Walking in Truth

Lesson #6: Eph. 4:17-32

**Introduction: You are your values!**

**Vs. 17-19 You must no longer live like the Gentiles (the unsaved) do!**

 Futility of their mind-an emptiness caused by the illusion caused by the pleasures of sin

 Darkened understanding-a unsaved/secular mindset

Separated-alienated or estranged by their ignorance and the hardening of their heart

 Hardening: something made of marble/callous

 The center of their being had become stone like or petrified

Lost all sensitivity-violating all bonds of what is acceptable

Indulged in every kind of impurity-there was a lack of self-restraint

Full of greed-A continually lust after the impurities

**Vs. 20-24 That is NOT your way of life**

Paul uses a clothing metaphor (“put off”/ “put on”). See Col. 3:9-10

Note that both of these verbs are in the past tense. Both of these actions occurred when we came to Christ in saving faith.

1. Put off the OLD SELF: see Rom.6:6, 12:1-2; Gal. 5:16-26; Col. 3:3-8
2. Be made new in the ATTITUDE OF YOUR MIND: See Prov. 23:7, Phil. 2:5
3. Put on the NEW SELF: See II Cor. 5:17, Gal. 6:15

We were created to be holy and righteous and in fellowship with God.

**Vs. 25-32 Therefore, there are some behavioral changes in the new man**

1. **(vs. 25) Speak Truthfully**

The source of untruths: Satan

See John 8:44 “You belong to your father, the devil….for there is no truth in him.”

The scope of our word: Yes/No

See Matt. 5:37 “All you need to say is simply ‘yes’ or ‘no’; anything beyond this comes from the evil one.”

The value of our word:

See Prov. 19:22 “What a person desires is unfailing love, better to be poor than a liar.”

1. **(vs. 26-27 ) Handle Anger Appropriately**

Anger is an emotion and is not necessarily wrong. There are things that should stir up our righteous indignation.

Anger becomes wrong when we respond out of a selfish mindset, lose control, allow bitterness to set in, or give Satan a “foothold.”

See Psalm 37:8 “Refrain from anger and turn from wrath, do not fret, it only leads to evil.”

See Prov. 16:32 “Better is a patient person than a warrior, one with self-control than one who takes a city.”

1. **(vs. 28) Do not Steal**

One the one hand: You shall not steal (Ex. 20:15)

On the other hand: Give and it shall be given to you…(Luke 6:38)

Stealing doesn’t just involve things. Don’t take someone’s reputation (with slander), don’t take someone’s joy (with unkindness), don’t take someone’s peace (with hostility) and so on.

1. **(vs. 29) Watch your talk**

“unwholesome talk” is like rotten spoiled fruit.

Avoid blithering chatter, blathering conversation.

Avoid name calling, sarcasm, ridicule, mockery, gossip, slander, blaming, words of revenge, griping, complaining, lying and profanity.

See Prov. 12:18 “The words of the reckless pierce like swords, but the tongue of the wise brings healing.”

See James 1:26 “Those who consider themselves religious and yet to not keep a tight rein on their tongues deceive themselves and their religion is worthless.”

T.H. I. N. K. before you speak. Ask yourself these questions.

T = Is it truthful?

H = Is it helpful?

I = Is it inspiring?

N = Is it necessary?

K = Is it kind?

1. **(vs. 30 ) Do Not Grieve the Holy Spirit**

To grieve: to irritate, offend, insult or to make sad.

John Calvin comments, “No language can adequately express this solemn truth, that the Holy Spirit rejoices and is glad on our account, when we are obedient to him in all things, and neither think nor speak anything, but what is pure and holy; and, on the other hand, is grieved when we admit anything into our minds that is unworthy of our calling.”

When we sin, we offend God (not just ourselves or those who are directly involved). See Ps. 51:4

1. **(vs. 31) Get Rid of “stuff:”**

Bitterness: long standing resentment

Rage: a flare up of anger

Brawling: screaming arguments

Slander: trying to damage someone’s reputation

Malice: showing ill will. Having “it in for” someone

See Prov. 11:17 “Those who are kind benefit themselves, but the cruel bring ruin on themselves.”

See Prov. 15:1 “A gentle answer turns away wrath, but a harsh word stirs up anger.”

See Prov. 15:4 “The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.”

1. **(vs. 32) Be Kind and Compassionate**

Kindness: like a “mellow wine that is not harsh, it doesn’t bite.” It is useful.

See I Cor. 13:4 “Love is patient, love is kind…”

Compassionate: “The Scriptures also exhort believers to make compassion an integral aspect of their lives.” Paul tells us to “clothe ourselves with compassion, kindness, humility gentleness and patience.” (Col. 3:12)

Kindness and compassion are actions, not emotions. See Zech. 7:9-10.

1. **(vs. 32 ) Forgive Each Other**

The word “forgiveness” comes from the same root for the biblical word for “grace.” We have freely been given grace and forgiveness and in that some spirit, as a favor, we are to forgive others.

This forgiveness is not hinged on whether or not the other person deserves forgiveness.

The principle is found in Matt. 6:14-15: “For if you forgive other people when they sin against you, your heavenly father will also forgive you. But if you do not forgive others their sins, your father will not forgive your sins.”

Also see Matt. 18:21-35.

**So What?**

Remember, you are your values. See Rom. 13:14: “Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.”

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