

The background of the image is a landscape at sunset or sunrise. A person stands on a grassy hill, silhouetted against the bright, glowing sky. Several birds are flying in the upper left portion of the sky. The overall color palette is warm, with shades of orange, yellow, and brown.

THE LIFESTYLE OF THE NEW MAN

EPHESIANS 4:25-32

Ephesians 4:25 Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. ²⁶ “Be angry, and do not sin”: do not let the sun go down on your wrath, ²⁷ nor give place to the devil. ²⁸ 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. ²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

Ephesians 4:30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.



2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.



- We are to be known for speaking the truth rather than lying.
- We are to be known for exhibiting righteous anger, rather than unrighteous.
- We are to be known for sharing with others rather than stealing from them.
- We are to be known for our wholesome language rather than unwholesome.
- We are to be known for our virtues rather than our vices.

OUR TRUTHFUL TALK

Ephesians 4:25 Therefore, putting away lying,
“Let each one of you speak truth with his neighbor,” for we are members of one another.



OUR TRUTHFUL TALK

- Lying is characteristic of the nature of the devil (*John 8:44*).
- Unrepentant liars will not inherit the kingdom of God (*Revelation 21:8*).



OUR TRUTHFUL TALK

- God cannot lie (*Titus 1:2*).
- God hates a lying tongue (*Proverbs 6:17*).
- God's word is truth (*John 17:17*).
- Jesus is the truth (*John 14:6*).
- Jesus is full of grace and truth (*John 1:14*).
- Christians are to think on the truth (*Philippians 4:9*).
- Christians are to speak the truth in love (*Ephesians 4:15*).

OUR TEMPER

Ephesians 4:26 “Be angry, and do not sin”: do not let the sun go down on your wrath,²⁷ nor give place to the devil.

OUR TEMPER

- God Himself gets angry over sin (*Exodus 34:6-7; Romans 1:18*).
- Jesus was righteously angry on different occasions (*Matthew 3:5; Matthew 21:12; John 2:15*).
- Believers can be justifiably angry at sin. We are to “abhor what is evil” and “cling to what is good” (*Romans 12:9; see also Romans 12:17-21*).

OUR TEMPER

Righteous, momentary anger

- Targets objective evil (*Mark 3:5; Romans 12:9*)
- Seeks redemptive outcomes (*Galatians 6:1; Matthew 18:15*)

Sinful anger

- Rooted in selfishness and pride (*James 4:1-2*)
- Clings to resentment (*Ephesians 4:31; Colossians 3:8*)

OUR TOIL

Ephesians 4:28 Let him who stole steal no longer, working with his hands what is good, that he may have something to give him who has need.



OUR TOIL

- Work is not a product of the fall; work existed before the fall (*Genesis 2:5, 15*).
- God Himself worked in creation (*Genesis 2:2*).
- Jesus worked as a carpenter (*Mark 6:3*) and was known to be a carpenter's son (*Matthew 13:35*).
- No matter who signs our paycheck, we ultimately work for the Lord (*Colossians 3:23-24*).
- We should be willing to work if we are physically able (*2 Thessalonians 3:10-12*).

OUR THOUGHTFUL TALK

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

³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

OUR THOUGHTFUL TALK

Luke 6:45 “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.”



OUR THOUGHTFUL TALK

Healthy

Proverbs 12:18 There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.

Helpful

Proverbs 12:25 Anxiety in the heart of man causes depression, but a good word makes it glad.

Proverbs 15:23 A man has joy by the answer of his mouth, and a word spoken in due season, how good it is!

OUR THOUGHTFUL TALK

Ephesians 4:30 And do not grieve the Holy Spirit of God, by who you were sealed for the day of redemption.



OUR TENDERNESS

Ephesians 4:31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.
32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

OUR TENDERNESS

Titus 3:3 For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another. ⁴ But when the kindness and the love of God our Savior toward man appeared, ⁵ not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

OUR TENDERNESS

Hebrews 4:15 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

OUR TENDERNESS

Psalms 103:10 He does not punish us for all our sins; he does not deal harshly with us, as we deserve. ¹¹ For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. ¹² He has removed our sins as far from us as the east is from the west.



Romans 10:9 that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Romans 10:13 For “whoever calls on the name of the LORD shall be saved.”

