** and tenderhearted.

Kind – “employed, i.e. (by implication) useful (in manner or morals) – Strong’s

Matt 11:28-30 *Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light." NKJV*

Jesus said His yoke was easy or useful. It is the opposite of burdensome. We are not to be a burden on one another. We are to bear one another’s burdens.

1 Peter 2:1-3 *Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, 2 as newborn babes, desire the pure milk of the word, that you may grow thereby, 3 if indeed you have tasted that the Lord is gracious. NKJV*

The word **gracious** at the end of verse three is the same word translated kind in Ephesians 4:32.

The word translated tenderhearted means sympathetic or compassionate. We should have pity on those who are suffering.

We are also to be forgiving.

Why?

Eph 4:32 *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. NKJV*

We are to treat others the way **God**, in Christ, treats us! This is another example of the high standard Paul calls us to live up to.

Eph 4:25 *Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another.*

We are to treat one another in a special way because we are members of one another.

1 Cor 12:25-26 *...that there should be no schism in the body, but that the members should have the same care for one another. 26 And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it. NKJV*

As we treat one another as God instructs, the whole body is built up and each member is rewarded. When we tear one member down we are hurting other members.

Let's never forget the reasons Paul gave in the first three chapters:

- They were blessed with every spiritual blessing in the heavenly places (1:3).
- They were chosen before the foundation of the world (1:4).
- They were adopted as sons through Jesus Himself and have an inheritance (1:5,11).
- They were made accepted by the Beloved (1:6).
- They were forgiven and redeemed (1:7).
- They were resurrected from spiritual death (2:1).
- They were recipients of grace, mercy, and salvation (2:4-10).
- They were brought near to God by the blood of Christ (2:11-13).
- They were citizens and saints and being built into a dwelling place of God (2:19-22).
- They were recipients of the unsearchable riches of Christ (3:8).
- They were blessed to have Christ dwell in their hearts and that the fulness of God dwelt in them (3:19).