

[1: EPHESIANS]

# UNBOUNDED

*Paul's Faith from Prison*



**WARRIOR'S HEART**  
BUILDING GOD'S KINGDOM ONE MAN AT A TIME

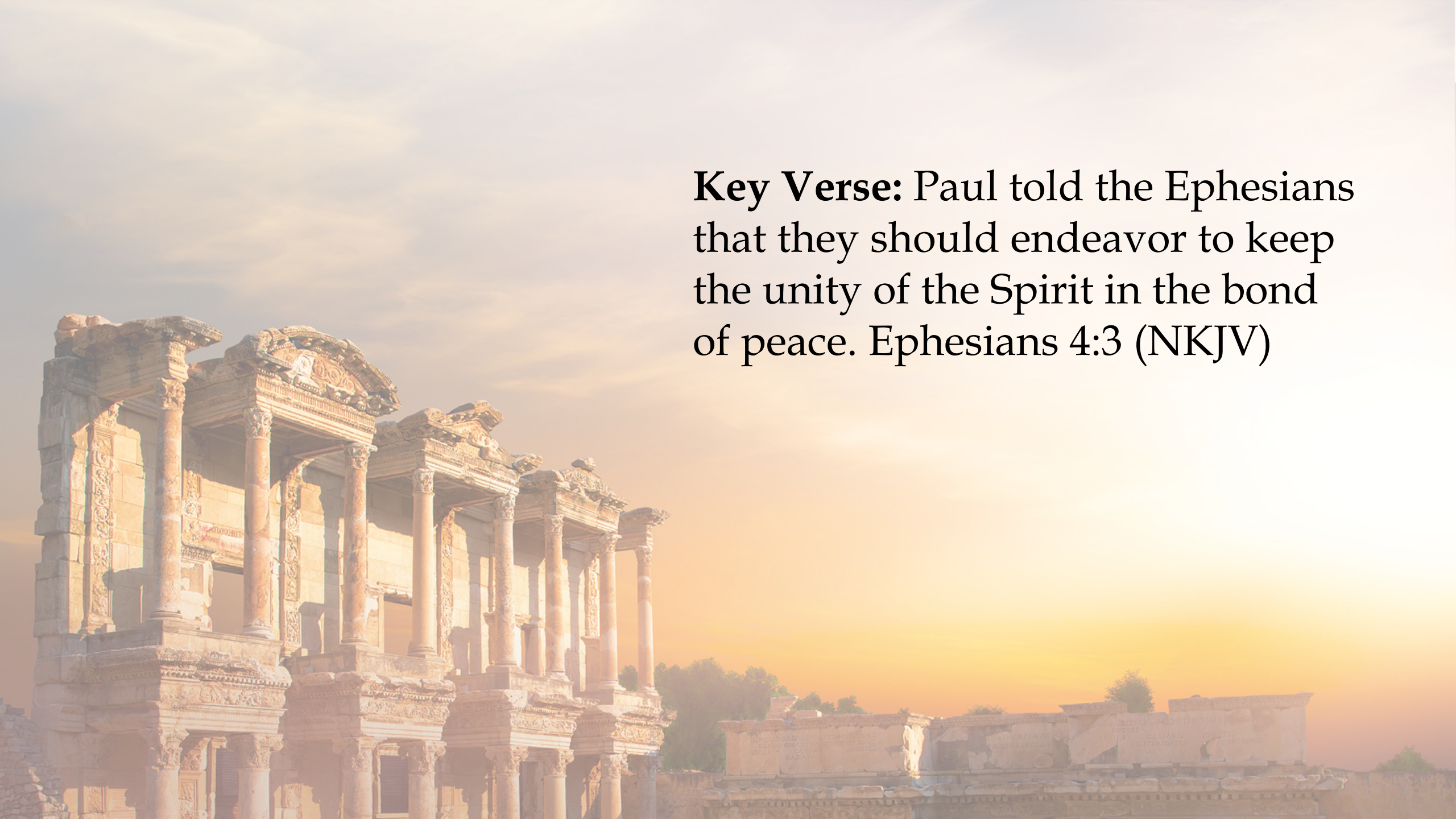
BAND OF  
**BROTHERS**  
MEN'S MINISTRY



# Last Week: Ephesians 4:1-16

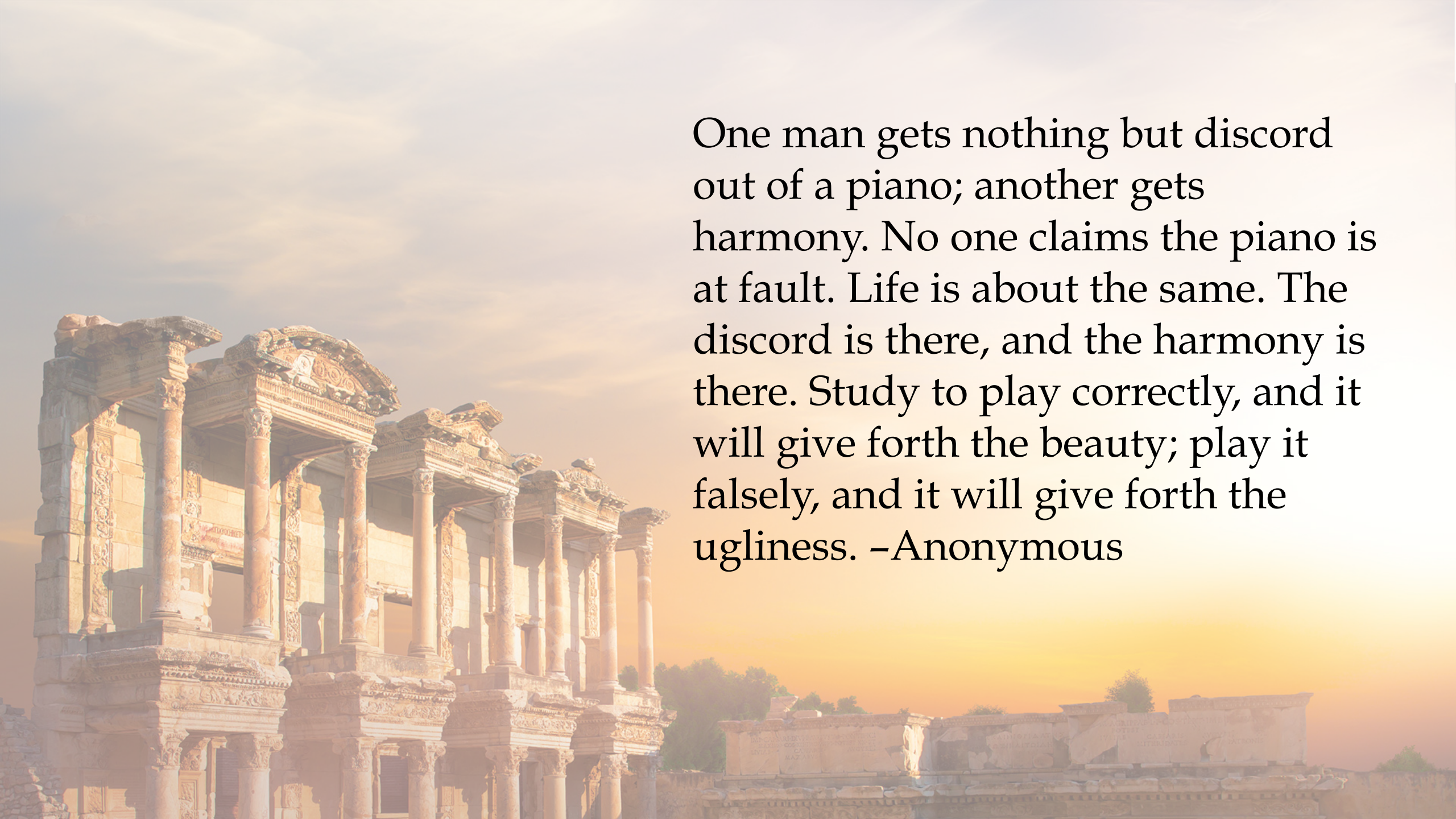




The image shows the ruins of the Temple of Apollo in Side, Turkey, during a sunset. The temple's facade is composed of several rows of Corinthian columns supporting a pedimented structure. The sky is a mix of soft pinks, oranges, and blues, with the sun low on the horizon to the right, creating a warm, golden glow. In the background, other ruins and a line of trees are visible under the twilight sky.

