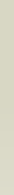


EPHESIANS

LIVING AS CHILDREN

Ephesians 4:25-32

PLEASE GIVE US FEEDBACK:
ROB@GROFF.US



VERSE HANDOUTS

Ephesians 4:25-32

Romans 12:1-2

Ephesians 4:25-32

Galatians 2:11-14

Colossians 3:5-11

Revelation 21:6-8

James 1:19-20

Proverbs 17:14

Proverbs 15:1

Proverbs 16:32

Romans 12:19

1 Samuel 24

2 Samuel 11

2 Samuel 12: 1-26

Luke 19: 1-11

Acts 9:26-27

Acts 5:1-11

Acts 4:32-37

Genesis 4:1-8

Matthew 18:21-35

REVIEW OF LAST WEEK: EPHESIANS 4:17-24

Paul insists that the Ephesians no longer live in the futility of their thinking – This was a life of thinking and living that looks meaningful but ultimately leads to nothing because it's disconnected from God.

The end result of a life apart from God: a numb heart that chases more sin but is never satisfied.

Turning Point – Paul shifts from “that’s how they (The Ephesians) live” to “that’s not you anymore”.

The Christian life is not behavior modification – it’s replacing your old identity with your new God-created identity through a renewed mind.

Romans 12:1-2 – Therefore, I urge you brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. ***Do not conform to the patterns of this world, but be transformed by the renewing of your mind.*** Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.

What is Happening in the CITY of Ephesus at this time?

A City Known for Spiritual Darkness – Center for idol worship (especially Artemis). Normal habits were: Magic, deception, lying, and corruption.

House-Church Relational Pressure – Churches met in homes → No anonymity. Conflict, offense, and friction were unavoidable.

Honor/Shame Culture - Public insult, revenge, and holding grudges were a cultural norm.

Economic & Social Tension – This was a mixing bowl of thieves, wealthy, and poor. Big gaps in background and lifestyle

Ephesus was: Spiritually Dark, Socially Divided, Emotionally Reactive, Religiously Confused

What is Happening in the CHURCH of Ephesus at this time?

Unity was fragile – The church in Ephesus was made up of Jews & Gentiles learning to live as one body.

Old habits lingered – Many believers came out of pagan culture (idolatry, immorality, emotional impulsiveness), where anger often led to conflict.

Relational tension was real – Disagreements, pride and misunderstandings could easily divide the church

Paul's Message: *“If you are one new people in Christ, your everyday behavior – speech, anger, work, and forgiveness – must completely change.”*

LIVING AS CHILDREN: EPHESIANS 4:25-32

Let's Read: Ephesians 4:25-32

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v25) **Truth builds unity; Dishonesty Breaks it.** Stop Lying. Speak the truth to one another. We are all part of one body, connected. Lying harms others – and yourself.

1. Division - **Galatians 2:11-14** – an example church division due to lying/hypocrisy.
2. Honesty - The new testament discusses the importance of honesty at least 25 times. Let's look at two:
Colossians 3:5-11,
Revelation 21:6-8
3. The Ten Commandments: You shall not give false testimony against your neighbor.

Question: Where does dishonesty show up in ways we tend to justify?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v26) **Control anger – don't let it control you.** It's okay to feel anger. Do not let anger lead to sin. Deal with it quickly (don't hold onto it). Don't carry it into the next day.

- **James 1:19-20** – Pause. Listen first. Anger usually shrinks when we don't react immediately.
- **Proverbs 17:14** – Sometimes the wisest move is to disengage early.
- **Proverbs 15:1** – Tone matters. Soft responses can defuse anger instantly.
- **Proverbs 16:32** – Patience and self control is a greater strength than force.
- **Romans 12:19** – Let go of the need to “get even”.

Real-life Example: After David killed Goliath, Saul became jealous. By the time we get to 1 Samuel 24, David has been on the run for years, as a fugitive. Let's read.....**1 Samuel 24**

Question: When looking at the 5 verses above, where do you struggle (or excel!) the most, and why?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v27) **Don't leave any opening for evil to take root.** Do not give the devil a foothold. Unresolved sin (like anger) opens the door. Small compromises can grow into bigger Problems. Guard your heart and actions.

