

# Unity Busters and Spirit Grievers

*Ephesians 4:25-32*

**February 21, 2021**

*<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.*

*<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

## The Holy Spirit is grieved by our ***reckless words***. (vs. 29)

Proverbs 12:18, *“Reckless words pierce like a sword, but the tongue of the wise brings healing.”*

Eph. 4:29: *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

What are some example of rotten or trashy words?

*Indecent, vulgar language.*

*Dirty jokes, off-color stories.*

*Obscenity.*

*Racial or ethnic insults.*

*Humor meant to harm or insult.*

*Angry outbursts; harsh words.*

*Comments that are mean-spirited.*

*Gossip, rumors, false accusations.*

*Threats and intimidating comments.*

*Hurtful criticism.*

*Cheap shots.*

*Talking too much.*

*Talking without listening.*

*Condemning others.*

*Exaggerating the faults of others.*

*Empty excuses for justifying unkind words by saying, "I was only joking" or "I didn't really mean it".*

The Holy Spirit is grieved by our ***rotten attitudes***. (vs. 31)

*"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice" (v. 31).*

- ***Bitterness***
- ***Rage***
- ***Anger***
- ***Brawling***
- ***Slander***
- ***Malice***

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (vs. 32)*