A SERIES IN

EPHESIANS

OUR IDENTITY, CALLING, & CONDUCT
TOGETHER IN CHRIST



EPHESIANS

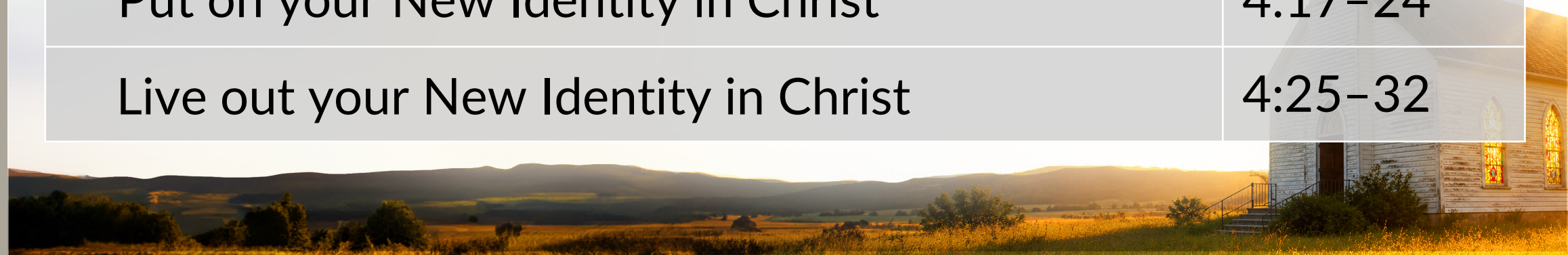
BODY BUILDING BOOT CAMP

Ephesians 4:25–32



INTRO

Major Sections	Passage
Unity and Diversity in the Body of Christ	**4:1–16**
Walk as One Body: Unity in the Spirit	4:1–6
Build the One Body: Serve one another in love	4:7–16
Living in Community in the Body of Christ	**4:17–32**
Put on your New Identity in Christ	4:17–24
Live out your New Identity in Christ	4:25–32



EPHESIANS

INTRO

EPHESIANS 4:1

I . . . urge you

to walk in a manner worthy of the calling

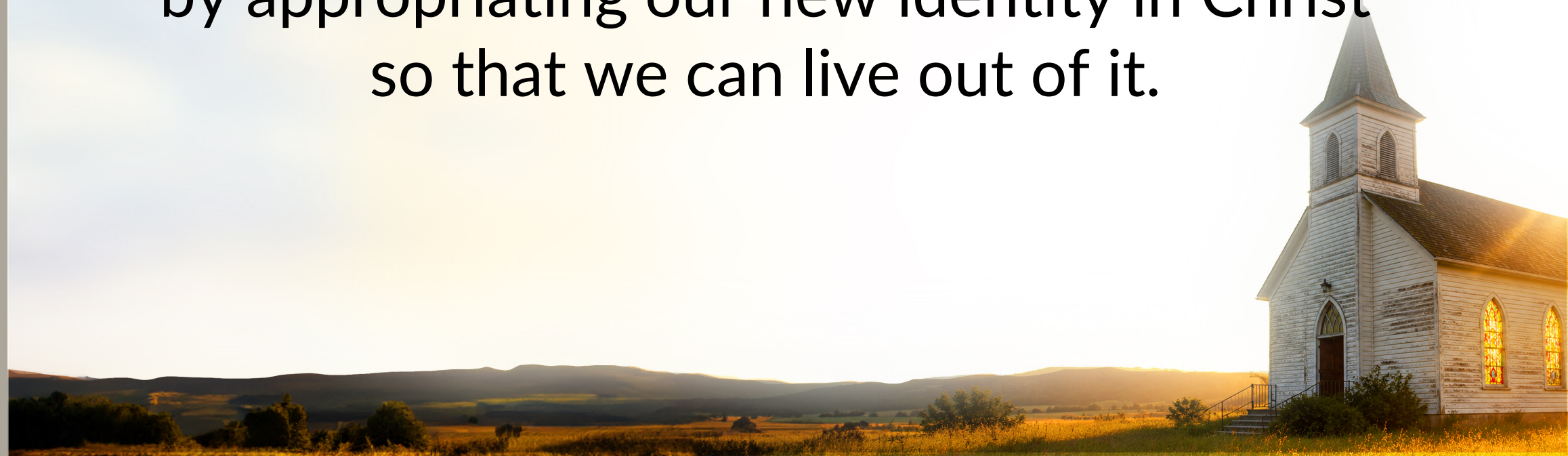
to which you have been called,



EPHESIANS

LAST WEEK'S CONCLUSION

We are called to build up the body of Christ
together towards Christlike maturity
by appropriating our new identity in Christ
so that we can live out of it.



EPHESIANS

BODY BUILDING BOOT CAMP

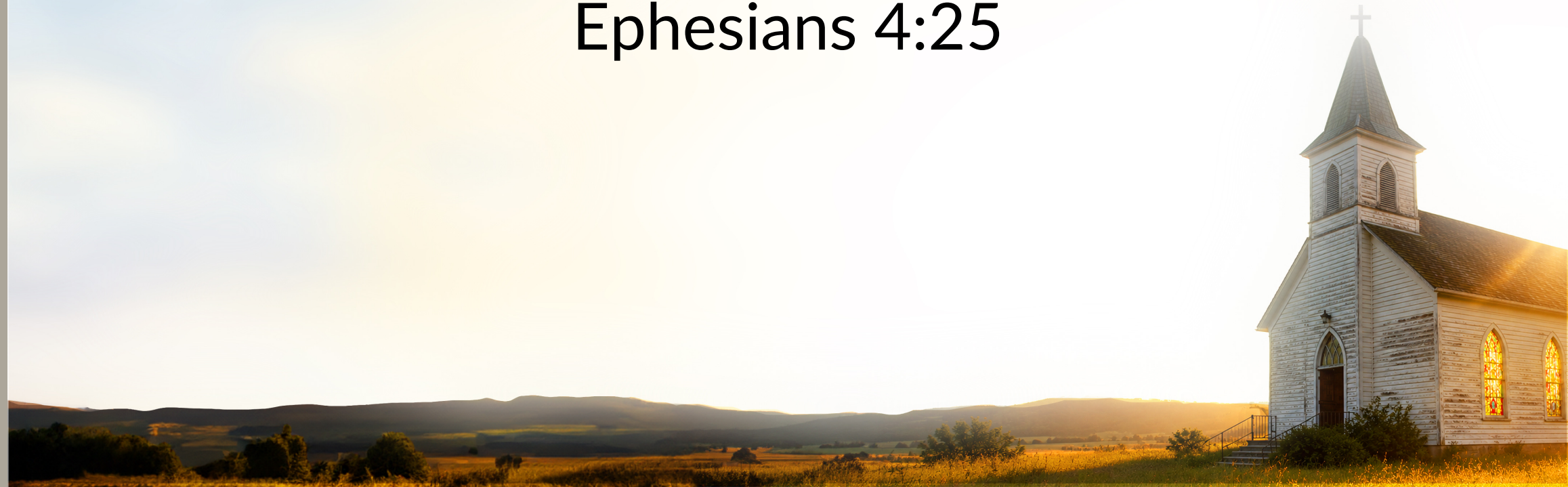
#1 | Speak
#2 | Make
#3 | Provide
#4 | Build
#5 | Release



EPHESIANS

#1 | SPEAK TRUTH

Ephesians 4:25



EPHESIANS

SPEAK TRUTH — EPHESIANS 4:21, 24

21 if indeed you have been taught in him,
just as **the truth is in Jesus**,

24 . . . to put on **the new person**,
the one created after God's likeness
in righteousness and holiness
[which is] **from truth**.

