
Series: Living Life as the New People of God—A Study in Ephesians
The New Life of the New People of God—Part 2

Ephesians 4:25-32 (NIV)

²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶"In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold. ²⁸He 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.

²⁹Do 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. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Practical Ways the New Self Changes Our Behavior:

1. WE STOP LYING AND LEARN TO SPEAK THE TRUTH

V. 25 "Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body."

Zechariah. 8:16 (NIV)

These are the things you are to do: Speak the truth to each other, and render true and sound judgment in your courts.

2. SINFUL ANGER IS CONTROLLED

V. 26-27 "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."

James 1:19-20 (NIV)

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰for man's anger does not bring about the righteous life that God desires.

3. STEALING IS REPLACED WITH HONEST WORK

V. 28 "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."

Titus 2:10 (NIV)

. . . and not to steal from them, but to show that they can be fully trusted, so that in every way they will make the teaching about God our Savior attractive.

4. FOUL LANGUAGE IS REPLACED WITH EDIFYING SPEECH

V. 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."

James 3:6 (NIV)

The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

5. WE STOP GRIEVING THE HOLY SPIRIT WITH OUR OLD BEHAVIOR

V. 30 "And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption."

1 Thessalonians 5:19 (NIV)

Do not put out the Spirit's fire . . .

6. WE LEARN TO CONTROL A BAD TEMPER

V. 31 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."

Colossians 3:8 (NIV)

But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

7. WHEN THE VICES ABOVE ARE EJECTED, THE VACCUM CREATED CAN BE FILLED WITH CHRIST-LIKE QUALITIES:

v. 32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

- Kindness
- Compassion
- Forgiveness

Living the new life we have in Christ radically affects every aspect of living. Putting on the new self means we will never be the same again.