



[Share](#)

Wayne Braudrick

Life Change: We Share Honestly and Graciously

Ephesians 4:25-32

January 28, 2024

Papa's Radio...

Speak the truth:

25-28

Because of the new self

Because of membership

Even when angry

Without giving the devil opportunity

Laboring, not stealing

Takeaway - when should I speak?

Let No Unwholesome Word Come Out:

29-32

Because rot should be removed and replaced

Because of the unified building

Without grieving the Holy Spirit

1 Thess. 5:19
Don't stifle

Eph. 4:30
Don't grieve



Eph. 5:18
Be filled by

Gal. 5:16
Walk in

Takeaway - when should I speak?

8000 Sanctuary Dr., Frisco, TX 75033 | 972-335-8150 | www.friscobible.com



@friscobible



@friscobiblechurch



Upcoming
Events



Give



Connect Card
&
Prayer Request

how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS

PLEASE SILENCE YOUR PHONE



courtesy GE



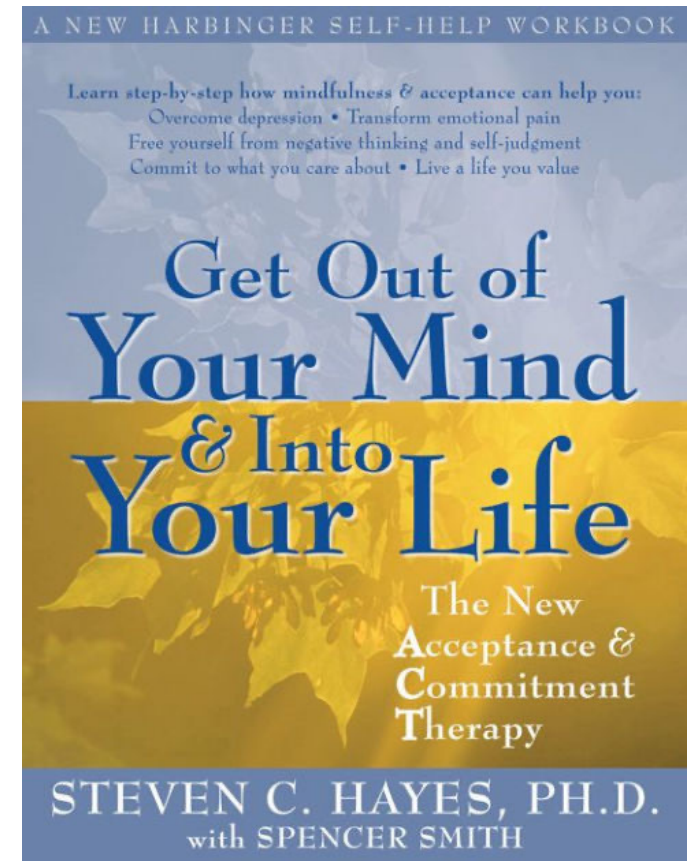
**Screeee
eech!**

Turn that
dial!



Screeee
eech!

We practice dishonesty because we are cowards. We avoid the fears & pains of real life, retreating into lies because we are scared of pain. – Steven Hayes, *Get Out of Your Mind and Into Your Life*





**Screeee
eech!**

We run away from real life just so we can try (unsuccessfully) to eliminate pain. We turn to narcotics, entertainment, obsessions, depression, & controlling behavior because we are afraid of pain. – Steven Hayes



