



5/1/26

On this week's episode of Chosen and Cherished, our 100th episode, we talked about the greatest miracle of healing from the gospels. How does that look in light of the fact that we don't see as many miracles of healing today? If you'd like to listen to the 100th episode, here's the link... <https://summitpoint.org/chosen-and-cherished/>

*Blessings,
Jonna*

Ephesians 4:25-32

We're about to begin a new series, Building a Godly Home. All the scriptures we'll look at will give us a deeper understanding of the heart of God and a deeper understanding of how God wants us to be in relationship with each other. One of the hardest things about being obedient to God is that He calls me to obey Him regardless of how I'm treated by others.

It's a problem clearly seen in children. They get into fights with each other. The parents stop the fight and ask what happened. One child blames the other and the other child blames the first. One might say, "Well, I wouldn't have done xyz if HE hadn't done abc!!!" What's the parent's answer? "You're not responsible for HIS actions. You're responsible for YOUR actions. For that, you get a consequence."

I understand their frustration. My natural tendency is first to want to blame others for my wrong behavior. But that's not what God calls me to. In fact, I see in Ephesians 4:25-32 that God gives me some clear motivation and guidance in how I treat others... and nowhere in there does He say that the call to obedience is dependent on how they treat me. So... as I look at this passage, I want to make

sure that I'm not thinking about who else needs to hear this but that I'm asking the Lord to reveal my own heart and help me overcome where my heart doesn't align with His.

I see Paul speak of 4 motivations for obedience to these things in this passage.

- 1. God the Father has forgiven me of my sin.*
- 2. I am IN CHRIST. The way God forgave me is by letting His Son take my punishment.*
- 3. I have been sealed by the Holy Spirit for the day of redemption... the day Jesus takes me home.*
- 4. I am a MEMBER of the body of Christ along with all other believers. Ephesians 5:30 clarifies that I am a member, a part or limb, of Jesus' body. Romans 12:4-5 explains that I am a member of Jesus AND of all believers in the same way that my physical body has many parts. That changes the way I look at others. Everything I do is to pursue oneness with them rather than protect myself.*

These are my motivations, as I'll see. What is the call?

Vs. 25 ~ "Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another."

Don't lie to anyone. Speak the truth. Why? Because we are forgiven, in Christ, sealed by the Spirit, believers who are members of the same body.

There are many reasons I might not speak the truth. It could be that I'm afraid of what will happen if I speak the truth. It may be that I want to avoid the conflict, so I say what I think someone wants to hear. It seems easier in the moment, but it never goes well in the end.

Some people might take this too far and speak truth harshly, because, "I just need to be honest." Well, if the point is that we're speaking truth because we are ONE in Christ, attacking someone with the truth is NOT the spirit of the command. Vs. 29 is going to clarify that for me.

Vs. 26-27 ~ "Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."

I think it's cool that this comes right after the statement about speaking the truth. Speaking the truth in a God honoring way will never give me license to be cruel. I can be angry without sinning against someone. When I do sin against them in my anger, I give the devil an opportunity to destroy relationships and devour my testimony as a follower of Christ. Sadly, I have been guilty of this more times than I can count.

A read a book by Robert Jones called, Uprooting Anger. He gives insight into righteous anger vs. unrighteous or self-righteous anger. He says righteous anger...

- 1. Is angry against actual sin. Am I angry because of preference or because someone has actually sinned against me?*
- 2. Righteous anger is focused on God's rights, His concerns, and His kingdom... NOT MY rights, MY concerns, and MY kingdom. This is a big one for me. How often have I gotten that mixed up??? Ugh!!!*
- 3. When someone HAS sinned against me, righteous anger does not retaliate in sin. Yikes! I don't get to blame others as the cause of my responses!!!*

When I judge others based on preference, or fight for my own rights, or retaliate in sin... I give the devil an opportunity to divide and conquer. But I don't have to. I can cry out to the Lord for help!!!

Vs. 28 ~ "Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need."

I mean... I don't think I'm a thief, so this doesn't apply to me, right? Well... let me just look at the purpose given for doing honest work with my own hands. God wants me to be able to share with anyone in need. So first... in my job, do I put the time in that I'm supposed to? Yes... but am I looking for how I can provide for those in need? Not always. Sometimes, I look for the "easy" button. If I'm truly seeing those in need as a part of me, how will that change the way I approach their needs? O Lord, please help me to honor You in my work and in how I see a need and meet the need.

Vs. 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."

