

Ephesians Study 5/29/2024

Opening: Jesus has given us a new life in Himself. The life Jesus provides overwhelms and transforms our previous lives if we let Him. As we look into the text of scripture tonight let us allow the Holy Spirit to challenge us to come up to His expectations for our new life. May God's grace reveal to us everything His grace has purchased for us.

Key Scripture Ephesians 4:17-31 [17](#)So I tell you this, and insist on it in the Lord, that you must no longer walk as the Gentiles do, in the futility of their thinking. [18](#)They are darkened in their understanding and alienated from the life of God because of the ignorance that is in them due to the hardness of their hearts. [19](#)Having lost all sense of shame, they have given themselves over to sensuality for the practice of every kind of impurity, with a craving for more. [20](#)But this is not the way you came to know Christ. [21](#)Surely you heard of Him and were taught in Him—in keeping with the truth that is in Jesus— [22](#)to put off your former way of life, your old self, which is being corrupted by its deceitful desires; [23](#)to be renewed in the spirit of your minds; [24](#)and to put on the new self, created to be like God in true righteousness and holiness. [25](#)Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one another. [26](#)“Be angry, yet do not sin.” Do not let the sun set upon your anger, [27](#)and do not give the devil a foothold. [28](#)He who has been stealing must steal no longer, but must work, doing good with his own hands, that he may have something to share with the one in need. [29](#)Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen. [30](#)And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. [31](#)Get rid of all bitterness, rage and anger, outcry, and slander, along with every form of malice. [32](#)Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

- 1. Ephesians 4: 17-18** [17](#)So I tell you this, and insist on it in the Lord, that you must no longer walk as the Gentiles do, in the futility of their thinking. [18](#)They are darkened in their understanding and alienated

from the life of God because of the ignorance that is in them due to the hardness of their hearts. [19](#) Having lost all sense of shame, they have given themselves over to sensuality for the practice of every kind of impurity, with a craving for more.

- a. Paul insists, meaning this is not a suggestion but is a commandment.
- b. We can no longer walk as those who have no God.
- c. We have a God; we have a Lord, and we have a purpose in Christ for this life.
- d. We once walked “in futility of thinking” What does that mean.
 - i. Futility in Greek is *mataiotēti* it means morally depraved in thinking.
 - ii. Their minds were not surrendered to do the will of God, their purpose was only to give into the desires of the flesh.
- e. Before we knew Christ we were alienated from the purpose of God, because we were “ignorant” we did not know what God wanted us to live for.
- f. The world is ignorant of God because of the hardness of their hearts. Since the heart is hardened to the things of God there is no light in their minds, no openness to the life of God.
- g. We were once corrupted in our minds and therefore were completely blind darkened in our ability to “understand.”
 - i. Understanding in the Greek is the word *dianoia* and in the above verse means they were darkened in there “deep thinking,” without the light of Christ’s truth we are unable to express the light of God on our own.
 - ii. Paul wants the Church to know that this was how we used to live before we met Jesus. We were completely lost, or another term would be reprobated, without hope.
- h. No shame: The depraved life will manifest every evil under the sun. Shame is the feeling we have when we have done things that are disgraceful. This is doing things that should not be done. Things that are not becoming for any human to do.

- i. Paul is saying to the Church that life darkened in understanding, futile in thinking will manifest impurity, sensuality with a craving for ever increasing depraved behavior. The flesh is never satisfied, it is a restless animal that cannot be tamed. Such “was” the way we used to live before we knew Him.

2. Ephesians 4:20-24 [20](#)But this is not the way you came to know Christ. [21](#)Surely you heard of Him and were taught in Him—in keeping with the truth that is in Jesus— [22](#)to put off your former way of life, your old self, which is being corrupted by its deceitful desires; [23](#)to be renewed in the spirit of your minds; [24](#)and to put on the new self, created to be like God in true righteousness and holiness.

- a. Paul is now contending for the Church to let them know that they are no longer to live that way. He is encouraging them to completely give themselves to the new life that belongs to them in Christ.