**Screeee
eech!**

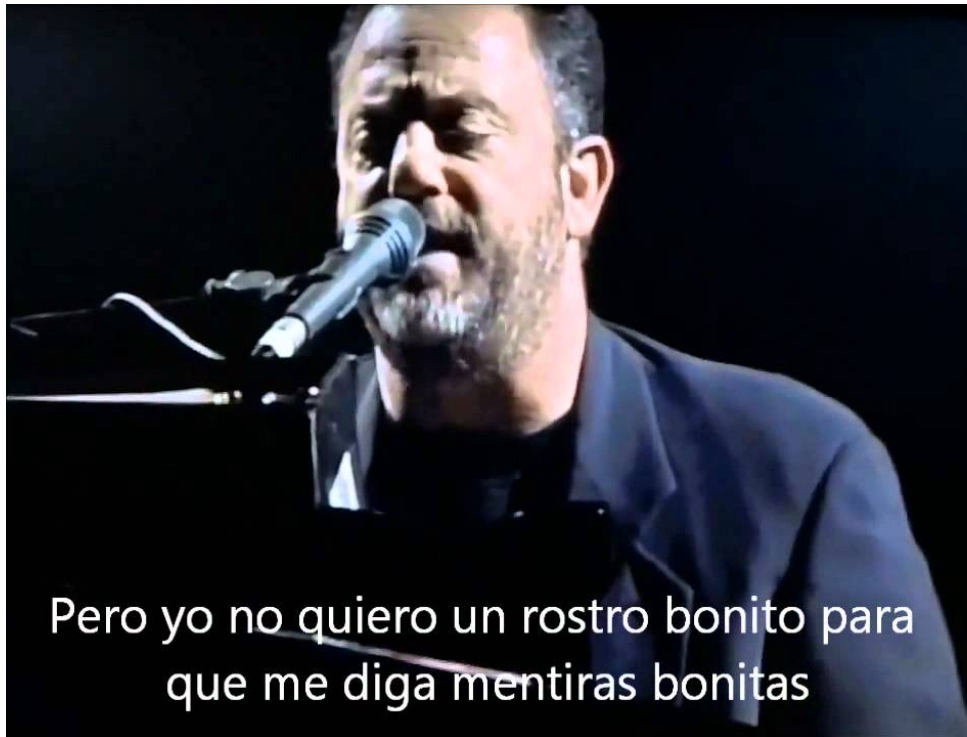
**Comfort dial –
lies/avoidance**

**Honesty dial –
truth/reality**



Most of us know that the avoidance of discomfort doesn't work. And yet, we still keep living in lies, turning the comfort dial. – Stephen Hays, *Get Out of Your Mind and Into Your Life*

**“Honesty”
by Billy Joel**



Pero yo no quiero un rostro bonito para
que me diga mentiras bonitas

I can always find someone
To say they sympathize
If I wear my heart out on my sleeve
But I don't want some pretty face
To tell me pretty lies
All I want is someone to believe
“Honesty” is such a lonely word
Everyone is so untrue
Honesty is hardly ever heard
And mostly what I need from you

²⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger, ²⁷ and don't give the devil an opportunity. ²⁸ Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.

Ephesians 4 CSB

25 Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. **26 *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger, **27** and don't give the devil an opportunity. **28** Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.**



Ephesians 4 CSB

Put on the new self – Eph 4:22-24

Ain Vares

2016

Grace extended to the Church 1:1-2

Calling of the Church in Grace 1:3-3:21
Praise to the God of all blessings 1:3-14
Prayer for wisdom 1:15-23
Positional newness detailed 2:1-22
Parenthetical on the mystery 3:1-13
Prayer for love 3:14-21

Conduct of the Church by Grace 4:1-6:24
Walking in unity 4:1-16
Walking in holiness 4:17-32
Walking in love 5:1-2
Walking in the light 5:3-20
Walking in life relationships 5:21-6:20

Grace extended to the Church 6:21-24



courtesy clairebuck

25 Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. **26 *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger, **27** and don't give the devil an opportunity. **28** Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.**

