

LESSON 11 - EPHESIANS 4:25-32

There is a well-known saying: "off with the old, on with the new". It speaks of a time of change, a putting away of something well known and used, to embrace something new and life changing. That is the underlying message of Ephesians 4. The Apostle Paul tells us we not only need to put on the new man... but we must also put away sinful habits and lifestyles.



THE ARCHITECTURAL DESIGN

Read Ephesians 4:25-32

1. Paul moves from generalities and principles to specific applications dealing with specific sins. As an overview, read verses 25–32 and list the behaviors Paul is warning us away from and its corresponding “put on.”

Warning	Put On

2. As you review this list, what aspect of your own Christian character is God working on currently? What do you see taking place as a result of putting off, putting on, and yielding to the Spirit of God?



MIXING THE MORTAR

Read Ephesians 4:25–29

3. As you consider these verses, search your heart; what is your definition of a lie?

4. Is lying a matter of degree?

- a. Is there such thing as a “little white lie”? Why or why not?
5. What is the reason Paul gives for telling the truth?
- a. How does lying disrupt unity and create conflict?
- b. What should be our motivation for not lying?
6. Are there ways you have compromised truth with someone close to you?
Review the following list and determine if you have been living a lie:

Pretending things are OK, rather than speaking truth and dealing with issues

Withholding information

Spending secretly—‘what they don’t know...won’t hurt them’

Shading the truth

Exaggerating the truth

Shifting the blame to avoid the truth about yourself

Denying reality

Enabling by looking the other way

If you find yourself in this list, what can you do to change this habit of lying?

Lies Always Protect the Flesh ~ Anonymous

7. In verses 26 and 27, Paul now moves to the emotion of anger. At what point do feelings of anger become sin?
 - a. What are some examples of a sinful response to anger?
 - b. Why do you think Paul tells us to deal with our anger quickly?
 - c. How can sinful anger give place to the devil?
8. What connection do you see between verses 26 and 27?
 - a. Follow the logical conclusions of anger and list some of the by-products that anger may cause.

*One thing that improves the longer it is kept is your temper.
(Anonymous)*

CUTTING THE STONE



Unbridled anger can lead to a multitude of sins and allow Satan a foothold in your life. Look deeper into your own thoughts and actions. If you find yourself giving in to anger that leads to sin, quickly confess it to God and seek His forgiveness. Don't let angry thoughts fester. Ask the Holy Spirit to control your mind and emotions. Write out a prayer for those you are prone to be angry with. Ask God for His love and patience to be poured over you as you minister to those around you.

*A soft answer turns away wrath, but a harsh word stirs up anger.
Proverbs 15:1*

9. Christians would probably say they are not engaged in stealing, but in verse 28, Paul goes beyond the simple act of theft and touches on the principles of work and unselfishness. What is the motive behind the command not to steal?



USING A TROWEL

Read Ephesians 4:29-32

10. Words are powerful. In verse 29, Paul admonishes that a Christian should never say anything that is corrupt or unwholesome. The Greek word translated unwholesome applies to more than just profanity—it means rotten, useless, or unprofitable. What other examples of rotten speech can you identify?

• _____

- _____
- _____
- _____
- _____
- _____

*A careless word may kindle strife,
 A cruel word may wreck a life,
 A bitter word may hate instill;
 A brutal word may smite and kill.
 A gracious word may smooth the way,
 A joyous word may light the day,
 A timely word may lessen stress;
 A loving word may heal and bless.*

DEATH AND LIFE ARE IN THE POWER OF THE TONGUE.

Proverbs 18:21

11. The tongue is described in numerous ways in the Bible. Look up the following Scriptures and note the characterization of the tongue in each.

Reference	Characterization
Psalm 52:2	
Psalm 64:3	
Proverbs 10:20	

Proverbs 12:18	
Proverbs 15:4	
Jeremiah 9:8	
James 3:6	
James 3:8	

- a. Which one of the above phrases would most characterize your tongue?

- b. What are some specific things you can do to cultivate a heart that yields gracious, edifying speech?

12. Looking at verse 30, what does it mean to “grieve the Holy Spirit”?

- a. Why does Paul warn believers about this? (See Ephesians 2:21–22)

- b. What has the Holy Spirit done for us according to this verse?

13. The Holy Spirit is a Person who has feelings. In the following verses familiarize yourself with some of the personality traits of our Great Holy Spirit:

Mark 13:11

Luke 12:12

John 14:26

Acts 9:31

Acts 15:28

Acts 16:6

- a. In which of these ways has the Holy Spirit ministered to you this week? Were you aware of His ministry to you? If so, how did you respond?
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14. In one sentence (verse 32) Paul lays down the law of personal relationships. What (or who) is to be our model of forgiveness?

As we conclude our study of Ephesians 4, take a few moments to examine your own heart and meditate on David's plea in Psalm 139:23–24. Is there any area of thought or behavior the Holy Spirit is speaking to you about? If so, write it out as well as some steps you will take this week to apply the principles of this lesson to your life.



STONE UPON STONE

Group Discussion Questions

Take a moment to answer the following questions for your time of discussion after the message. Read Ephesians 4:25–32.

1. Is it ever OK to lie? What about to protect someone's feelings?

2. Does being truthful mean you should share every thought you have? Why or why not?

3. Is it always a sin to be angry?

4. What is the principle behind Paul's exhortation to "not let the sun go down on your wrath"?

5. What happens to your fellowship with God when you hold a grudge?

6. Proverbs 22:24–25 tells us not to associate with an angry person, lest we learn his ways. What do you do if you work with such a person? If you're married to him?

7. Is it hypocritical to be kind to someone who is engaging in ungodly behavior? Why or why not?

8. How could you practically demonstrate the character qualities listed in verse 32 in your own life with your own family?

9. After this study, summarize what you believe to be the main teaching of these verses.