- my translation



EPHESIANS

SPEAK TRUTH

EPHESIANS 4:25

25 Therefore, having put away falsehood,
let each one of you **speak the truth**
with his neighbor,

for we are members one of another.



EPHESIANS

SPEAK TRUTH — ZECHARIAH 8:16–17

16 These are the things that you shall do:

Speak the truth to one another;
render in your gates judgments that are
true and **make for peace**;



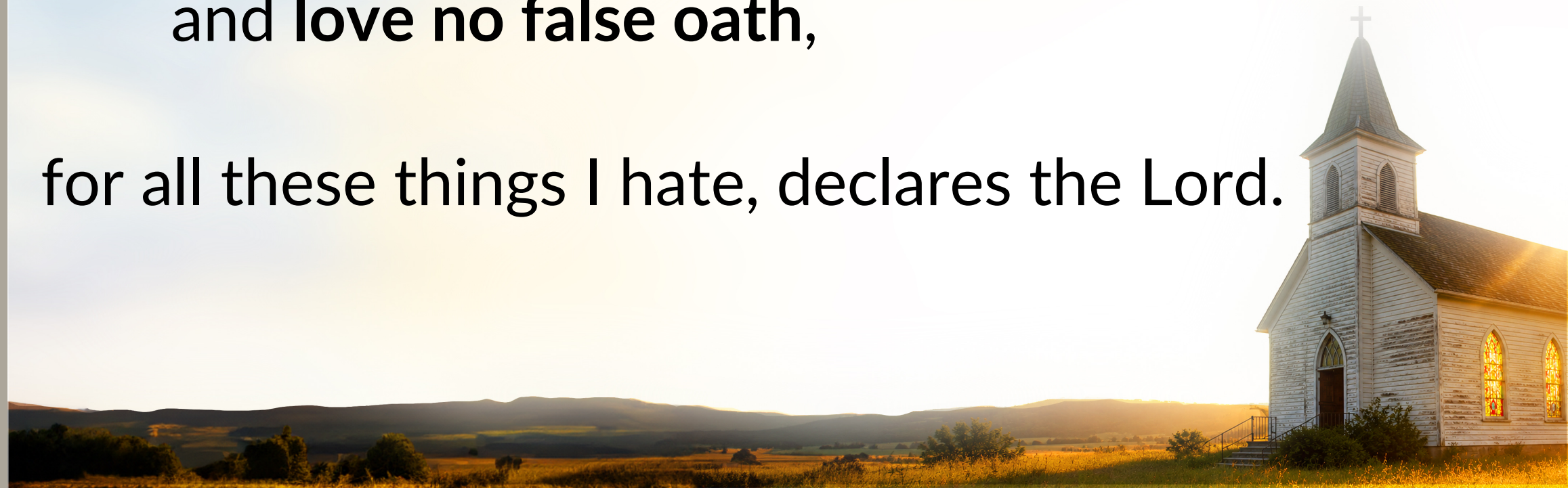
EPHESIANS

SPEAK TRUTH — ZECHARIAH 8:16–17

17 do not devise evil in your hearts
against one another,

and **love no false oath**,

for all these things I hate, declares the Lord.



EPHESIANS

SPEAK TRUTH

EPHESIANS 4:15–16

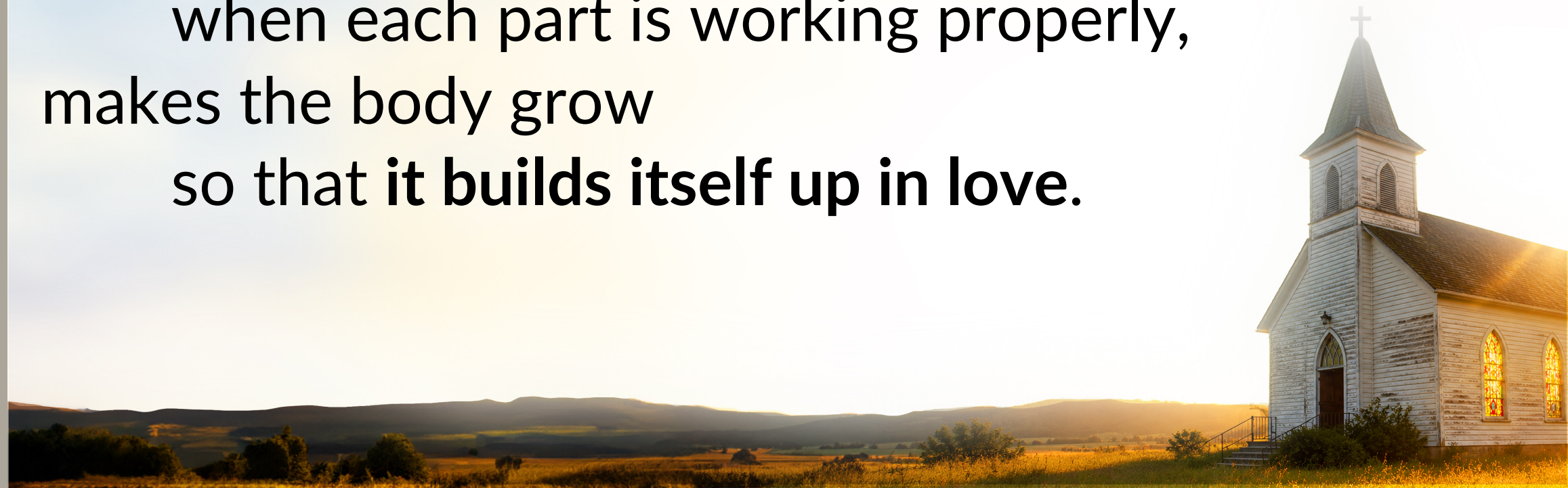
15 Rather, **speaking the truth in love**,
we are to **grow up** in every way
into him who is the head,
into Christ,



EPHESIANS

SPEAK TRUTH — EPHESIANS 4:15–16

16 from whom the whole body,
joined and held together by every joint
with which it is equipped,
when each part is working properly,
makes the body grow
so that **it builds itself up in love**.



EPHESIANS

SPEAK TRUTH

PROVERBS 15:1–4

1 **A soft answer turns away wrath,**
but **a harsh word stirs up anger.**

2 **The tongue** of the wise commends knowledge,
but **the mouths** of fools pour out folly.