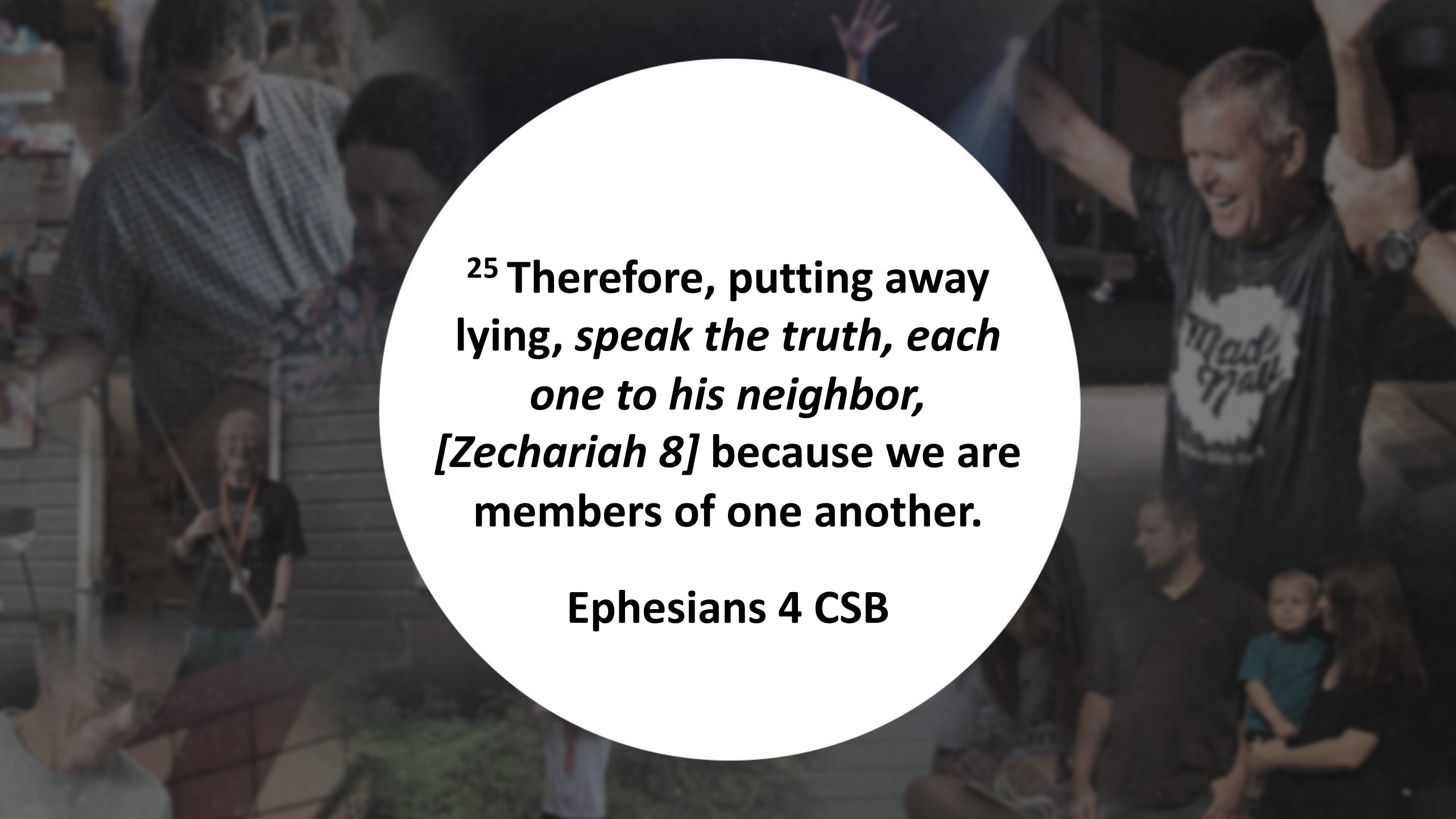


Ephesians 4 CSB

Put on the new self – Eph 4:22-24

Ain Vares

2016



²⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another.

Ephesians 4 CSB



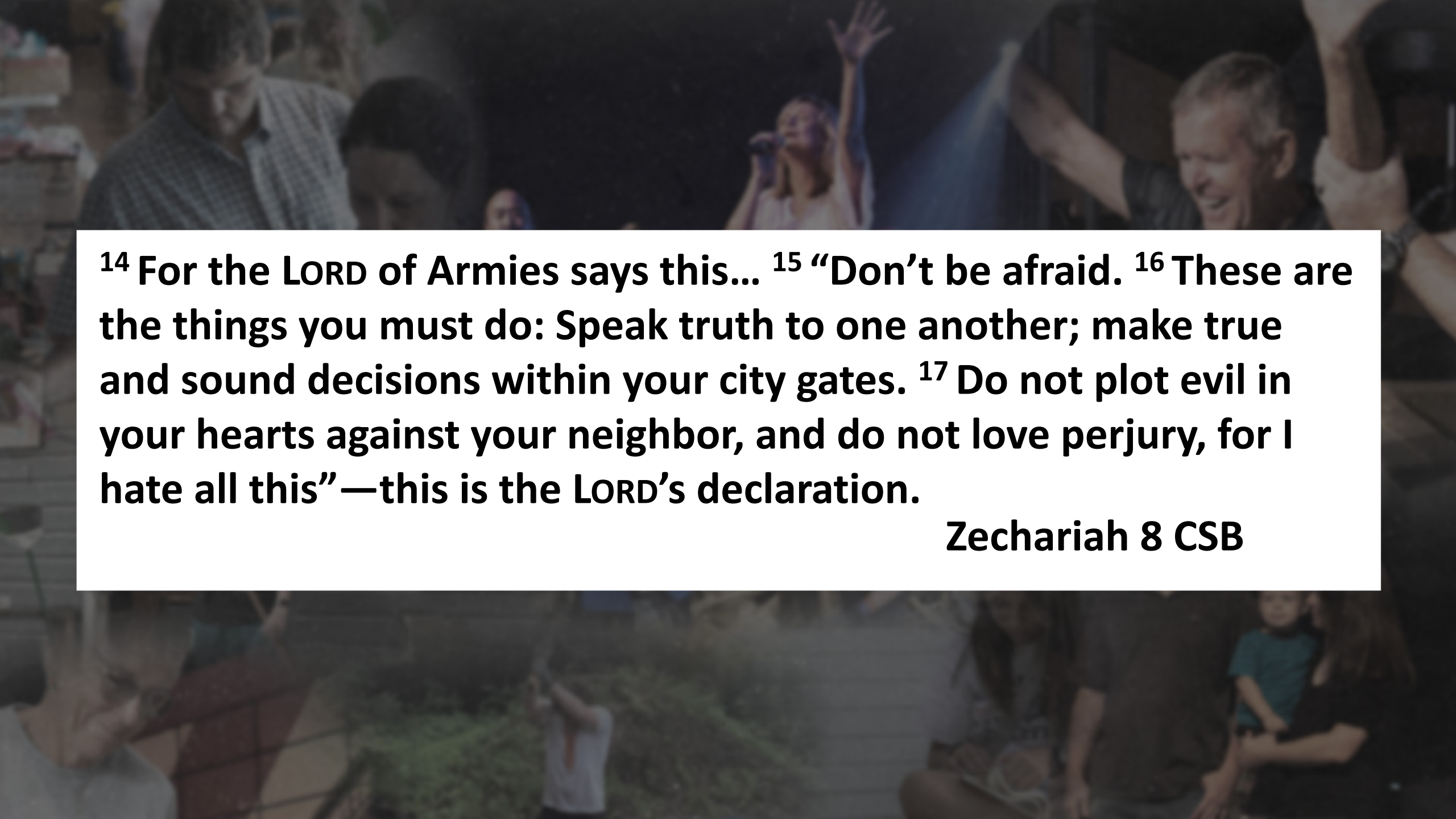
courtesy Joe Rantz

It's not a question of whether you will hurt; it's a question of what you will do and how well you will do it, while pain has her wanton way with you. By Christmas break, most would have given up, perhaps to play something less physically and intellectually challenging, like football...But when the crew came together in the pain it was...as if eight men standing on a floating log that threatened to roll over whenever they moved hit eight golf balls at exactly the same moment, with exactly the same amount of force, directing the ball to exactly the same point on a green, over and over, every two or three seconds.
– Daniel James Brown, *The Boys in the Boat*





