

**NOTES: Ephesians | Don't Grieve the Holy Spirit**  
**November 27, 2022 | Compelled Church**

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Ephesians 4.25-32: The commands have a negative, a positive command, and the reason for the positive

*"Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another." (Ephesians 4:25, NASB95)*

Command: Stop Lying

Command: Speak Truth

Why? We are members of one another.

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*"BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity." (Ephesians 4:26-27, NASB95)*

Command: Do not sin in your anger

Command: Don't let the sun go down on your anger.

Why? Don't give the Devil an opportunity.

Prolonged anger turns into resentment and hate.

This gives Satan many opportunities.

Anger leads to rage, rage is being out of control, when your out of control, you hurt people

You cause trauma, you say awful things.

Anger is really an emotion that comes from being out of control or the reality of not being able to

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*"He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need." (Ephesians 4:28, NASB95)*

Command: Stop stealing

Command: Work

Why? You can share with those that have need

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*"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." (Ephesians 4:29, NASB95)*

Command: Don't swear and talk filthy.

Command: Speak word that build up

Why? Your speech will be a gift to those you speak to

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*"Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption." (Ephesians 4:30, NASB95)*

**Ephesians 4.31-32**

*"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." (Ephesians 4:31-32, NASB95)*

**EXTRAS: Ephesians | Don't Grieve the Holy Spirit**  
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1. Read Ephesians 4.25-32

Paul has encouraged the Ephesians not to live like the Gentiles, he then describes their lifestyle of the Gentiles as futile, darkened, impure, selfish. He then explained that they were taught they had to put off the old person and put on the new. Now he is going to give practical application of how the new person in Christ lives day to day.

2. *"Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another."* (Ephesians 4:25, NASB95)

- Why is lying so damaging to families and churches?
- What does the name "Satan" mean?
- What name is the Holy Spirit given in John 14.16-17?

3. *"BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity."* (Ephesians 4:26–27, NASB95)

- How has anger hurt your life and those around you? How does it give the Devil an opportunity?

4. *"He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need."* (Ephesians 4:28, NASB95)

- What can be stolen other than things?

5. *"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."* (Ephesians 4:29, NASB95)

- Other than swear words, what unwholesome things can be said?
- How can we speak so what we say would be a gift to those that hear it (grace)?

6. *"Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption."* (Ephesians 4:30, NASB95)

Grieve means= to bring distress and sorrow. When we hurt those around us in these ways, we bring God distress.

- Think of your week. Have you grieved God in relationships? Has someone else you need to forgive?

**7. Ephesians 4.31-32**

*"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."* (Ephesians 4:31–32, NASB95)

What is to be "put away?"

What are we to do? How can you do this today to someone closest to you?

Spend a few minutes in silence and ask the Lord to reveal anyone you need to forgive.