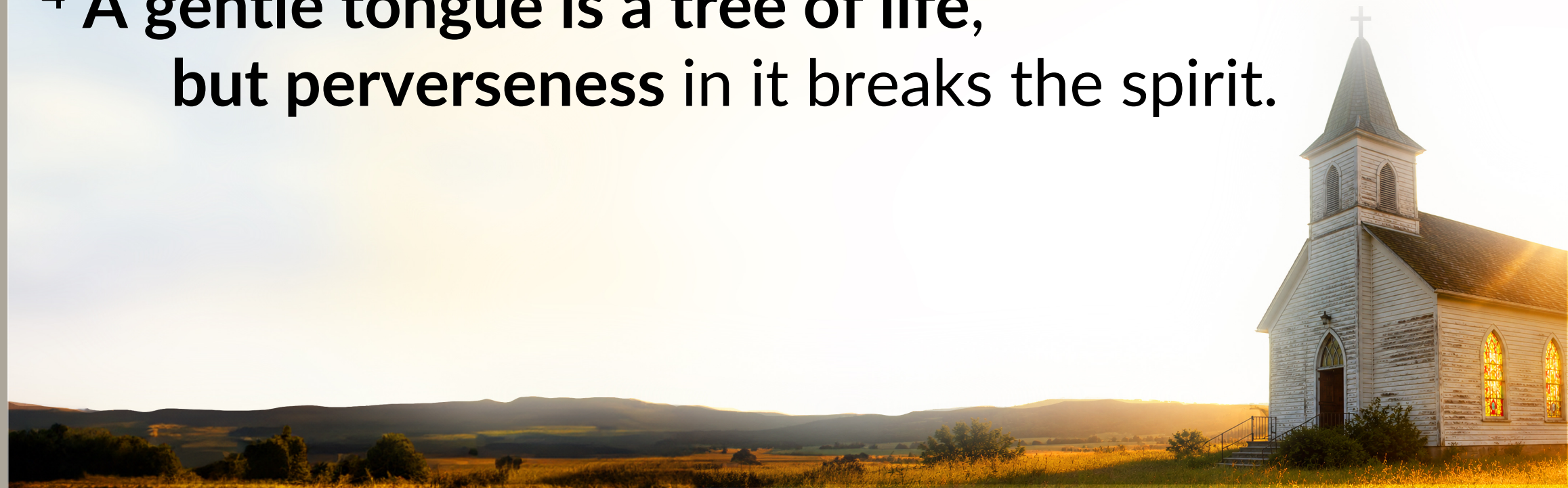
EPHESIANS

SPEAK TRUTH

PROVERBS 15:1–4

3 The eyes of the Lord are in every place,
keeping watch on the evil and the good.

4 **A gentle tongue is a tree of life,**
but perverseness in it breaks the spirit.



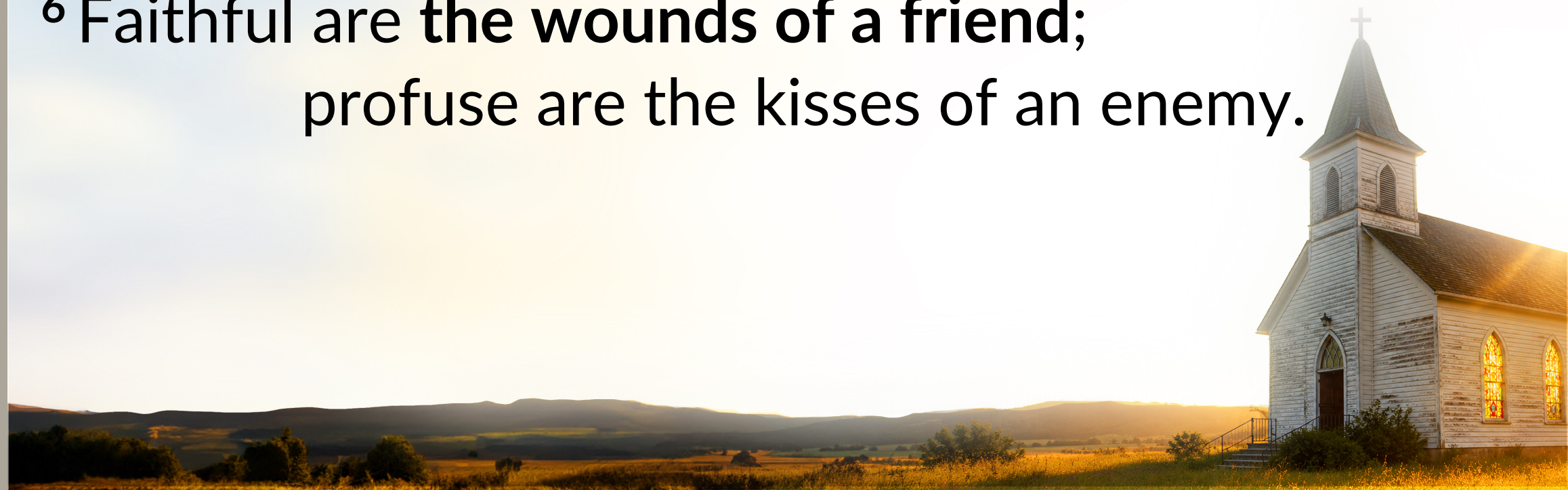
EPHESIANS

SPEAK TRUTH

PROVERBS 27:5–6

5 Better is **open rebuke**
than **hidden love**.

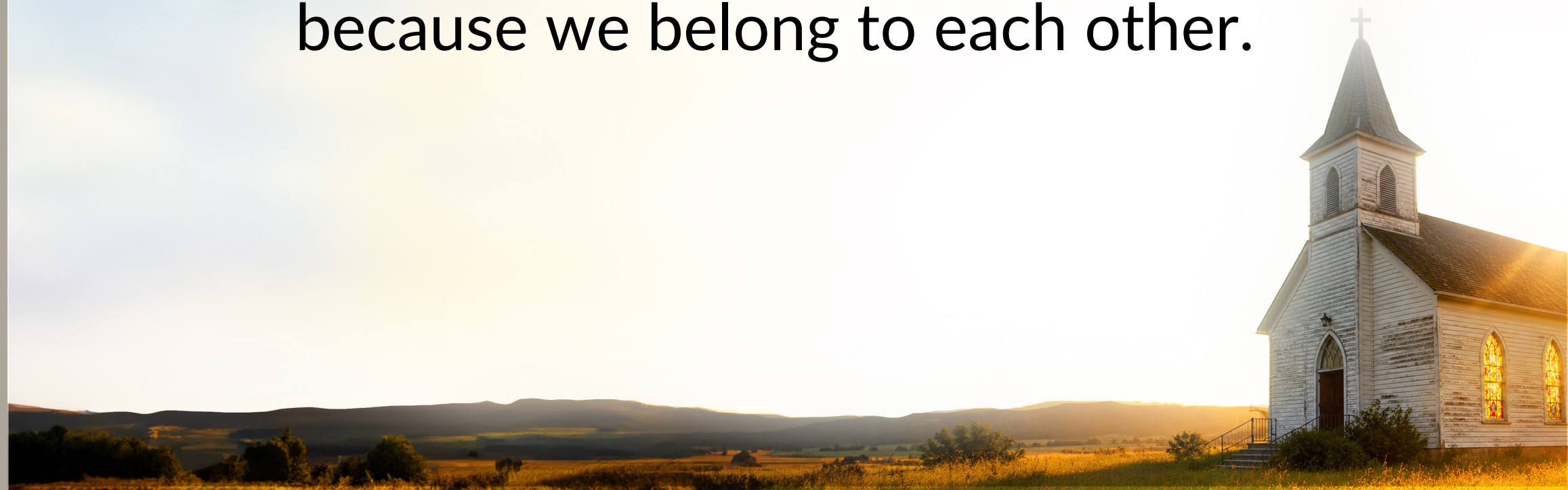
6 Faithful are **the wounds of a friend**;
profuse are the kisses of an enemy.