The Return
Mada, 2006



¹⁴ For the LORD of Armies says this... ¹⁵ “Don’t be afraid. ¹⁶ These are the things you must do: Speak truth to one another; make true and sound decisions within your city gates. ¹⁷ Do not plot evil in your hearts against your neighbor, and do not love perjury, for I hate all this”—this is the LORD’s declaration.

Zechariah 8 CSB

**14 For the LORD of Armies says this... 15 “Don’t be afraid.
16 These are the things you must do: Speak truth to one
another; make true and sound decisions within your city
gates. 17 Do not plot evil in your hearts against your neighbor,
and do not love perjury, for I hate all this”—this is the LORD’s
declaration.**

Zechariah 8 CSB

**25 Therefore, putting away lying, *speaking the truth, each one to
his neighbor, [Zechariah 8]* because we are members of one
another.**

Ephesians 4 CSB



2⁵ Therefore, putting away lying, *speak the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another.

Ephesians 4 CSB

The seemingly greatest benefit of the digital world is the opportunity to connect with people everywhere. But study after study shows that we who rely so much on connecting technology feel more and more alone as we use it. “We fear the risks and disappointments of relationships with our fellow humans,” writes Sherry Turkle in her book *Alone Together*. “We expect more from technology and less from each other.”



– Stephen Presley

“When Efficiency Competes with Community”



2⁵ Therefore, putting away lying, *spe*ak the truth, each one to his neighbor, [Zechariah 8] because we are members of one another.

Ephesians 4 CSB

²⁵ Therefore, putting away lying, *speak the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger

Ephesians 4 CSB

**⁴ Be angry and do not sin;
reflect in your heart
while on your bed
and be silent.**

Psalm 4 CSB

²⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger

Ephesians 4 CSB

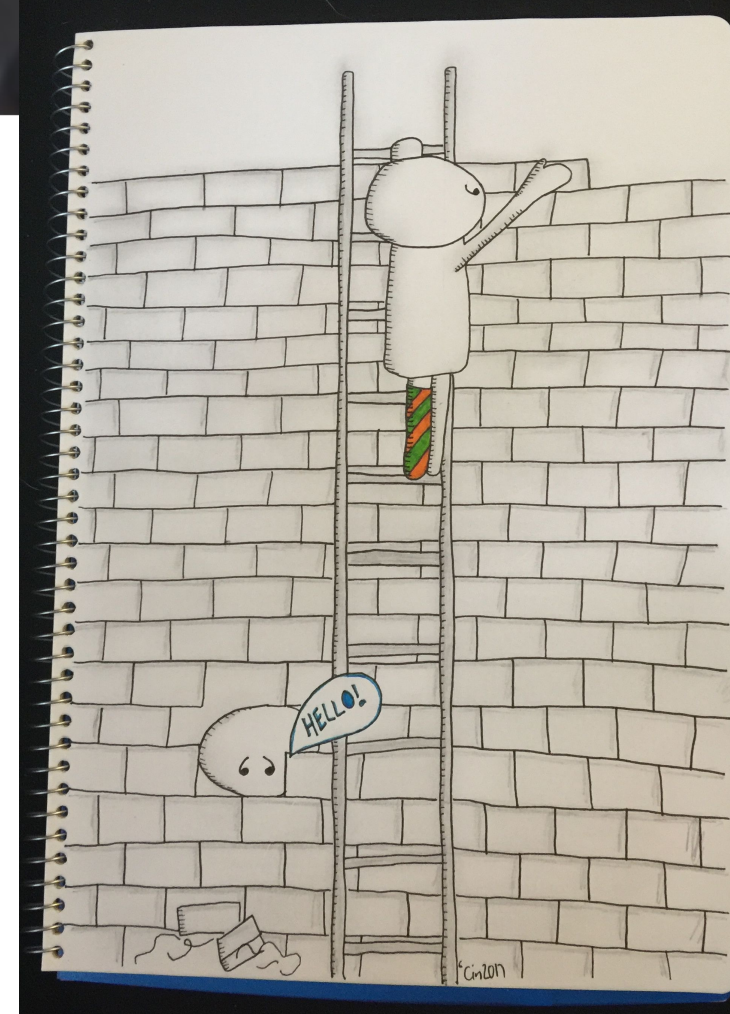
**⁴ Be angry and do not sin;
reflect in your heart while on your bed and be silent.**

Psalm 4 CSB

Hebrew: זגז rgz = to quiver, especially with anger

Physically or emotionally shut down. [Flight]

Wall building
Cin Ross
2017



Battle the other away in order to end the threat. [Fight]

²⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger

Ephesians 4 CSB

**⁴ Be angry and do not sin;
reflect in your heart while on your bed and be silent.**

Psalm 4 CSB

Hebrew: זגז rgz = to quiver, especially with anger



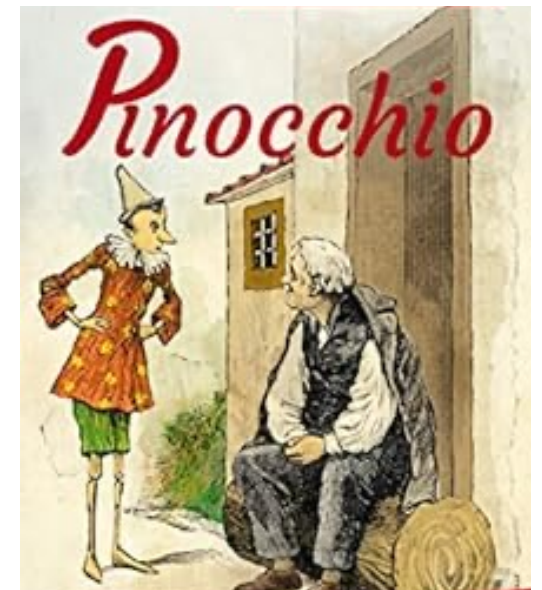


courtesy insiderengage

2⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. 2⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger, 2⁷ and don't give the devil an opportunity. 2⁸ Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.

Ephesians 4 CSB

A poor man named Geppetto wants to carve himself a marionette so he can make a living as a puppeteer. He is given a piece of enchanted wood, but as soon as Geppetto carves the puppet's head, it begins lying and abusing the old man. Still, Geppetto nurtures the wooden boy, naming it Pinocchio. Once its feet are made, Pinocchio runs away, and Geppetto is arrested for child abuse when he runs after the puppet.



Pinocchio returns to Geppetto's home alone, where a Talking Cricket admonishes him. Pinocchio kills the cricket. Going his own way and ignoring all advice, Pinocchio soon falls in with a variety of demonic characters, particularly the Fox and the Cat, who scheme to steal the five gold pieces Pinocchio was given by Geppetto. Eventually, the Fox and the Cat hang Pinocchio to get the gold pieces.



**ASKING: DOES THIS
DRESS MAKE ME LOOK FAT**

I TOO LIKE TO LIVE DANGEROUSLY

27 and don't give the devil an opportunity

The temporary peace gained by lying only leads to a future hanging.



Better honest conflict than invitation to demonic forces.



²⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger, ²⁷ and don't give the devil an opportunity. ²⁸ Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.

Ephesians 4 CSB

Stealing – whether through dependence, physical theft, or emotional robbery – involves living a lie.

At the various times when I have helped you a little, you have said to me, 'We can get along very well now,' but in a very short time I find you in the same difficulty again. Now this can only happen by some defect in your conduct...You are not lazy, and still you are an idler. I doubt whether since I saw you, you have done a good whole day's work, in any one day. You do not very much dislike to work, and still you do not work much, merely because it does not seem to you that you could get much for it. I will agree to this: I will match each dollar you earn over the next five months. With labor you can [earn \$50 in five months], and my \$50 at the end would supply the needed amount.



But you want it all [immediately]... saying you would almost give your place in Heaven for \$70 now. Then you value your place in Heaven very cheaply! ...You say if I furnish you the money you will deed me the land, and if you don't pay the money back, you will deliver possession—Nonsense! If you can't now live *with* the land, how will you then live without it? You have always been kind to me, and I do not now mean to be unkind to you. On the contrary, if you will but follow my advice, you will find it worth more than eight times eighty dollars to you. – Abraham Lincoln letter to John Daniel Johnston, 1850



***The Letter Writer*
Lloyd Ostendorf, 1968**

²⁵ Therefore, putting away lying, *speaking the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger, ²⁷ and don't give the devil an opportunity. ²⁸ Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.

Ephesians 4 CSB

Stealing – whether through dependence, physical theft, or emotional robbery – involves living a lie.



“When should I speak?”

- **When I have defused tension (as much as that is up to me).**
- **When I can be truthful and trusting.**
- **I’m to do this in a timely manner.**

²⁵ Therefore, putting away lying, *speak the truth, each one to his neighbor, [Zechariah 8]* because we are members of one another. ²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger

