

**Building Strong Families**  
**How to Live in a Family**  
**Ephesians 4:25-32**

- **The family should be a place of honesty, which leads to belonging. (v. 25)**
- **The point here is that honesty binds us, which reinforces the reality that we are members of one another.**
  - **Deception and dishonesty divide us, which disintegrates the truth that we are members of one another.**
  - **“Honesty and transparency make you vulnerable. Be honest and transparent anyway.” – Mother Teresa**
  - **“Honesty is often very hard. The truth is often painful. But the freedom it can bring is worth the trying.” – Fred Rogers**
  
- **The family should be a place where we learn to deal with our emotions in a way that honors God and brings us closer together. (v. 26-27)**
- **Anger is information; sin is the action. (Logan)**
  - **When confronting those who have angered you, avoid using language like always and never. (Brian)**
  - **Dealing with anger appropriately is a way for us fight for the result of Jesus’ prayer for the unity of His people. (John 17; see also Galatians 2:11-14)**
  
- **The family should be a place of hard work, which enables us to live generously with one another. (v. 28)**
- **As Jesus has said, “It is better to give than to receive.”**
  - **Our natural human inclination is to look out for ourselves and not to the interest of others.**
  - **Family can be an incredibly sanctifying place.**
  
- **The family should be a place where words build up, not diminish or destroy. (v. 29)**
- **Think about a person who said a timely word to you. (Greg)**
  - **Proverbs 15:1 – “A soft answer turns away wrath, but a harsh word stirs up anger.”**
  - **Proverbs 15:4 – “Kind words heal and help; cutting words wound and maim.” (MSG)**
  - **Proverbs 18:21 – “Death and life are in the power of the tongue, and those who love it will eat its fruit.”**
- **Midrash: “The evil tongue slays three, the slanderer, the slandered, and the listener.”**
- **Approximately 150 verses in Proverbs addresses our words (one out of every six).**
  
- **The family should be a place where the Holy Spirit transforms us. (v. 30-32)**
- **If we allow a place for bitterness, wrath, anger, clamor, slander, or anger, then we will grieve the Holy Spirit.**
  - **If, however, we make room for kindness, tenderheartedness, and forgiveness, then we will be transformed by the power of the Holy Spirit.**
  - **It is important to note that kindness, tenderheartedness, and forgiveness can only happen because we have experienced the kindness, tenderheartedness, and forgiveness of God in Christ Jesus.**
  - **An unwillingness to forgive is like making poison for someone else and then drinking it ourselves. (Greg)**
  - **Forgiveness does not make an action right or okay. (Stacie)**
  - **Forgiveness does not equal trust. (Brian)**