EPHESIANS

SPEAK TRUTH

Speak truth to one another
—even when it means risking relationships—
because we belong to each other.



EPHESIANS

#2 | MAKE PEACE

Ephesians 4:26–27



EPHESIANS

MAKE PEACE

EPHESIANS 4:26

[26] **Be angry** and **do not sin**. . .

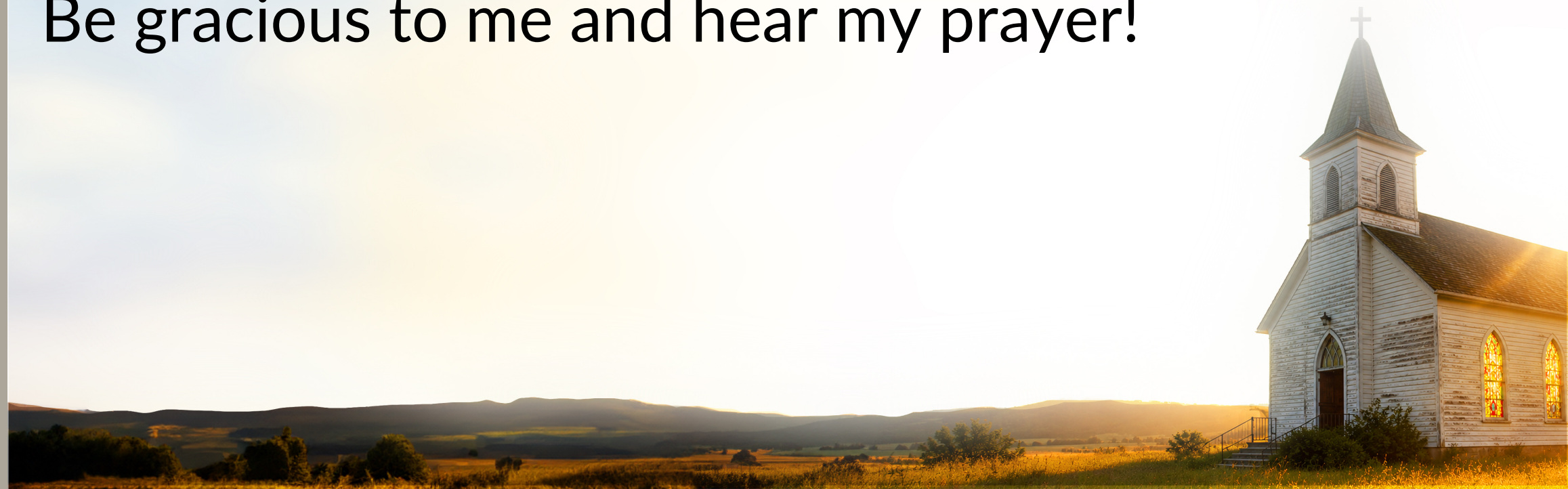


EPHESIANS

MAKE PEACE

PSALM 4:1–5

1 Answer me when I call,
O God of my righteousness!
You have given me relief when I was in distress.
Be gracious to me and hear my prayer!

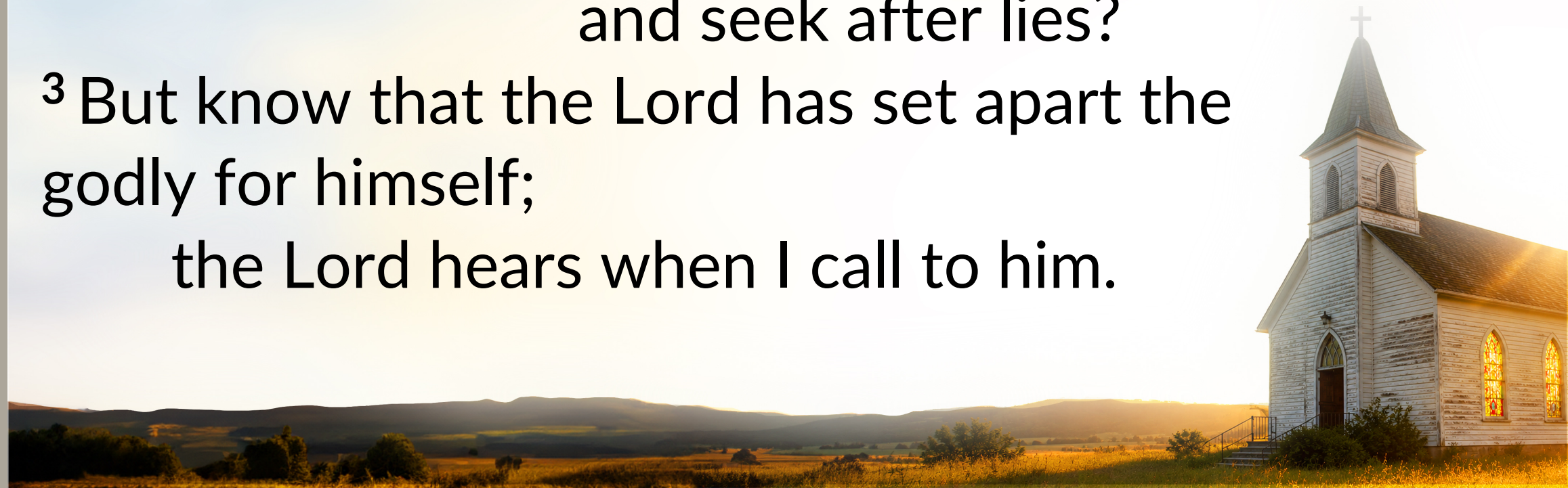


EPHESIANS

MAKE PEACE

PSALM 4:1–5

2 O men,
how long shall my honor be turned into shame?
How long will you love vain words
and seek after lies?
3 But know that the Lord has set apart the
godly for himself;
the Lord hears when I call to him.