Ephesians 4 CSB

**⁴ Be angry and do not sin;
reflect in your heart while on your bed and be silent.**

Psalm 4 CSB



²⁶ *Be angry and do not sin. [Psalm 4]* Don't let the sun go down on your anger

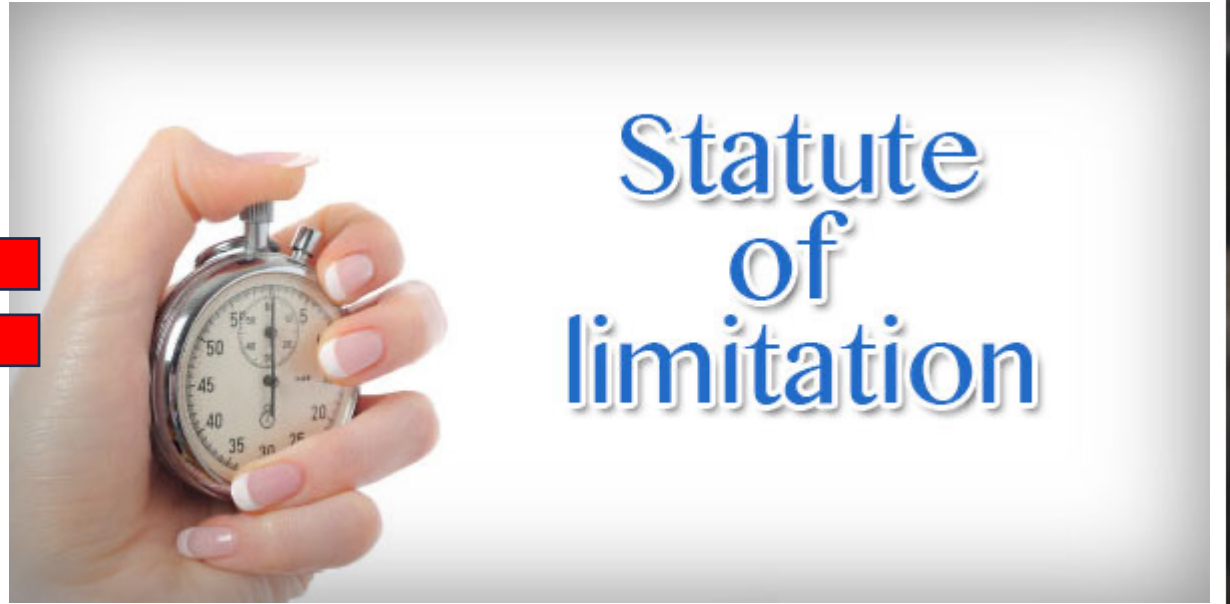
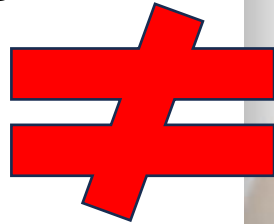
Ephesians 4 CSB

¹⁷ "Do not plot evil in your hearts against your neighbor, and do not love perjury, for I hate all this"—this is the LORD's declaration.

Zechariah 8 CSB

26 Be angry and do not sin. [Psalm 4] Don't let the sun go down on your anger

Ephesians 4 CSB



**Statute
of
limitation**



“When should I speak?”

- **When I have defused tension (as much as that is up to me).**
- **When I can be truthful and trusting.**
- **I’m to do this in a timely manner.**

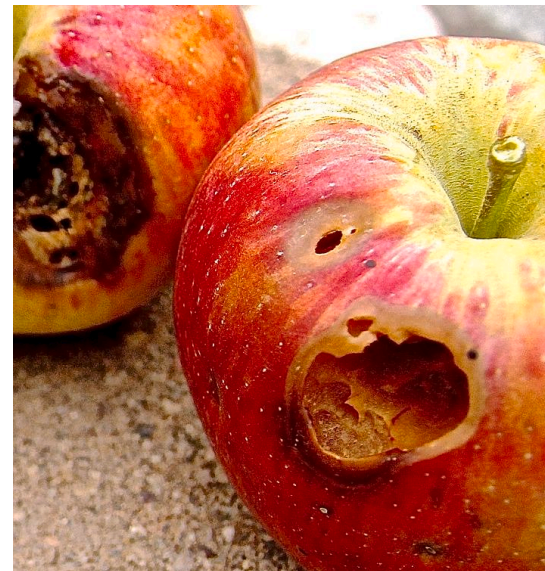
²⁹ No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. ³⁰ And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption. ³¹ Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. ³² And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

Ephesians 4 CSB

Ephesians 4 CSB

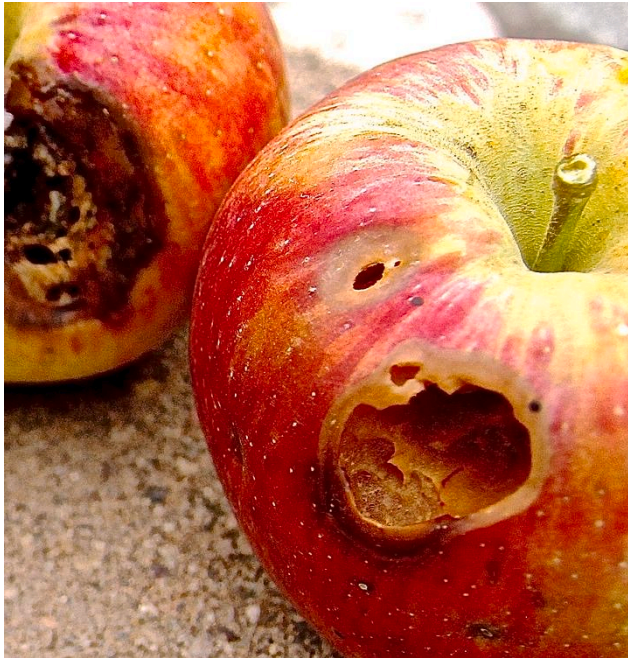
²⁹ No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear... ³¹ Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. ³² And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

**Greek: σαπρός sapos = rotten;
especially employed to describe
worthless, rotten fruit**



**²⁹ No foul language should
come from your mouth...**

**³¹ bitterness, anger and
wrath, shouting and slander**



Eph 4 CSB

**¹¹ A word spoken
at the right time
is like gold apples
in silver settings.**

**Prov 25
CSB**



No foul language
should come from
your mouth...