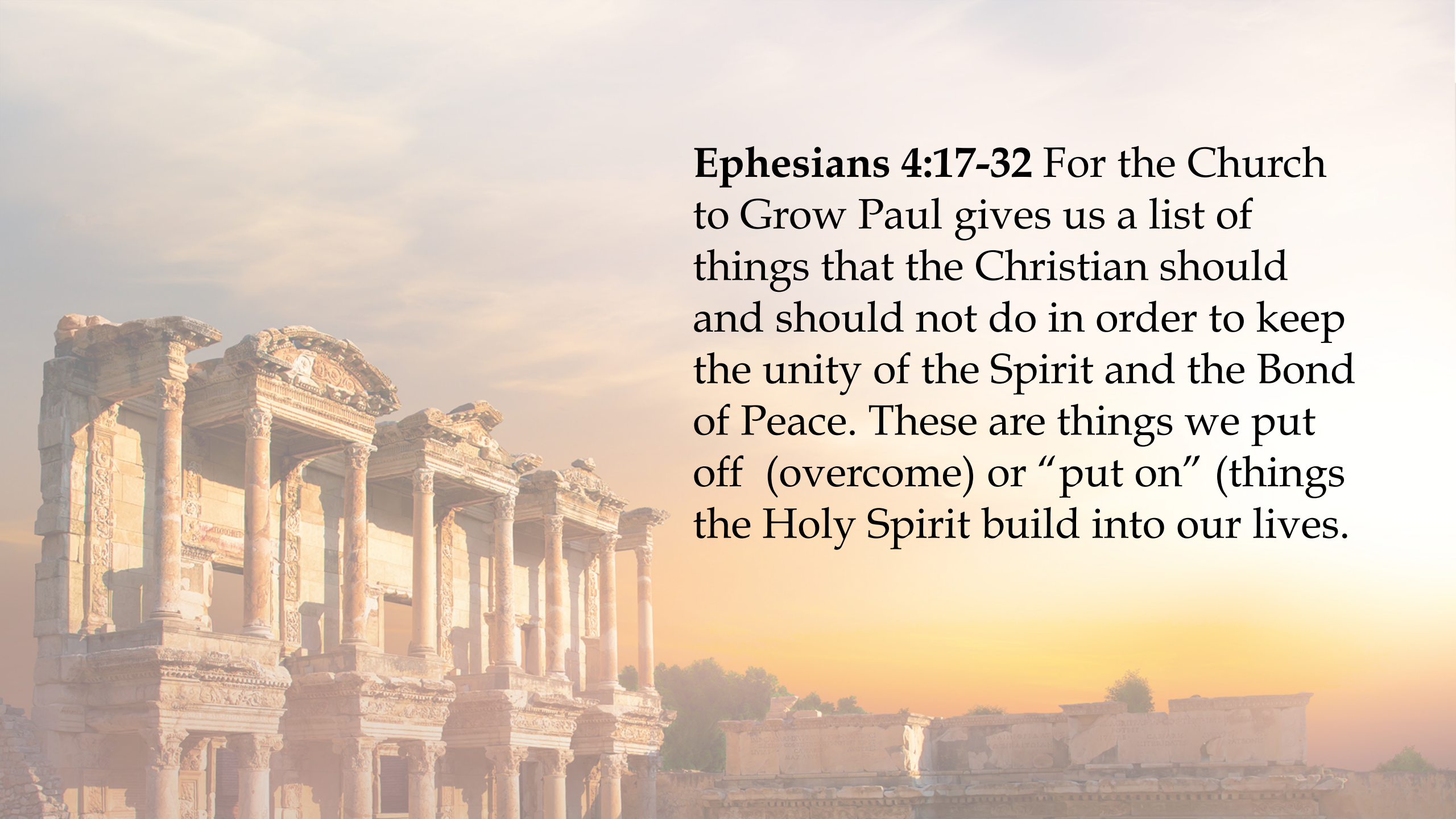
**Key Verse:** Paul told the Ephesians that they should endeavor to keep the unity of the Spirit in the bond of peace. Ephesians 4:3 (NKJV)