This is a big deal. Put this with speaking the truth and it changes how I speak the truth. There's a statement I've said and heard others say, "If you can't say anything nice, don't say anything at all." That's not scripture. This verse takes it farther. It's not just that I keep my mouth shut. It's that I look for ways to build up the other person with grace. Sometimes that grace means I'm speaking truth that's hard to hear... but I'm doing it in love.

I also realize it's not just that I speak noncorrupting, grace giving, uplifting words TO a person... but it also means that I speak noncorrupting, grace giving, uplifting words ABOUT that person TO whoever is listening. I don't speak kindness to someone's face and then tear them down behind their back. I speak words that honor Jesus. With whatever I want to say, would I say it that way if I could see Jesus in the room?

This means that I can't be sitting in judgment of others as though I'M the standard of righteousness. There is only one Lawgiver and Judge, and that's the LORD!!! Instead of judging someone, I need to be praying for them. If I see that they're stuck in a sin, I need to love them enough to speak with gentleness and call them to the freedom of forgiveness God wants to give. Truly, God never speaks truth to His people in order to condemn us, but to rescue us. O Lord, let my desire be to see myself and others united with You in every way.

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

How do I grieve the Spirit? By refusing to see my brothers and sisters in Christ as part of the body of Christ... by lying for whatever reason... by not caring for their needs... by letting anger derail me... by speaking corrupting words rather than grace giving words.

The Greek word for grieve means, "to grieve, to cause sorrow, to experience deep emotional pain." First, I need to see that I don't make the Holy Spirit disgusted with me or angry when I sin. I grieve Him. I make Him sad. One of the things that brings so much joy is when I see how close my daughters are with each other. If they were to refuse to talk with each other, it would break my heart.

When I choose disunity over unity, I grieve God's heart. I don't lose my salvation. My salvation is secure. The Holy Spirit has sealed me for the day of redemption!

When I get to heaven, even the hardest relationships on earth will be absolutely restored for those who know Jesus. Why not pursue that now? In the face of eternity and in the light of Jesus' shining His glory on me, can't I choose to "as much as it depends on me, live at peace with all men" (Romans 12:18)?

Vs. 31 ~ "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice."

This is a yucky list. Bitterness is the poison that damages me instead of the other person. Wrath is a rage inside of me that crushes relationships even if it makes me feel powerful in the moment. Anger is a desire for revenge that builds walls between us. It's when I say... "I want... I NEED... I DEMAND... YOU should... YOU didn't... I PUNISH." Clamor is when I just won't stop talking about it, rehearsing my hurts over and over to whoever will listen. Slander is speaking evil of other people. Malice is wickedness toward others, either expressed silently in the heart or outwardly. The person who holds onto these things is the most miserable of all. That person FEELS powerful. But just think... all of these traits define the character of the devil. He is NOT happy. He has NO joy, NO peace. GOD WANTS TO RESCUE ME FROM his LIES!!! What God has for me is so much better if I'll just release these things to Him. O Lord, You know that I have struggled with these things in the past... and the only way to truly overcome is to lay my burdens at Your feet and let the Spirit do a work in me that instead brings forgiveness, peace, shouts of joy, unity, hope, speaking words of grace, and doing what's holy in Your eyes. Yes, Lord. This is what I want!!!

Vs. 32 ~ "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

God wants me to let go of all the things that divide. When I do, He always replaces those things with something better. He gives me the joy of kindness toward others that isn't dependent on how they treat me. Proverbs 19:11 says, "Good sense makes one slow to anger, and it is his glory to overlook an offense." You BLESS me when I embrace kindness rather than anger.

You have a tender, compassionate heart, and You give that to me when I let go of the things that harden my heart.

The Greek word for forgiveness is "charizomai", which means "granting grace". It is

the generosity of love. This is what You call me to... not based on how others treat me... but based on how YOU treat me. You, Father, have shown me grace because YOU, Jesus, paid the debt of my sin. And YOU, Holy Spirit, have sealed me for the day of redemption. That's my motivation for forgiving others.

This verse says, "Be kind TO ONE ANOTHER." Peter says in 1 Peter 5:4, "Clothe yourselves in humility TOWARD ONE ANOTHER." Humility and kindness mean nothing if I pick and choose who I will treat that way. I do it for the glory of God. I do it because of what Jesus has done for me. The question is, "Would I want Jesus to measure His forgiveness toward me based on my forgiveness of others?" O Lord, You have some more work to do in my heart. I pray that I will cooperate with You as You transform me. I know that what You do in my life is always for my good. I pray that the good You do in me will spill over to others as I love them better because of Your love for me.