

Into the Bible

3. Read does anger give the devil a foothold in your life? What are some things that you get angry about? Share some practical ways you deal with this anger in your life.

4. Almost half of the commands deal with what you say. Why are our words so important in spiritual maturity? Share with the group ways that you guard your words.

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JIM LARSON

LEAVING SPIRITUAL SMOG
TOPICS: GROWTH, INTEGRITY, RELATIONSHIP

IT'S TIME TO STOP BLOWING SMOKE!

Ephesians 4:25-32

Goodness is about character - integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people.

Dennis Prager

What you say you are (Ephesians 4:20-24)

Matching life with words (Ephesians 4:25-29)

- A. The lies we tell others and ourselves (25)

- B. The screams that wound (26-27)

We scream with volume, either screaming with a shout or screaming with our silence.

- C. The greed that perverts values (28)

Transformations in values when we walk in the Spirit

- o From selfishness to service;
- o From taking to giving;
- o From thinking only of my needs to thinking of the needs of others;
- o From laziness to hard work;

- From deception to honesty;
- From irresponsibility to responsibility.

D. The talk that tears down (29)

- Name-calling, put-downs, & trading insult for insult.
- Inaccurate labeling - stereotyping
- Sarcasm, ridicule, mockery.
- Blaming, exaggerated attacks
- Griping, complaining.
- Destructive criticism.
- Angry words, including threats and revenge.
- Arguing to win and maintain power.
- Deception, lies, and manipulative speech.
- Gossip and Slander.
- Profanity, filthy talk and coarse jokes.

We'll stop polluting others when ... (Ephesians 4:30-32)

A. We value God's Spirit (30-31)

We change when we care what God thinks.

B. Value others above ourselves (32)

Kindness takes our eyes off ourselves.

Forgiveness recognizes that others will fail us, as we sometimes fail them.

Getting to know you ...

Paul says in Ephesians 4:25 that the reason he is giving these rules for right living is that “we are all members of one body.” Share with your group a time that the body of Christ gathered around you to meet a need that you couldn't take care of by yourself.

Into the Bible

1. The word “therefore” in verse 25 connects the rules that Paul gives in the rest of the chapter with what he has just written. Choose 2 or 3 of the commands and write down how each one is an example of putting off the old, being renewed, and putting on the new
2. The teaching in Colossians often parallels that in Ephesians. Read Colossians 3:1-4. How would obeying these verses help you live the life that Paul is commanding in Ephesians 4:25-32?