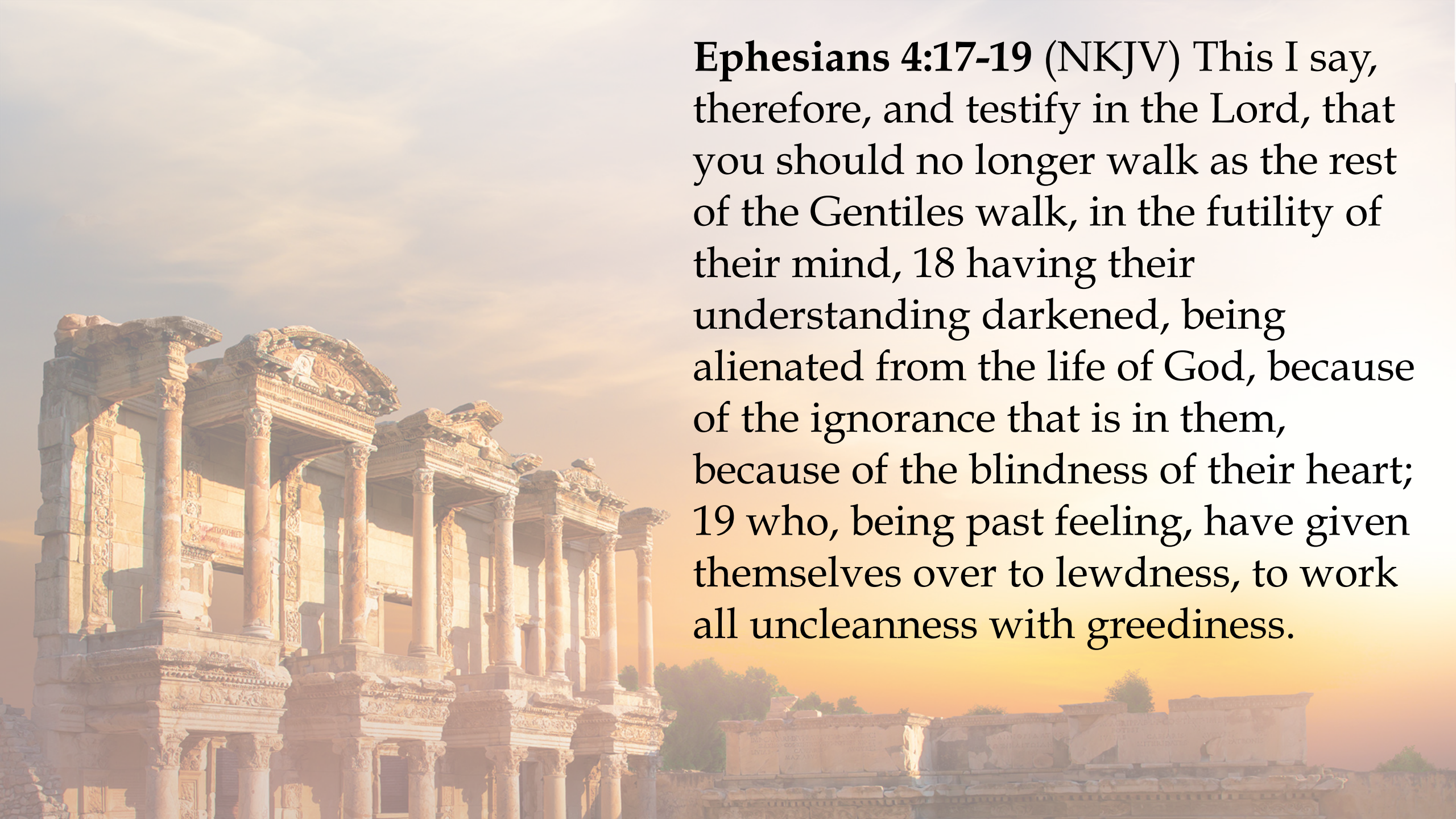
One man gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault. Life is about the same. The discord is there, and the harmony is there. Study to play correctly, and it will give forth the beauty; play it falsely, and it will give forth the ugliness. –Anonymous



The background of the slide features a photograph of the Temple of Apollo in Side, Turkey. The temple is a well-preserved ancient Roman structure, characterized by its two-story portico with Corinthian columns. The scene is captured during the "golden hour" of sunset, with a warm, orange glow illuminating the stone and the sky. The sky transitions from a pale blue at the top to a deep orange near the horizon. In the distance, other ruins and a few trees are visible against the bright light of the setting sun.

**Ephesians 4:17-32** For the Church to Grow Paul gives us a list of things that the Christian should and should not do in order to keep the unity of the Spirit and the Bond of Peace. These are things we put off (overcome) or “put on” (things the Holy Spirit build into our lives).