No foul language
&#@+%*\$!
should come from
your mouth...



29 No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

Ephesians 4 CSB




29 No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

Ephesians 4 CSB

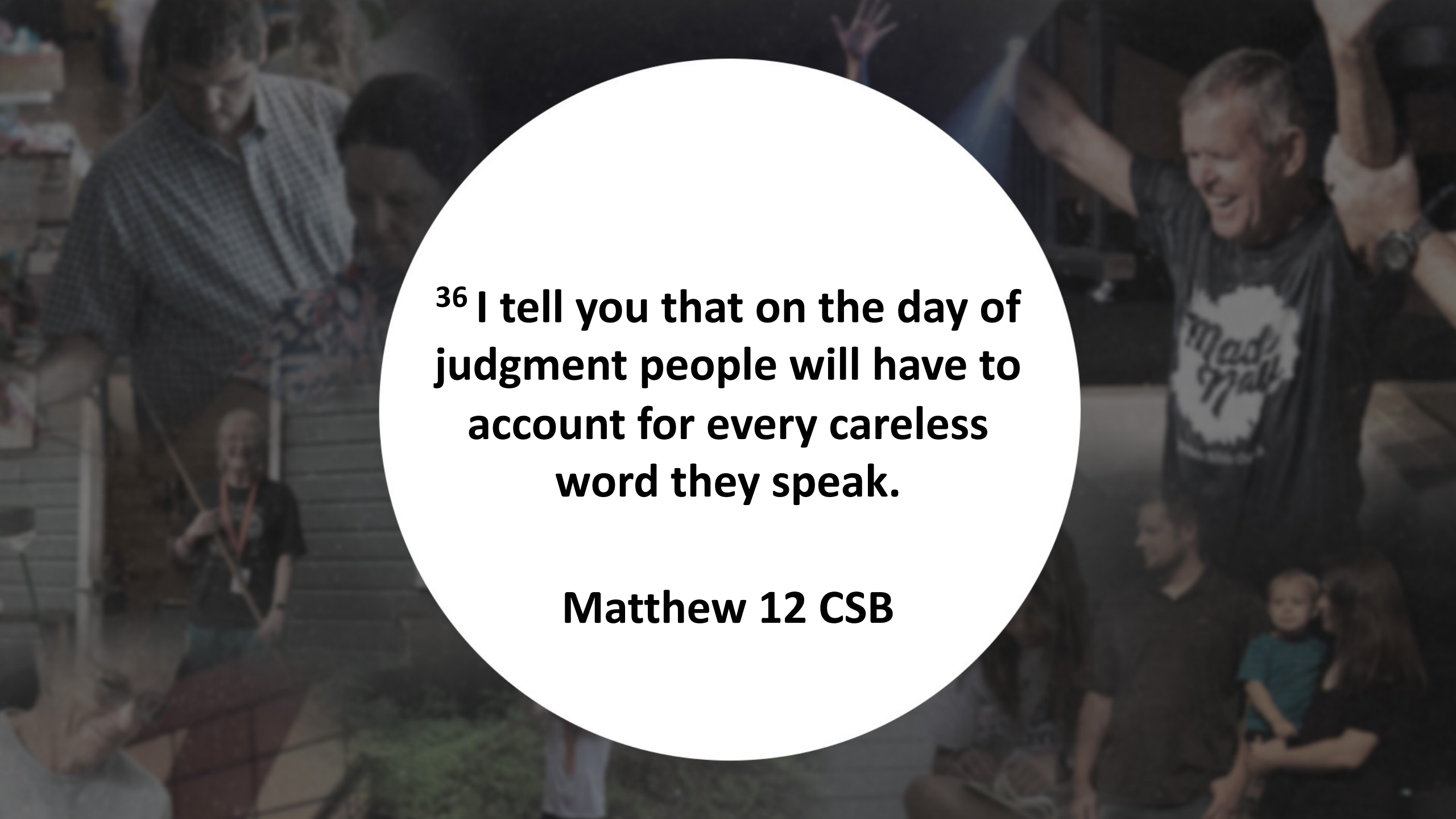


**BLESS
Y♥UR
HEART**



29 No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

Ephesians 4 CSB

A group of people is gathered outdoors, possibly at a community event or festival. In the foreground, a man in a dark t-shirt with "Mad" and "77" on it is smiling and has his arms raised. To his left, a man in a striped shirt is looking down. In the background, a young girl is holding a stick, and a woman is holding a child. The scene is dimly lit, suggesting it might be evening or in a shaded area. A large white circle is overlaid in the center of the image, containing text.

³⁶ I tell you that on the day of judgment people will have to account for every careless word they speak.