The door is rarely one big moment. It's usually:

- Uncontrolled emotion (anger, fear)
- Hidden sin (Greed, lying)
- Small compromises over time

Real Life Example: David entertained temptation in **2 Samuel 11**

Lets look at his repentance in **2 Samuel 12:1-26**

Question: How Do we put ourselves in a better position to guard our heart and actions?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v28) **Replace taking from others with working and giving.** Stop stealing. Work honestly with your hands. Earn your own living. Share with those in need.

Remember, Paul is trying to build trust and unity in the Ephesian church. The church was meant to be counter cultural in how people lived. Generosity showed a completely different kingdom mindset. Christian change isn't just stopping sin. It's replacing it with good that blesses others.

Story about Zacchaeus

1. Can anyone tell me about him?
2. What was his encounter w/Jesus? **Luke 19: 1-11**

Key Takeaway: Real transformation isn't subtracting sin – its replacing it with generosity. If someone looked at our lives, would they see us simply 'not doing wrong' – or actively using what we have to bless others?

Question: Where in your life is it hardest to be generous with what you've earned – and why?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v29) **Use your words to strengthen – not tear down.** Do not let harmful words come out of your mouth. Speak what builds others up. Say what is helpful in the moment.

Lets look at an example: In Acts, Saul (Paul) had just become a Christian. Believers in Jerusalem were afraid of him because of his history of persecuting the church. No one trusted him – he was isolated and rejected. In comes Barnabas in **Acts 9:26-27**.

Instead of staying silent, joining the skepticism, speaking fear or doubt.....Barnabas chose to Speak truth that builds up, use words that restore someone's reputation, help meet a real need (acceptance and trust).

The result: Saul is welcomed to the church. He begins ministering boldly. The man who wrote much of the new testament is unlocked – partly because one man used his words well.

Question: Who around you needs someone to speak up for them – and what's stopping you?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v30) God lives in us. God is personally affected by how we live, especially relational sins.

Paul is building a pattern:

(v28) – Use your hands to help others

(v29) – Use your words to build others

(v30) – Don't live in a way that hurts the Spirit inside of you

It's all about relational integrity – with people and with God.

Let's compare two stories:

- Ananias and Sapphira (**Acts 5:1-11**) – Deception & Hypocrisy
- Barnabas (**Acts 4:32-37**) – The Believers Share Their Possessions

Key Takeaway: The Holy Spirit is not just grieved by sin, He is honored by sincere, selfless living.

Question: Do you think we take relational sin as seriously as God does? Why or why not?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v31) **Remove toxic attitudes that destroy relationships.** Put away bitterness. Put away rage and anger. Avoid harsh words and slander. Remove all malice.

Cain and Abel (**Genesis 4:1-8**) – Cain does not deal with his anger. His bitterness grows into rage and action. He murders his brother Abel. Can shows exactly what Paul warns about:

- Bitterness – unchecked
- Anger – grows
- Malice – takes over
- Destruction – follows. He didn't "get rid of it" – and it consumed him.

Key Takeaways: Don't just manage anger – completely remove the toxic attitudes that fuel it. If you don't remove bitterness at the root, it will eventually come out in destructive ways.

Question: Who is hardest for you to not feel bitterness toward – and what makes that so difficult?

LIVING AS CHILDREN: EPHESIANS 4:25-32

(v32) **Give others the same grace you've received.** Be kind and compassionate. Forgive one another. Forgive as God forgave you in Christ. Reflect God's grace in your relationships.

Matthew 18:21-35 – The unforgiving servant.

Key takeaway: You forgive not because they earned it – but because you've received it. Forgiven people forgive people.

Question to ask ourselves: Is there anyone I'm holding to a standard that God hasn't held me to?

LIVING AS CHILDREN: EPHESIANS 4:25-32

Final Takeaways: This is what a transformed life looks like in real relationships:

1. Speak truth
2. Control anger
3. Work and give
4. Build with words
5. Honor with Spirit
6. Remove bitterness
7. Choose forgiveness

Tying Into Big Ephesians Picture: Spiritual gifts build the church – but Christlike character (like Forgiveness) is what makes those gifts effective.

The greatest threat to unity isn't lack of gifting but rather, its relational breakdown.