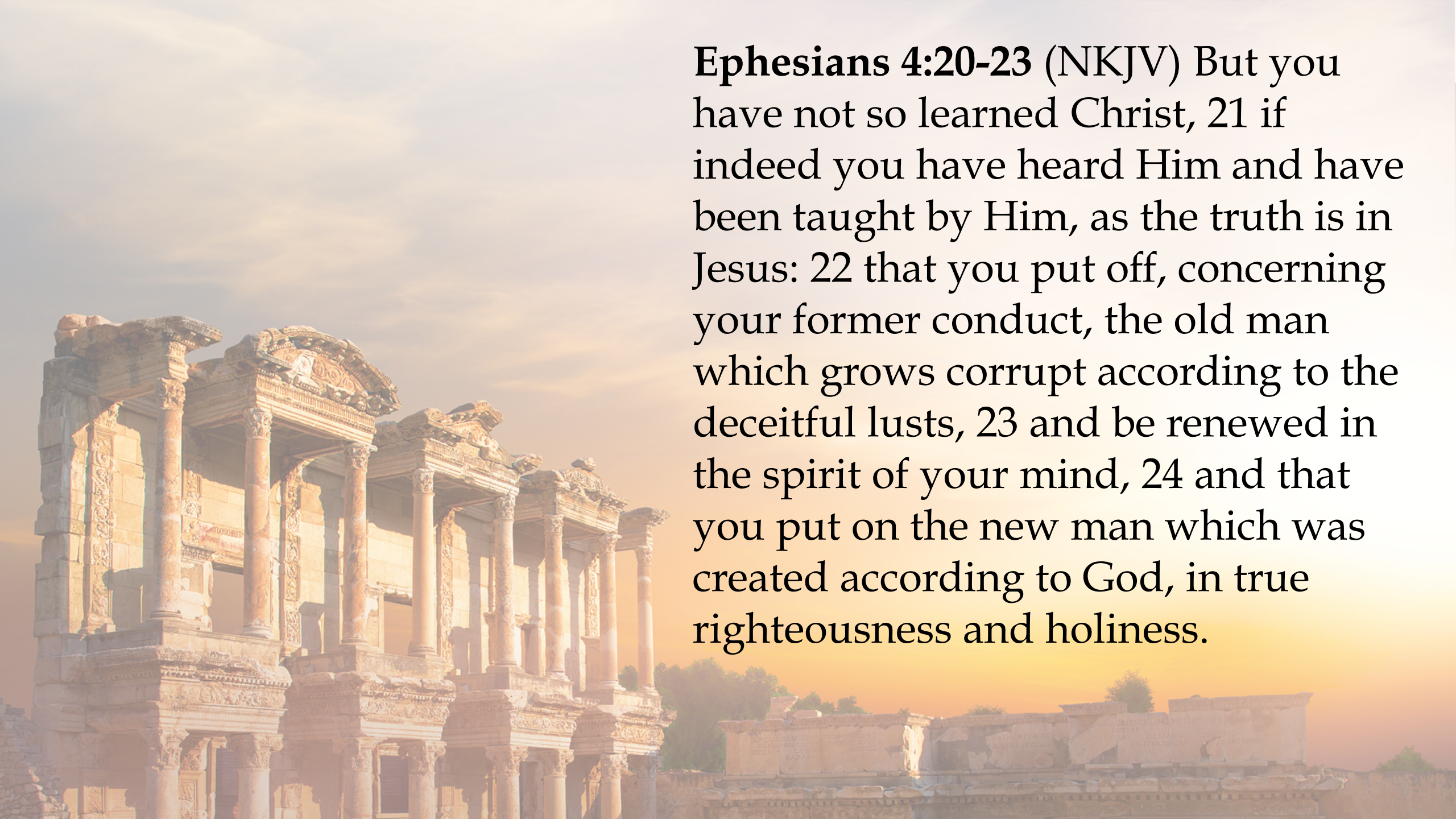
**Ephesians 4:17-19** (NKJV) This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, 18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; 19 who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.