- b. Do not settle for a “middle ground Christianity, where some sins/strongholds are overcome while others linger.

c. “Surely you heard and were taught to put off your former way of living.” True biblical Christianity is to put off the old nature, the old habits, the old hang ups to give ourselves fully to Him.

- i. Let nothing master you but the master, let no sin from your past have mastery over you in the new life. Never stop pursuing freedom from your old self. Never make peace with the brokenness we used to be bound to until we receive the wholeness Jesus has promised us.

d. What we have been taught is to be “**renewed in the spirit of your minds**” being a disciple means to allow Jesus to have access to every thought that does not line up with His will so that through His power and grace we can submit it to His truth.

e. Put on the new self: To walk in Jesus is a choice we make daily, we put on our new self, we chose Him every morning when we begin our day, every evening when we end our day. We have a multitude of

choices every day to live in our new natures or allow our old natures to control us still.

3. Ephesians 4:25-27 [25](#)Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one another. [26](#)“Be angry, yet do not sin.” Do not let the sun set upon your anger, [27](#)and do not give the devil a foothold.

a. Since we are new creations in Christ, we now have a choice, make the choice to speak the truth.

i. There are a few different types of lying common to all of us.

1. Flat out lie: Total distortion of truth.

2. Manipulating the truth to make it say something by adding to it. Embellishing

3. Omitting pieces of information intentionally that would tell the full story.

ii. Remember Paul is speaking to Christians. Speak truthfully to each other, don't tell people what they want to hear, don't flatter people, tell people how you really feel and think when necessary.

iii. Yes, even in the Church we can learn to hold back truth when we wish not to offend people. Sometimes the truth is hard to speak and difficult to hear.

iv. We are all members of one another: We rise and fall together, so if we don't speak truthfully to each other, we are only doing disservice to ourselves.

b. Be angry yet do not sin: Things will happen that cause us to get angry, this is unavoidable, but we still have a choice as to whether we act upon our anger and commit a sin.

i. Don't let the sun go down on your anger: Paul gives a valuable principle to overcoming our anger. Don't hold onto it too long. Get over your anger quickly and don't allow it to fester.

ii. If you have an issue with someone causing you to get angry it is up to you to make peace with that person, Paul encourages the people who are angry to do it for their own good.

c. Do not Give Satan a foothold: Unchecked anger will give Satan a foothold in your life.

i. How does anger give Satan a foothold? It weakens our state of mind. We often think when we are angry, we are exuding strength, but the opposite is true. Unchecked anger is weakness, allowing our adversary to overcome us more easily.

4. Ephesians 4:28-29 [28](#)**He who has been stealing must steal no longer, but must work, doing good with his own hands, that he may have something to share with the one in need.** [29](#)**Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen.**

a. Stop stealing: Trust that God is your provider, give to the Lord, trust Him in His economy.

b. Work hard: Do your work as unto the Lord and know that God will honor your faithfulness.

c. Share with the needy: Instead of taking, live to give to others.

d. Speak purely: We no longer can use foul language, coarse joking, dirty jokes, wasted speech.

e. Speak edifyingly: speak of others to build them up, instead of tearing them down, publicly, and privately.

f. Bring grace to those who listen: speak to empower, uplift, encourage others in their purpose in Christ.

5. Ephesians 4:30-32 [30](#)**And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption.** [31](#)**Get rid of all bitterness, rage and anger, outcry, and slander, along with every form of malice.** [32](#)**Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.**

a. Guard your relationship with the Holy Spirit, be careful not to grieve Him by living in a way that is displeasing to God. The main way we grieve the Holy Spirit is when we do not respond to His leadership, especially when He is calling us away from the broken lives, we used to live in. When we resist His gentle leadings.

b. You can overcome 1. Bitterness 2. Rage 3. Anger 4. Slander 5. Evil intention, Paul tells us it is our responsibility to yield to God and to

partner with Him to remove these tendencies from our lives. God's grace will do it.

- c. Wear a crown of kindness, tenderheartedness towards each other and do not keep a record of wrongs towards anyone especially not your brothers and sisters in Christ.
- d. How can you do this? Never forget how much God has forgiven you, constant humility receives grace. **1st Peter 5:6 "God resists the proud but gives grace to the humble."**