

A close-up, low-angle shot of a person's legs and feet as they hike on a rocky trail. The person is wearing dark, worn-in hiking boots with thick, treaded soles. They are also wearing grey, ribbed socks. The background is a blurred, rocky landscape with some sparse vegetation. The lighting is bright, suggesting a sunny day.

# The Changed Life

*Walk Worthy of Your Calling*

**Ephesians 4:17-32**

# From Rotten to Wholesome Words

Ephesians 4.29-30

- ❖ These commands are given to believers.
- ❖ Living as these verses command becomes increasingly difficult as our society drifts from biblical moral absolutes.
- ❖ **As we live out our identity in Christ, our lives stand out from the world around us, making us an effective witness for Him.**

# How the New Person in Christ Lives Day to Day

Ephesians 4	NEGATIVE Command (old self)	POSITIVE Command (new self)	REASON for Positive Command
25	Don't lie	Speak truth	Members of one another
26-27	Don't sin when angry	Be angry	Devil no opportunity
28	Don't steal	Work	Share with those in need
<b>29-30</b>	<b>Don't speak rotten words</b>	<b>Build up with words</b>	<b>Grace to those who hear</b>
31-32	Don't display sinful vices	Be gracious	God is gracious to us

# From Rotten to Wholesome Words

Ephesians 4.29-30

Proverbs 18.21

Death and life are in the power of the tongue

***We should speak words that build up the body  
and promote spiritual growth.***

# From Rotten to Wholesome Words

Ephesians 4.29-30

Let no unwholesome word proceed from your mouth,  
but only such *a word* as is good for edification

according to the need *of the moment*,  
so that it will give grace to those who hear.

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

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## Concluding Principles/Applications

- Begin by applying Paul's instructions AT HOME.
- Be a person of few words.
- Guard your lips.