Be careful of the “Blindness of the Heart”

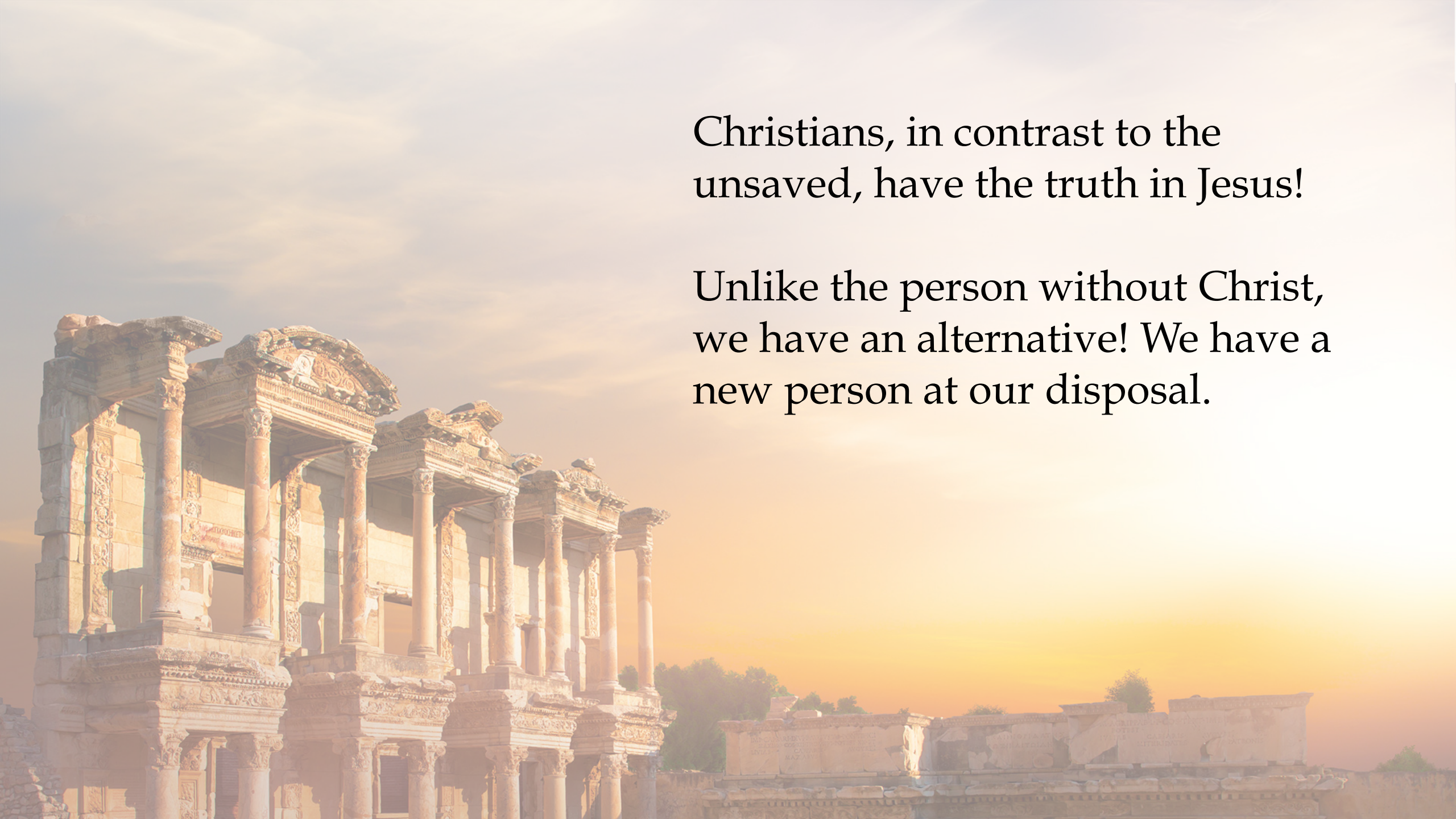






**Ephesians 4:20-23 (NKJV)** But you have not so learned Christ, 21 if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: 22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.



The background of the image shows ancient stone ruins, likely a temple or forum, with several standing columns and a pedimented structure. The scene is bathed in the warm, golden light of a sunset or sunrise, with a clear sky transitioning from light blue to a bright orange glow near the horizon. The ruins are in the foreground and middle ground, with some lower walls and foundations visible in the distance.

Christians, in contrast to the  
unsaved, have the truth in Jesus!

Unlike the person without Christ,  
we have an alternative! We have a  
new person at our disposal.



7 things that we, as this "new creation" should either do ("put on"), or not do ("put off") in order to glorify the Lord and preserve unity and peace.





## **Ephesians 4:25 (NKJV)**

Therefore, putting away lying,  
"Let each one [of] [you] speak  
truth with his neighbor," for we  
are members of one another.

