

BIBLE LIFE MESSAGES

# How to Live the Heavenly Lifestyle

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Ephesians 4:25-32

**<sup>1</sup> We know that the way Christians behave should be different from the way the world behaves. The scripture today will give us some insights on what those differences should be. <sup>2</sup>**

**From Ephesians, chapter 4, verses 25 through 32 we read, Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. <sup>1</sup> <sup>3</sup>**

**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and**

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<sup>1</sup> Ephesians 4:25-28.

slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.<sup>2</sup> 4

The first insight is . . .

## I. You Have to Be Different in Your Thoughts & Speech

You have to be different in your thoughts and speech.

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We begin with verse 25, **Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.** Is it possible to put off all falsehood? 6

What are some of the ways you can be false?

The first is obvious; **downright lying.** You just, knowingly, say things that aren't true. 7

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<sup>2</sup> Ephesians 4:29-32.

Then, there's **manipulating truth**. The world calls this finesse. It's the art of saying true things but saying them in a way that leaves a false impression.

Just say true things but leave out facts that would leave false conclusions. "Man. I don't have the money I owe you. I'll give it to you next week." (Actually I have it at home, not on me right now. I plan to use it tonight on my date.) 8

**Remaining silent when you should be speaking.** How many times have you allowed someone down go down a wrong path by withholding information that they would have needed to go down the right path? 9

You can also make a true statement but in a tone of voice that leaves a false impression. 10

You must be honest in your speech and thoughts to please God! 11

Now, verses 26 and 27, **"In your anger do not sin": Do not let the sun go down while you are still angry, and**

**do not give the devil a foothold.** Is it possible to be angry and not sin? <sup>12</sup>

**There's a place for anger.** We all know there are more appropriate locations than others to express built up emotions. <sup>13</sup>

Verse 26 tells us **there's a time limit for anger.** **Do not let the sun go down** on it. Don't harbor the resentment overnight. Settle it before you go to bed. <sup>14</sup>

Verse 27 says **there's a way to express it;** so **the devil** doesn't get **a foothold!** <sup>15</sup>

Moses was angry when he came down from Mount Sinai. <sup>3</sup> <sup>16</sup> Jonathan was angry when Saul tried to kill David. <sup>4</sup> <sup>17</sup> Nehemiah was angry when innocent children were being hurt. <sup>5</sup> <sup>18</sup> Elihu was angry because

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<sup>3</sup> Exodus 32:19 - When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain.

<sup>4</sup> 1 Samuel 20:34 - Jonathan got up from the table in fierce anger; on that second day of the month he did not eat, because he was grieved at his father's shameful treatment of David.

<sup>5</sup> Nehemiah 5:5-6 - . . . we have to subject our sons and daughters to slavery. Some of our daughters have already been enslaved, but we are powerless,

his three friends condemned Job.<sup>6</sup> <sup>19</sup> Jeremiah was angry when Israel spurned God's word.<sup>7</sup> <sup>20</sup> Lord Jesus was angry after He healed the man with the withered hand.<sup>8</sup> <sup>21</sup> Lord Jesus was angry again about merchants selling sacrificial animals and exchanging money at the Temple.<sup>9</sup> <sup>22</sup> The Apostle Paul was angry when a magician tried to turn people from the truth.<sup>10</sup>

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because our fields and our vineyards belong to others." When I heard their outcry and these charges, I was very angry.

<sup>6</sup> Job 32:2-3 - But Elihu . . . was also angry with the three friends, because they had found no way to refute Job, and yet had condemned him.

<sup>7</sup> Jeremiah 6:10-11 - Their ears are closed so they cannot hear. The word of the LORD is offensive to them; they find no pleasure in it. But I am full of the wrath of the LORD, and I cannot hold it in.

<sup>8</sup> Mark 3:4-5 - Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

<sup>9</sup> John 2:15-16 - So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!"

