

Living the New Life Notes

Ephesians 4:25-32

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Main Point: A new life in Christ must lead to a new lifestyle.

Exemplify Christian Values (25-30)

1. Speak the _____ (vs. 25).
 - The phrase, “having put away” is a once-for-all decision to _____ falsehood (Psalm 119:29, Proverbs 6:17, John 8:44, Revelations 22:15, Acts 5:1-11).
 - We are _____ to one another (Ephesians 5:30).
2. Keep _____ accounts.
 - It is possible to be angry and not sin (Psalm 4:4)
 - It’s also very easy to _____ when you are angry (James 1:20).
 - The problem with anger, even righteous anger, is that it can _____ and end up controlling us, giving “opportunity to the devil.”
 - The word “opportunity” means, “scope, occasion, place, or _____.”
 - The name “devil” means “_____.”
 - The evil one looks for openings to accuse, deceive, and destroy.
3. _____ with those in need (vs. 28)
 - We are called to stop doing something destructive and start doing something _____.
 - The word “labor” refers to “toiling to the point of _____” (Proverbs 21:25, 2 Thessalonians 3:10).
 - Three reasons we are to work.
 - _____ – we work to fulfill our purpose.
 - _____ – we work to meet our needs.
 - _____ – we work to meet the needs of others.
4. Use your words _____.
 - The word “corrupting” means “foul, filthy, putrid, and _____.”
 - Here’s a commitment we should all make: “I will use my tongue to launch _____ instead of delivering death.”
 - THINK – Is it **T**True? Is it **H**elpful? Is it **I**nspiring? Is it **N**ecessary? Is it **K**ind?
5. Be _____ to the Holy Spirit.
 - To “grieve” means “to make sad or _____ with sorrow.”
 - We grieve the Holy Spirit by _____ on to gross stuff in our lives and by allowing relation grievances which foment friction in our families and friendships.
 - The Holy Spirit is grieved by our unholy outbursts and _____ conversations.
 - The Holy Spirit serves as our _____ that we are His possession, and we will always be under His protection.

Excise Unchristian Vices (vs 31).

There is no place for any of these vices in our lives. We must not excuse them or tolerate them but instead be vigilant to get rid of them.

1. _____ – harsh, sharp, hard, and irritable” and has the idea of “smoldering resentment or a grudge-filled attitude which refuses to be reconciled.”
 - Hebrews 12:15 warns us about allowing a root of bitterness to get the better of us.
 - A root of bitterness can lead to the fruit of bitter words (Romans 3:14).
2. _____ – refers to “impetuous outbursts or wild rage that feels like an explosion.”
 - These explosions hurt the people in the epicenter of those outbursts, as verbal shrapnel slices and dices those who are closest.
3. _____ – refers to “a deep, brooding, resentful feeling” which is often depicted as being “red-faced.”
 - Anger is less explosive, but much longer in duration.
4. _____ – means “wailing, tumult, outcry.”
5. _____ – spreading of evil reports that are injurious to another person’s good name (Proverbs 6:19).
6. _____ – refers to a “congealed hatred and ill will” with a desire to injure someone.

Exercise Christian Virtues (vs 32) (Ephesians 4:32).

1. Be _____ – the idea of being “good, pleasant, and gracious” and appears to be the counterpart of malice.
 - “An unselfish concern for the welfare of others, and a desire to be helpful even at great personal sacrifice” (1 Corinthians 13:4, Galatians 5:23, Romans 12:10).
2. Be _____ – “to be full of compassion and pity toward others.”
 - The idea is to have a sympathetic, affectionate, and compassionate interest in others, along with a willingness to bear their burden.
3. Be _____ (vs. 32) – to give freely and unconditionally; to bestow as a gift of grace.”
 - Because we have been forgiven, and only because we’ve been forgiven, are we able to forgive others.
 - Would you want God to forgive you in the same way you forgive others?
 - Different words to convey forgiveness.
 - “To blot out” in the sense that God _____ the record of the sins we commit.
 - “To lift and carry away” speaking of the complete _____ of our sins, as if a heavy load had been lifted from our shoulders.
 - “To release from debt” indicating that the punishment for sin has been _____.
 - “To show grace to one who has sinned greatly” speaking of the _____ nature of forgiveness.
 - “To let go or _____.”
 - Forgiveness does not mean we somehow wipe out of our mind the record of what happened.
 - Forgiveness means we _____ not to remember it by releasing the debt.
 - It’s a _____ decision to let it go.