**1. Stop lying!**





**Ephesians 4:26 (NKJV) "Be angry, and do not sin".**

1. Stop lying!
2. If you must be angry, don't sin in the process!





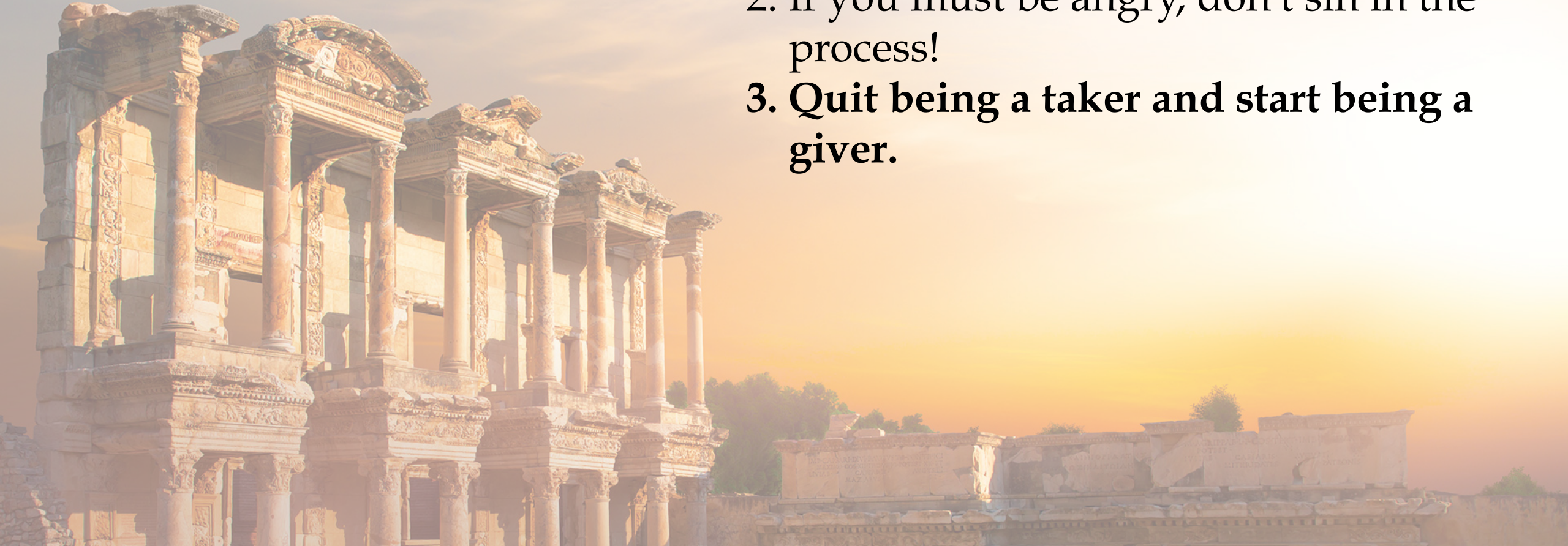
Irritation in the heart of a believer  
is always an invitation to the devil  
to stand by. – Anonymous





**Ephesians 4:28 (NKJV)** Let him who stole steal no longer, but rather let him labor, working with [his] hands what is good, that he may have something to give him who has need.

1. Stop lying!
2. If you must be angry, don't sin in the process!
3. **Quit being a taker and start being a giver.**





**Ephesians 4:29** (NKJV) Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

1. Stop lying!
2. If you must be angry, don't sin in the process!
3. Quit being a taker and start being a giver.
4. **Watch what comes out of your mouth.**