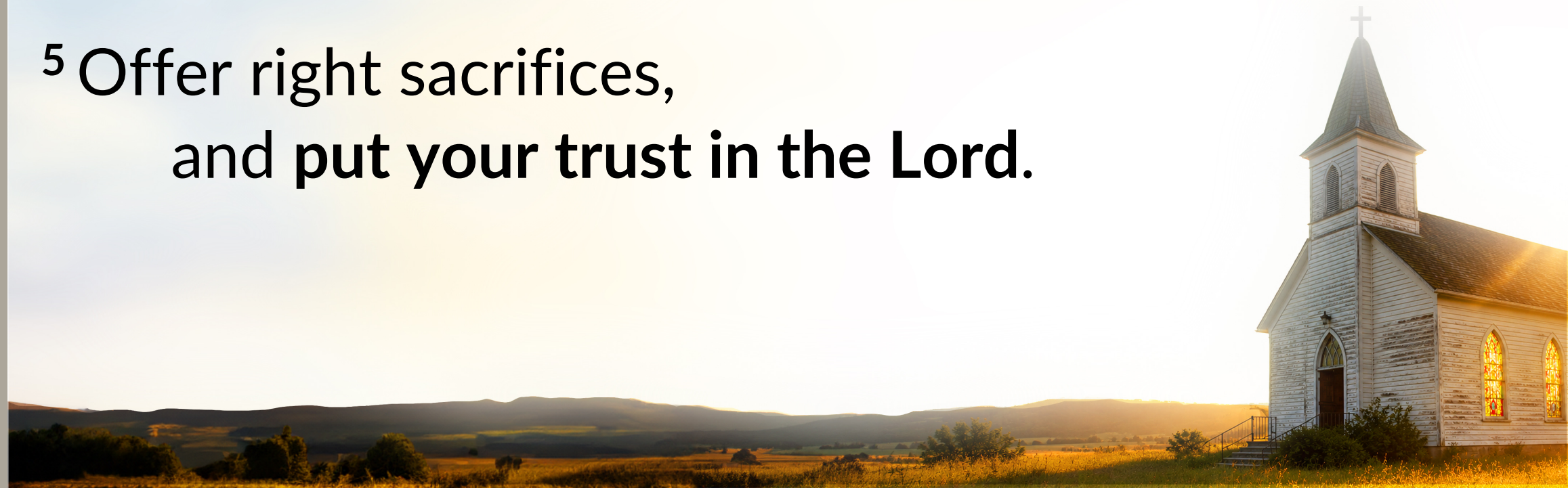
EPHESIANS

MAKE PEACE

PSALM 4:1–5

4 **Be angry, and do not sin;**
ponder in your own hearts on your beds,
and be silent.

5 Offer right sacrifices,
and **put your trust in the Lord.**



EPHESIANS

MAKE PEACE

JAMES 1:20

20 For
the anger of Man
does not produce
the righteousness of God.



EPHESIANS

MAKE PEACE

EPHESIANS 4:26

26 Be angry and do not sin;

do not let the sun go down

on [the source of] your anger,



EPHESIANS

MAKE PEACE

PROVERBS 19:11

11 Good sense makes one **slow to anger**,
and it is his glory to **overlook an offense**.

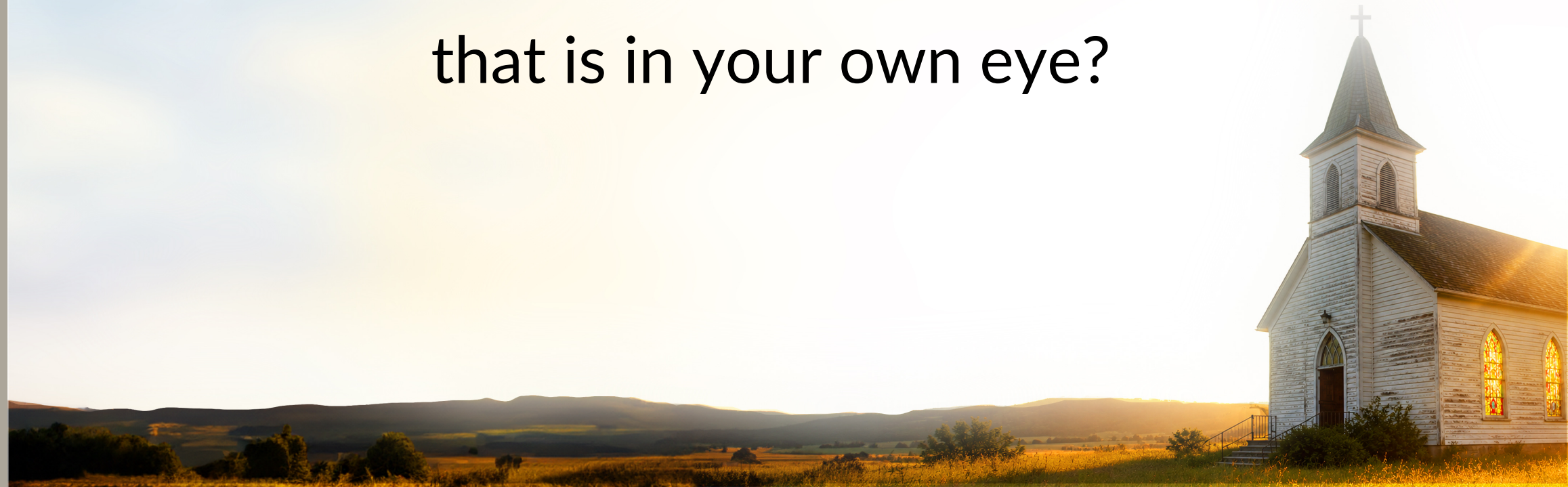


EPHESIANS

MAKE PEACE

MATTHEW 7:3–5

3 Why do you see **the speck**
that is in your brother's eye,
but do not notice **the log**
that is in your own eye?



EPHESIANS

MAKE PEACE

MATTHEW 7:3–5

4 Or how can you say to your brother:

‘Let me take **the speck** out of your eye,’

when there is **the log** in your own eye?