<sup>10</sup> Acts 13:9-11 - Then Saul, who was also called Paul, filled with the Holy Spirit, looked straight at Elymas and said, "You are a child of the devil . . . Will you never stop perverting the right ways of the Lord? Now the hand of the Lord is against you. You are going to be blind, and for a time you will be unable to see the light of the sun."

**23 The Lord was angry with those who practiced false doctrines and distorted the gospel message. <sup>11</sup> 24**

**But notice in each one of these events anger was righteous! <sup>25</sup>**

**Next, we go to verse 29, Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Is it possible to curb your tongue? <sup>26</sup>**

**The word unwholesome in the original language <sup>12</sup> means, literally, “to be rotten, vile, decayed”; so, having no value. Have you ever smelled rotten tomatoes? Yuk! Filthy language is noise pollution. It’s garbage; filth! It is inappropriate behavior for a prince or princess in the kingdom of God! <sup>27</sup>**

**What else is unwholesome besides swearing? Verse 31 tells us, Get rid of all bitterness, rage and anger,**

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<sup>11</sup> Revelation 2:15-16 - Likewise you also have those who hold to the teaching of the Nicolaitans. Repent therefore! Otherwise, I will soon come to you and will fight against them with the sword of my mouth.

<sup>12</sup> σαπρός.

**brawling and slander, along with every form of malice.**

Let's look at each of these terms in the original language. <sup>28</sup>

**Bitterness** <sup>13</sup> is long standing resentment. <sup>29</sup>

**Rage** <sup>14</sup> literally means to set fire to straw. It's quick and destructive. So it means "fury". <sup>30</sup>

**Anger** <sup>15</sup> is setting fire, like rage, but it's slow burning and long lasting. <sup>31</sup>

**Brawling** <sup>16</sup> is loud talking, shouting in arguments. <sup>32</sup>

**Slander** <sup>17</sup> is the word the Bible calls "Blasphemy". It means insulting and lowering someone's esteem.

So, to be apart from the world you need to be different in your thoughts and speech.

But difference in thinking and speaking isn't enough.

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<sup>13</sup> πικρία.

<sup>14</sup> θυμός.

<sup>15</sup> όργή.

<sup>16</sup> κραυγή.

<sup>17</sup> βλασφημία.



## II. You Have to Be Different in Your Actions

You have to be different in your actions. <sup>34</sup>

You need to be different in your actions towards those who are outside of Christ. Verse 28 here says, He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. <sup>35</sup>

Christians are to display honesty by not stealing but working. <sup>36</sup>

Christian are to display biblical love by giving part of their salary to those in need. **Need** here implies “unemployed”. <sup>37</sup>

You need to be different in your actions toward the Holy Spirit. Verse 30, **And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.**

When you knowingly behave contrary to your parents’ teachings when you were a kid, they grieved. <sup>38</sup> When

you knowingly behave contrary to the Holy Spirit's guidance, you grieve Him! <sup>39</sup>

**You need to be different in your actions toward your Christian brother and sister.** Verse 32, **Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

Continue to do kind and beneficial things for one another. <sup>40</sup>

The word **compassionate** here <sup>18</sup> literally means to feel special inside; to have such a strong deep affection for one another that your insides ache. So, you are to be tenderhearted. <sup>41</sup>

The primary expression here is forgiveness. That is **The Christian Law for Personal Relationships!** <sup>42</sup>

Forgive one another to the same degree that your Lord forgave you when He went to the cross! The Bible says, **You see, at just the right time, when we were still powerless, Christ died for the ungodly. . . .**

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<sup>18</sup> εὐσπλαγχνος.

**God demonstrates his own love for us in this: While we were still sinners, Christ died for us.<sup>19</sup> 43**

**Do you want to live a victorious Christian life?  
Conform your thoughts, speech and actions to the  
Lord's will and see what happens!**

**<http://biblelifemessages.org/>**

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<sup>19</sup> Romans 5:6-8.