

God-Empowered Relationships Ephesians 4:29-32

Introduction

NJFK—Big Baby Face crying; many people never seem to grow up. Throw temper tantrums when they don't get their way and treat others badly.

Paul continues to expand on what walking about in a manner worthy of your calling looks like in practical, everyday behavior. Nearly all of what he has described in chapter 4 has to do with our relationships to one another. The teaching of the Word brings health to all the members of the body of Christ so that we mature into Christlikeness, both in our understanding of doctrinal truth and in our practice of beneficial love. It is an entirely new way of living because we are new creations in Christ. The new self thinks and acts like Jesus, who is the head of the church. Our lifestyle is what Paul will call 5:1-2 "imitating God" by walking in self-sacrificing love like Jesus did to rescue us.

Ephesians 4:29-32

29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. **30** And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. **31** Let all

bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

The new birth transforms how we talk, to whom we feel accountable, how we feel toward others, and how we treat them even when they have sinned against us.

1. Never Use Your Words to Tear Down, Only to Build Up (29).
2. Avoid Anything that Grieves the Holy Spirit Dwelling in You (30).
3. Remove All Hostility from Your Heart (31).
4. Show the Compassionate Kindness of Your Forgiving God (32).

1. Never Use Your Words to Tear Down, Only to Build Up (29).

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Corrupt—rotten, rank, putrid, foul; the breaking down of what was once living

If rottenness is coming out of your mouth, you do realize that the rottenness is coming from what's in you. You have poison in you that needs the cleansing Jesus brings. Jesus

said we are corrupted by what comes out of our mouths much more than by what goes in. If you wouldn't eat filthy, rotten food, then don't spew out filthy, rotten words, poisoning others.

Only what is good for building up
Fits the occasion
Gives grace to those who hear—confers favor, gives pleasure, is profitable

Proverbs 12:18

There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

2. Avoid Anything that Grieves the Holy Spirit Dwelling in You (30).

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

What grieves Him (makes him sorrowful)?

Unholiness—the Holy Spirit; what makes us holy is that we belong to God; unholiness would be anything out of step with our belonging to Him

Sealed—stamped as belonging to God—happens at the beginning of our Christian life
Day of Redemption—the promised destiny of our Christian life; redemption—ransom through payment of a price

Disunity—4:3 Eager to maintain the unity of the Spirit

Lying—He is the Spirit of Truth.

Harmful speech, attitudes, actions in contrast to the fruit of the Spirit that brings benefit to others.

“You do not know what spirit you are of.”

“Get behind me, Satan.”

“The spirit that now energizes the children of disobedience.”

3. Remove All Hostility from Your Heart (31).

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Bitterness—harsh, sour spirit—embittered, resentful

Wrath—passionate rage

Anger—more settled, sullen hostility

Clamor—shouting, screaming; quarreling people who get louder and louder as they argue

Slander—blasphemy; remember that people are made in God’s image—when you slander them you are attacking God.

Malice—evil, badness; wishing ill against others, plotting evil against them

4. Show the Compassionate Kindness of Your Forgiving God (32).

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Kindness—chrestos—sounds a lot like christos

Tenderhearted—good bowels; you are moved with goodness toward others—affection, compassionate

Forgiving one another—necessary why? Because we all sin against one another but not so much as we have sinned against God

God has forgiven in Christ, who paid the price of His lifeblood to free us from guilt and punishment. Is His lifeblood not sufficient a price for you to forgive your brothers and sisters in Christ?

The measure of our forgiveness is not what others deserve, but what Christ has earned and what God has exemplified.

Conclusion

1. Never Use Your Words to Tear Down, Only to Build Up (29).
2. Avoid Anything that Grieves the Holy Spirit Dwelling in You (30).
3. Remove All Hostility from Your Heart (31).
4. Show the Compassionate Kindness of Your Forgiving God (32).