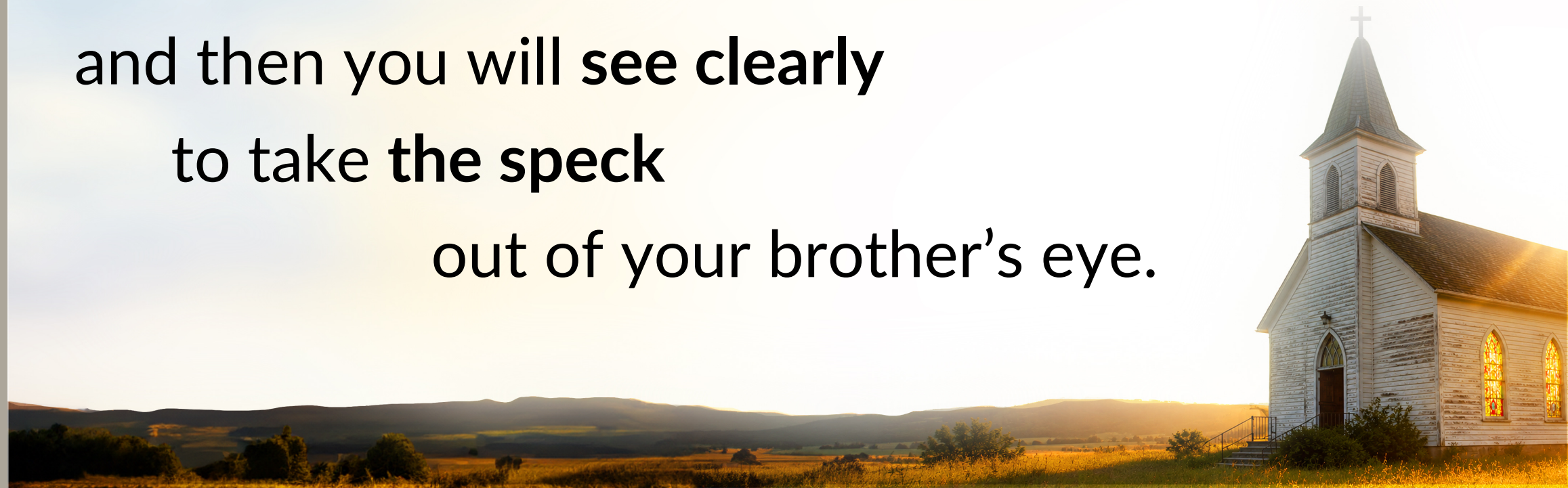


EPHESIANS

MAKE PEACE

MATTHEW 7:3–5

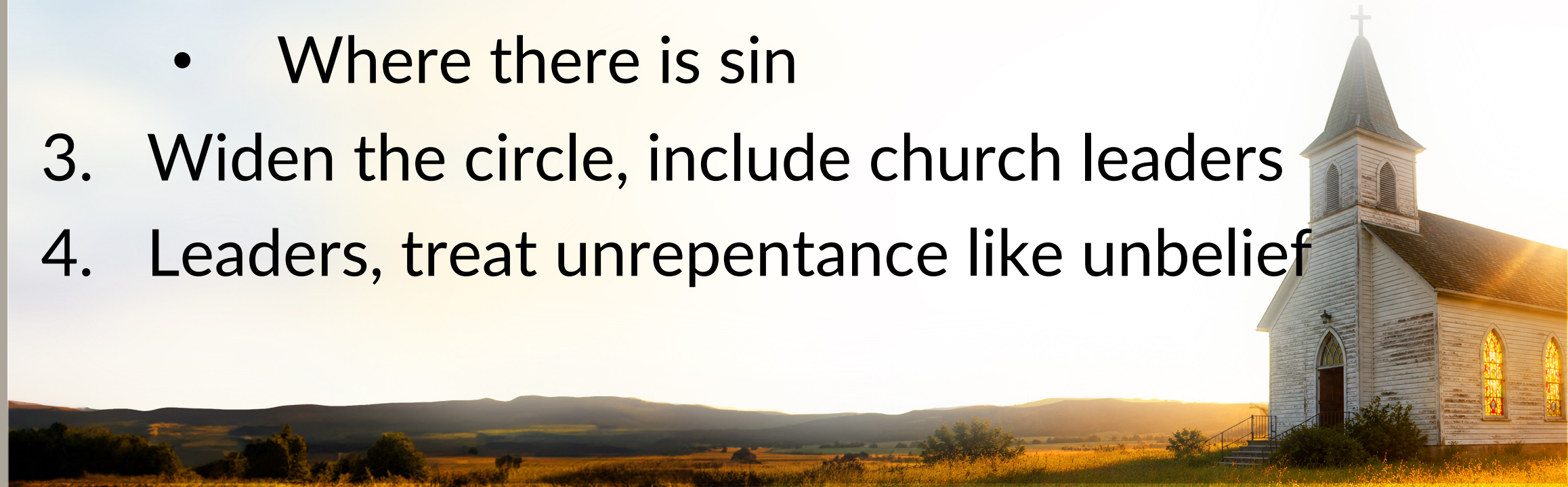
5 You hypocrite,
first take **the log**
out of your own eye,
and then you will **see clearly**
to take **the speck**
out of your brother's eye.



EPHESIANS

MAKE PEACE — MATTHEW 18:15–20

1. Go solo
2. Go with 1–2 others to establish:
    - Whether there is sin
    - Where there is sin
3. Widen the circle, include church leaders
4. Leaders, treat unrepentance like unbelief



EPHESIANS

MAKE PEACE

EPHESIANS 4:27

27 and [**you must**] **give** no opportunity
to the devil [the Slanderer].



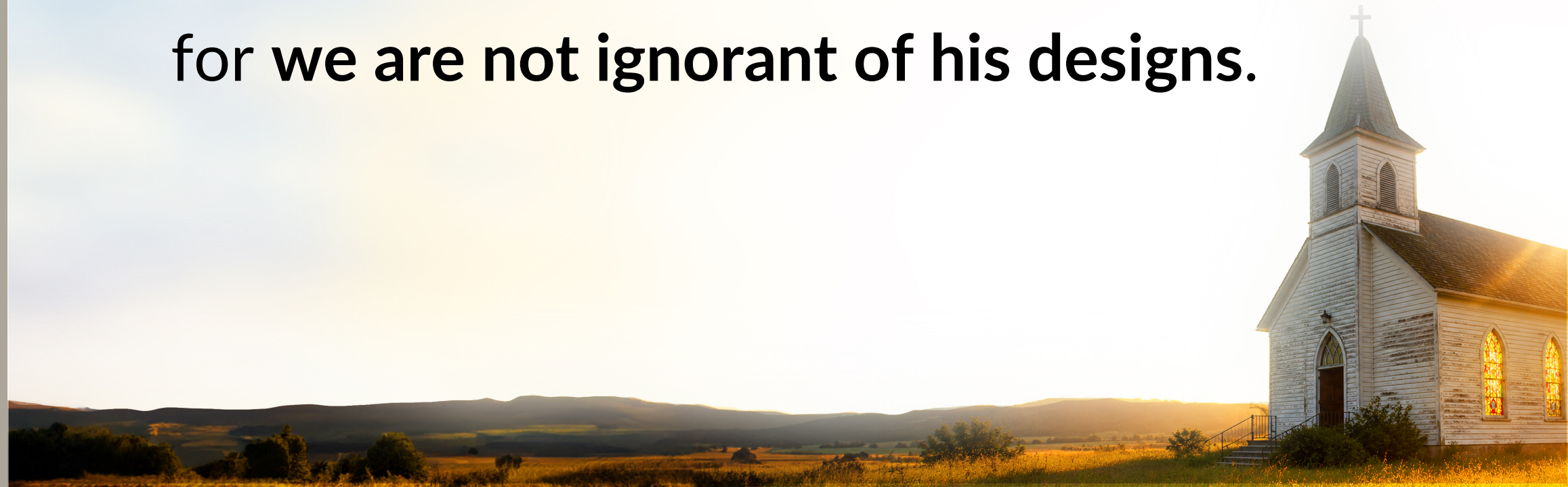
MAKE PEACE

2 CORINTHIANS 2:11

[forgive]. . .

11 so that we would not be outwitted by Satan;

for **we are not ignorant of his designs**.