Matthew 12 CSB

29 No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. 30 And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption. 31 Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. 32 And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

Ephesians 4 CSB

³⁰ And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption.

Ephesians 4 CSB



4-wheeling with the Spirit – the 4 NT imperative commands



courtesy axleaddict

1 Thess. 5:19
Don't stifle



***1 Thess. 5:19
Don't stifle***



***Eph. 4:30
Don't grieve***

***Eph. 5:18
Be filled by***

1 Thess. 5:19
Don't stifle



Eph. 4:30
Don't grieve

Eph. 5:18
Be filled by

Gal. 5:16
Walk in



“When should I speak?”

- **When I can be real, truthful, timely.**

“How should I speak?”

- **Flavored with salt, without being rude.**

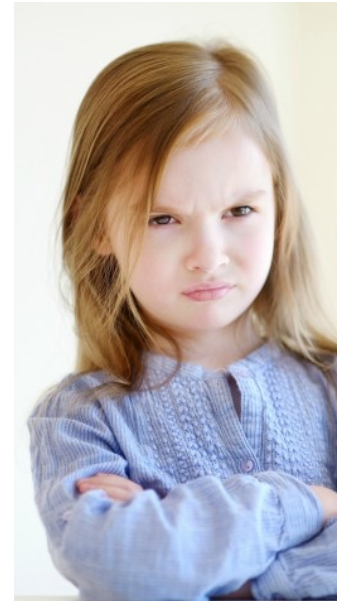
**Ps 19:6 May the words of my mouth
and the meditation of my heart
be acceptable to you,
LORD, my rock and my Redeemer.**

**Col 4:6 Let your speech always be gracious, seasoned with salt, so that you
may know how you should answer each person.**

**Eph 4:29 No foul language should come from your mouth, but only what is
good for building up someone in need, so that it gives grace
to those who hear.**

**Eph 4:15 Speaking the truth in love, let us grow in every way into him who
is the head—Christ.**

**Help them understand the long-term effects of their actions...if she doesn't [speak] nicely with others, no one will want to be around her.
– Martha Brockenbrough**





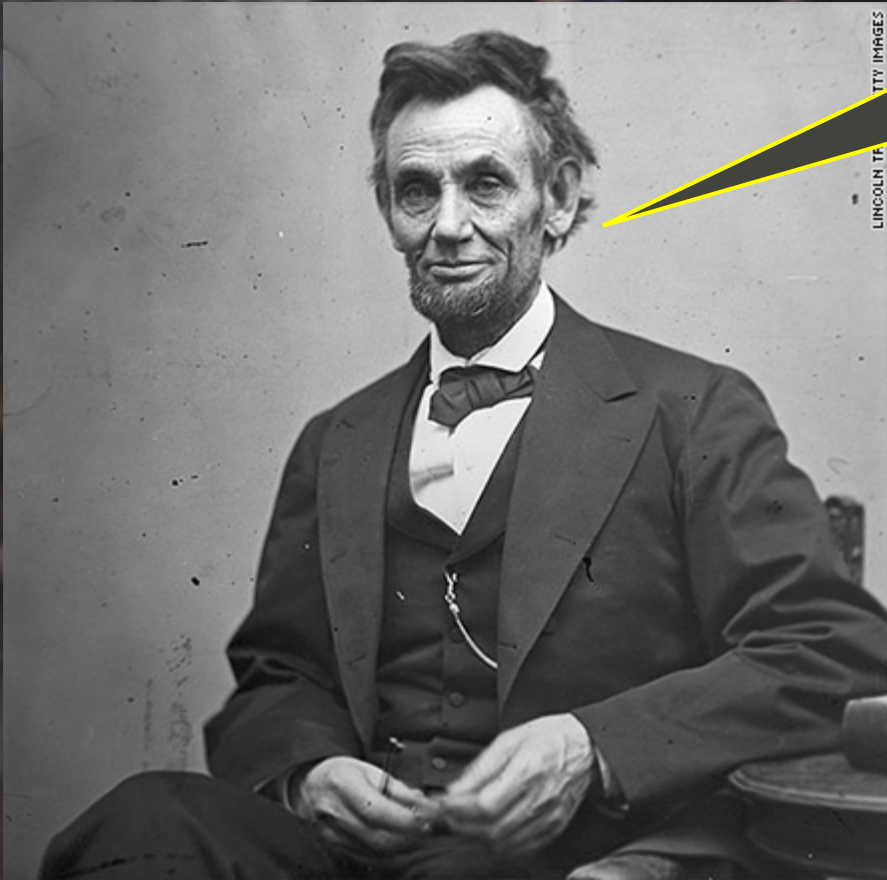
“When should I speak?”

- **When I can be real, truthful, timely.**

“How should I speak?”

- **Flavored with salt, without being rude.**

**You talk a good game,
but can you give a real-
life example of
speaking truth in love?**





**Screeee
eech!**

~~Comfort dial –
lies/avoidance~~

Honesty dial –
truth/reality



Sweetheart, you are much prettier than that combo makes you look. I liked the other one better. Actually, I liked the period *between* the outfits best, but I guess that won't work in public.

how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS