

### **Forgiven and Forgiving (Ephesians 4:31)**

- Paul's injunctions- describing new man, putting off the old sinful man (4:24)
- Paul: not fixated on conduct itself, but out flowing fruit of love in new heart
- Vs 31 in general reminds us of what he has already addressed in vs 25-29
- Terms the same, but an essential difference: 25-29: general aspect, evidences of the flesh, now from vs 30 He focuses on our attitudes or our spirit
- These are root sins: we grieve the Holy Spirit & hinder our growth in Christ

#### **I. Put away Bitterness, Wrath, Anger, Clamor, Evil Speaking, All Malice (4:31)**

- Vs 31 Paul gives us the negative, vs 32, the positive & then the motive/reason
- Confessing sin: be specific, not general: "we all sin, we all need forgiveness"
- Bring sin into the light "**bitterness**": settled, persistent state of unpleasantness
- An unloving condition: always critical, always sees the wrong in everything
- It is not ready to believe good of anybody, always is suspicious, negative
- Bitterness, distils into **anger / resentment / wrath / combativeness / clamor**
- "**evil speaking**" root word - blasphemy: slander / malign / murder with words
- All this leads to **malice**, desire to hurt others, Paul says we must put this off and...

#### **II. Put on Kindness, Tender Heartedness, Forgiveness (4:32)**

- We put off & we put on, we turn away from & we imitate God in Christ Jesus
- We are (lit.) "**become kind to one another**" suggesting process of cultivation
- "become" continuously turning away from to, keeping yourself in God's love
- Not happen over night, applying truth (as it is in Jesus) walking by faith, fill your heart with his promises, call on Him, immerse yourself in His truth
- "Kind, tenderhearted, forgiving" opposite of vs 31, be useful not useless in flesh
- A Christian is tenderhearted – opposite of vs 18 'blind of heart, past feeling
- Christ, the second Adam, restores our humanity through power of His Spirit

#### **III. Motivation: We Must Forgive Because We Are Forgiven**

- We must forgive, realizing people are what they are because of sin, as we were
- Greatest motivation: God, in Christ forgave us, God was tenderhearted to you
- No right: hard hearted to others! You were God's enemy & He forgave you