EPHESIANS

MAKE PEACE

EPHESIANS 2:14–16

14 For **he himself is our peace**,
who has made us both one
and has broken down in his flesh
the dividing wall of hostility



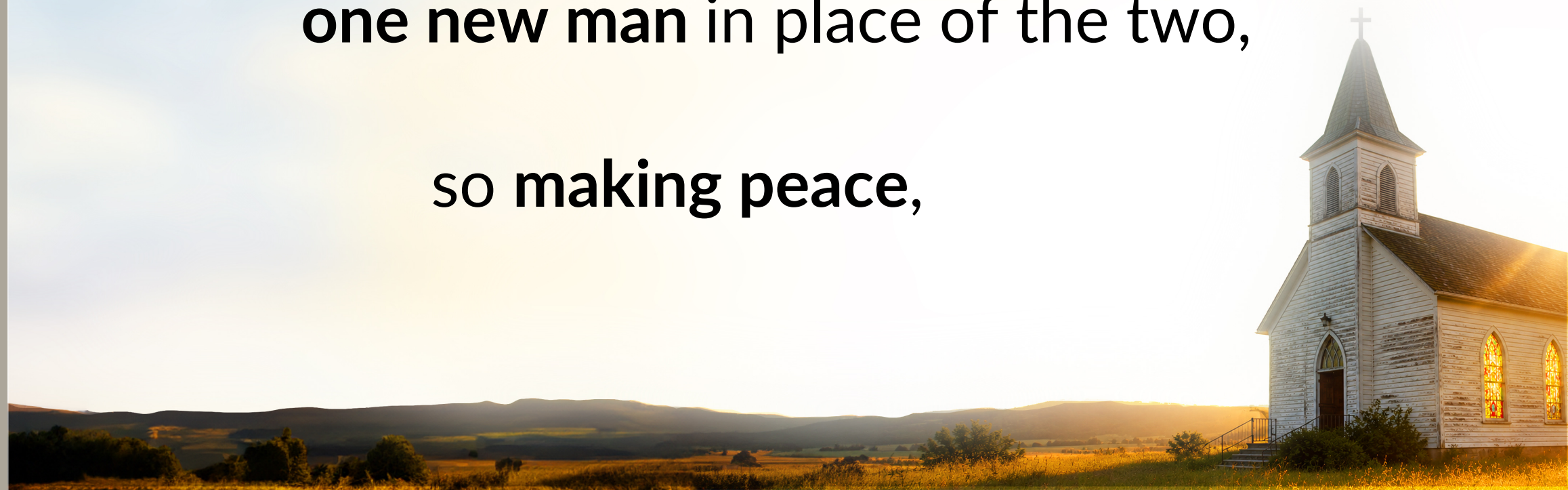
EPHESIANS

MAKE PEACE

EPHESIANS 2:14–16

15 by abolishing the law of commandments
expressed in ordinances,
that he might create in himself
one new man in place of the two,

so **making peace**,



EPHESIANS

MAKE PEACE

EPHESIANS 2:14–16

16 and might **reconcile** us both to God
in **one body** through the cross,

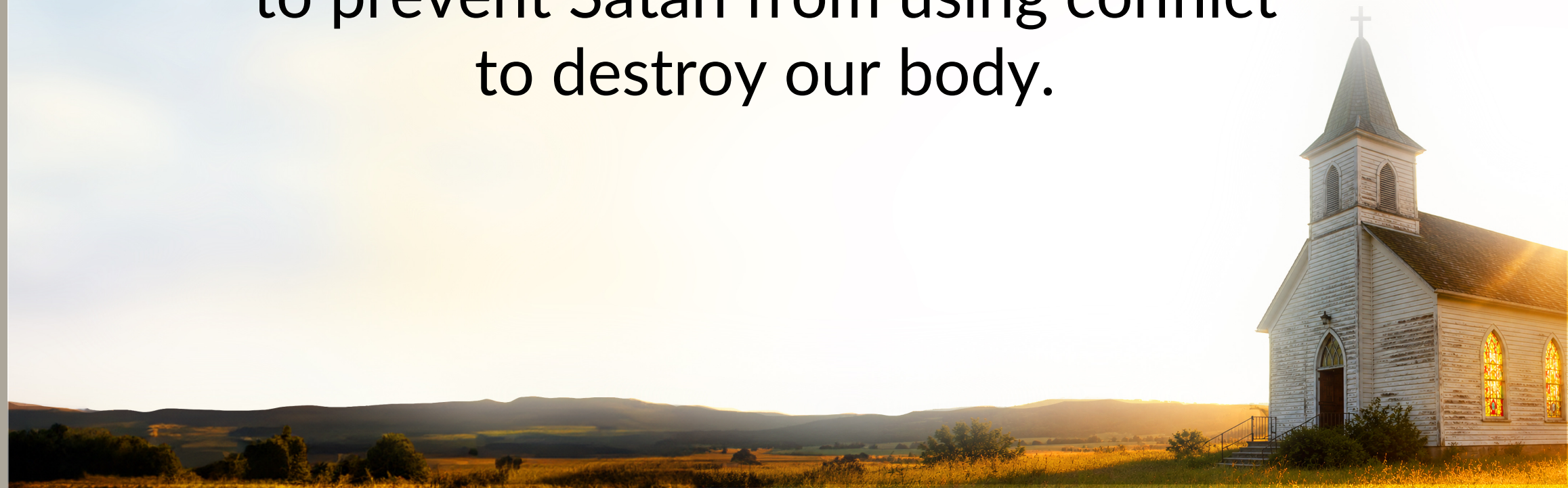
thereby **killing the hostility**.



EPHESIANS

MAKE PEACE

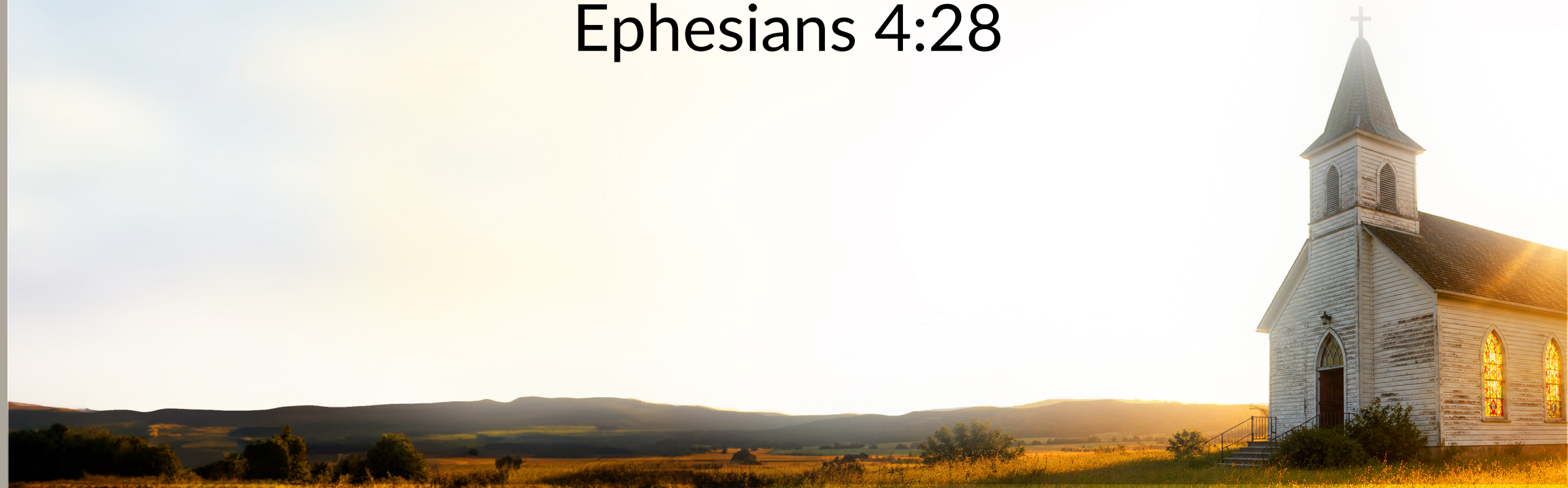
Make peace with one another
—even when you're hurt, frustrated, and angry—
to prevent Satan from using conflict
to destroy our body.