**Ephesians 4:30 (NKJV)** And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

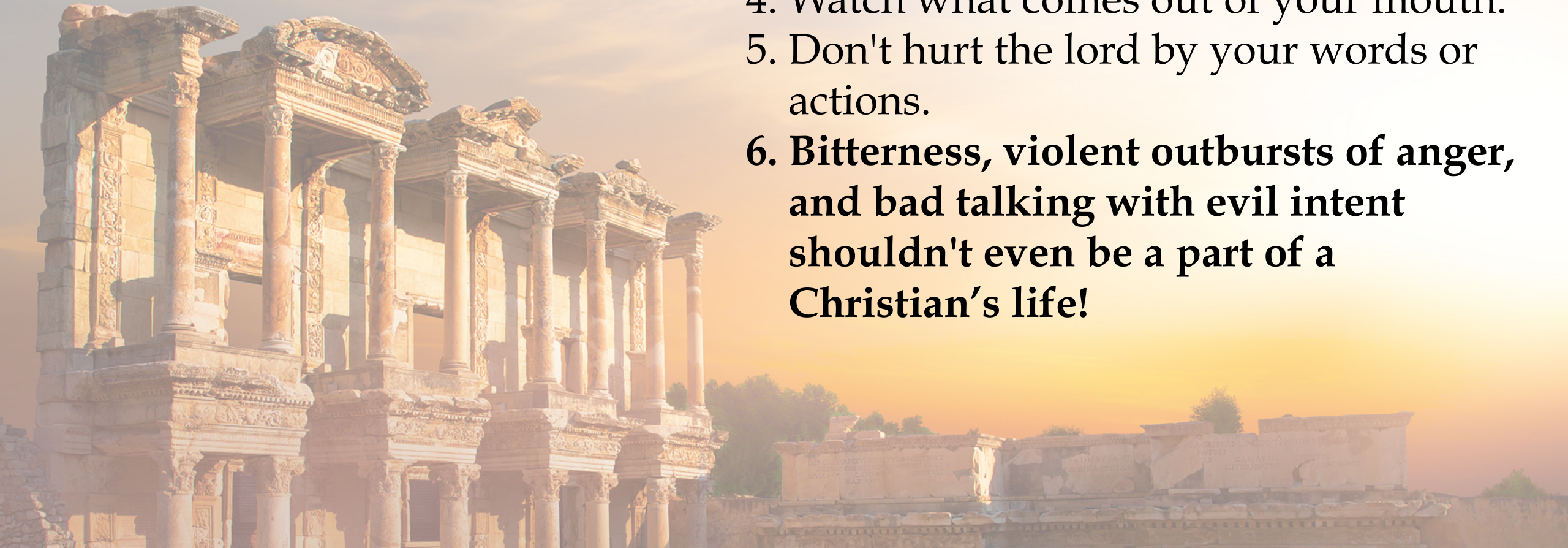
1. Stop lying!
2. If you must be angry, don't sin in the process!
3. Quit being a taker and start being a giver.
4. Watch what comes out of your mouth.
5. **Don't hurt the lord by your words or actions.**





**Ephesians 4:31 (NKJV)** Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

1. Stop lying!
2. If you must be angry, don't sin in the process!
3. Quit being a taker and start being a giver.
4. Watch what comes out of your mouth.
5. Don't hurt the lord by your words or actions.
6. **Bitterness, violent outbursts of anger, and bad talking with evil intent shouldn't even be a part of a Christian's life!**





**Ephesians 4:32** (NKJV) And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

1. Stop lying!
2. If you must be angry, don't sin in the process!
3. Quit being a taker and start being a giver.
4. Watch what comes out of your mouth.
5. Don't hurt the lord by your words or actions.
6. Bitterness, violent outbursts of anger, and bad talking with evil intent shouldn't even be a part of a Christian's life!
7. **Be kind, tenderhearted, and forgiving.**





**Romans 12:1** I am a “living sacrifice” What does a sacrifice do?







NOTHING – the sacrifice is acted upon.

And instead of acting and behaving like I did when I didn't know Jesus, I will be able to "put on the new man" that I have become in Christ!!



# Discussion Questions

- **Why is it so easy for us to get drawn back into the old ways of living? (V17-19)**
- **Why is the attitude of our hearts so important? (v23)**
- **Why do men (myself included) struggle easily with anger? Why does anger seem to be an easy emotion for many of us as men to embrace?**
- **Paul gives us a list of 7 things that will keep us as a church (body of believers) unified and at peace but too often, we find ourselves struggling with peace & unity. Which of these 7 items are hardest for you to PUT OFF or to PUT ON?**
  1. **Stop Lying!**
  2. **If you must be angry, don't sin in the process!**
  3. **Quit being a taker and start being a giver.**
  4. **Watch what comes out of your mouth.**
  5. **Don't hurt the Lord by your words or actions.**
  6. **Bitterness, violent outbursts of anger, & bad talking with evil intent shouldn't even be a part of a Christian's life!**
  7. **Be kind, tenderhearted, & forgiving (do not be judgmental)**
- **Why is being a living sacrifice so hard? If God wants to act upon us and transform us & we know it is for our betterment, why do we find ourselves so often jumping off the altar of sacrifice?**