

**Dear Church** (Part 11)  
**“Knock it Off and Bring it On!”** [Eph. 4:25-32]  
July 09, 2017  
**Pastor Jeff Borden**  
**Sermon Notes & Outline**

*“God has created the Church to be a community of believers growing together in maturity; for this reason, the development of social virtues is of paramount importance.”*

**If grace is the means of salvation through Christ, why develop virtues?**

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**Why does Paul focus on these particular unwholesome actions?** (*lying, anger, stealing, foul/abusive language, bitterness, rage, anger, harsh words, slander, evil behavior, grieving the Holy Spirit*)—compare with Gal. 5:19-21 and Col. 3:5-15

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**What is Paul describing when he talks about “grieving the Holy Spirit?”**

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**How does our “nature” change? Is it a work of God or a work of man?**

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**What is the overall purpose of all this work, effort, and change?**

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**HomeGroup and Personal Study Questions**

- Why do you think Paul emphasizes truth and “not telling falsehoods/lies?” Do you think there are degrees of lying? Are embellishments falsehoods? Is deliberate misdirection in a conversation (to cause someone to think a certain way) the same as a lie? What about withholding information; is that committing falsehoods? Please explain your answers.
- Paul actually addresses anger and attitudes surrounding anger twice in this short passage of Scripture. He seems to imply that anger alone is not necessarily sin, but can lead to it. Consider the specifics of anger (vs 31—bitterness, rage, brawling, slander, and malice); Can you think of “trigger” events that cause or have caused any of these responses? Share your thoughts about them... How did you overcome these emotions that can lead to sin?
- What do you think is the main point of Paul’s instruction to “do work—something useful with your hands?” This seems like a specific request and not particularly related to just the problem with stealing. Is work necessary to healthy spiritual development? Why or why not?
- What do you think qualifies as “unwholesome” talk? Another translation instructs us not to use “foul or abusive language.” How would you interpret this command?
- Paul also advises that our language and conversation should be useful for encouragement and building one another up... How does this make you feel about negative conversations, criticisms or critical statements, sarcasm, and cynicism when talking about various issues? Do you think there is a time and a place for negative and unwholesome conversations?
- What is meant by “bringing sorrow to or grieving” the Holy Spirit? How do you think this happens? Why do you think this happens? What do you think the results are of one who grieves the Holy Spirit? Can you explain and/or support your responses?
- “Be kind and compassionate with one another—be forgiving of one another” Think about your immediate family and your extended church family; are there people within this sphere of influence that you are not kind, compassionate, and forgiving? Are there folks you disdain and find difficult to be around? Are there folks whom you have issues with that you are unable to forgive for any reason? What do you intend to do about it? Do you think you will simply get over it eventually or is it necessary for you to act? Please explain your responses.