EPHESIANS

#3 | PROVIDE NEEDS

Ephesians 4:28

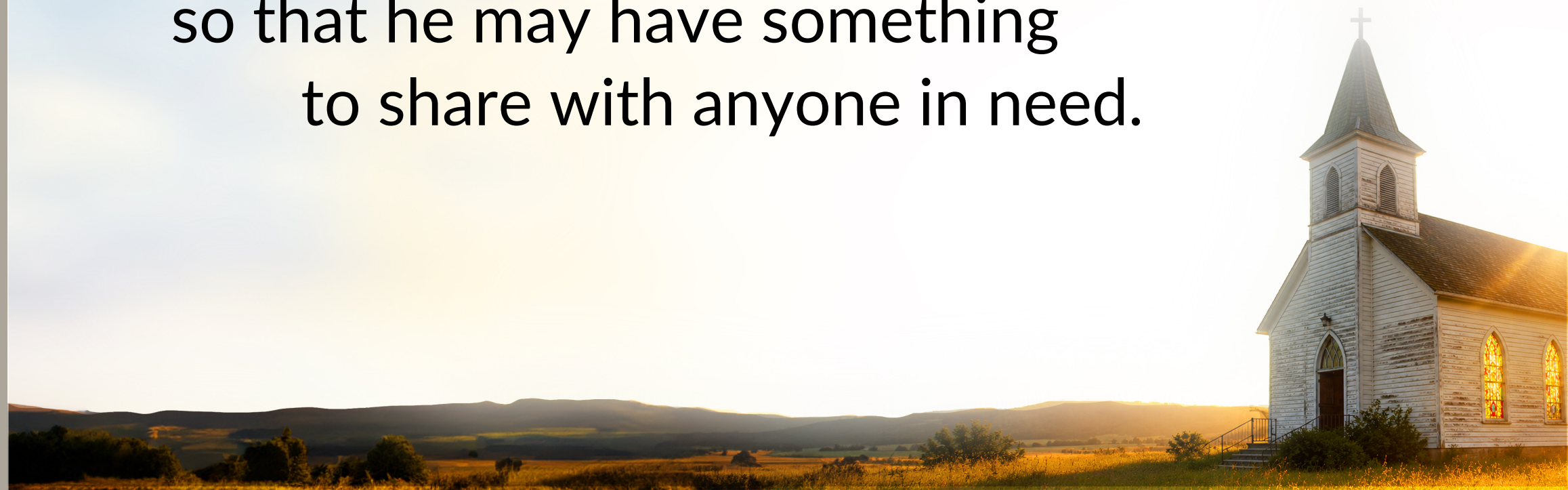


EPHESIANS

PROVIDE NEEDS

EPHESIANS 4:28

28 Let the thief **no longer steal**,
but rather **let him labor** [**toil**],
doing honest work with his own hands,
so that he may have something
to share with anyone in need.



EPHESIANS

PROVIDE NEEDS

Provide needs for one another
—even when it costs you something you don't want to give—
so that everyone has enough.



EPHESIANS

#4 | BUILD MATURITY

Ephesians 4:29–30



EPHESIANS

BUILD MATURITY

EPHESIANS 4:29

29 Let no corrupting talk come out of your mouths,
but only such as is good for building up,
as fits the occasion,
that it may give grace to those who hear.



EPHESIANS

BUILD MATURITY

EPHESIANS 4:30

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



EPHESIANS

BUILD MATURITY

EPHESIANS 2:22

22 In him you also **are being built together**
into **a dwelling place for God by the Spirit.**



EPHESIANS

BUILD MATURITY

EPHESIANS 4:3

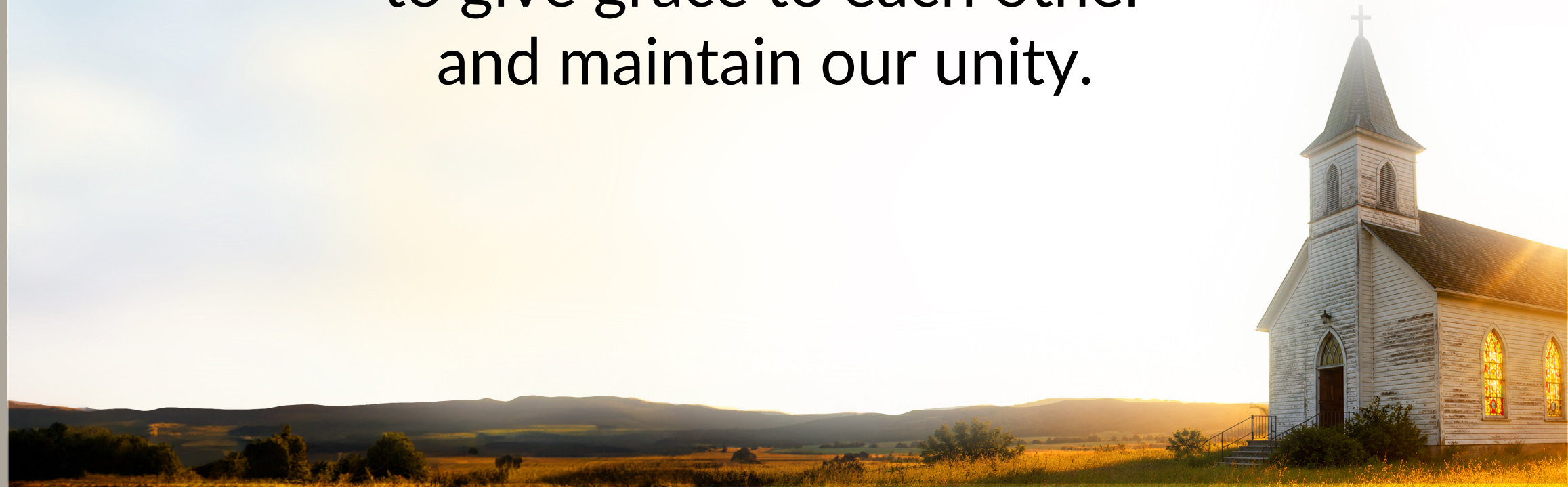
3 eager to maintain the unity of the Spirit in the bond of peace.



EPHESIANS

BUILD MATURITY

Build maturity in one another
—even when you feel like tearing down—
to give grace to each other
and maintain our unity.



EPHESIANS

#5 | RELEASE DEBTS

Ephesians 4:31–32

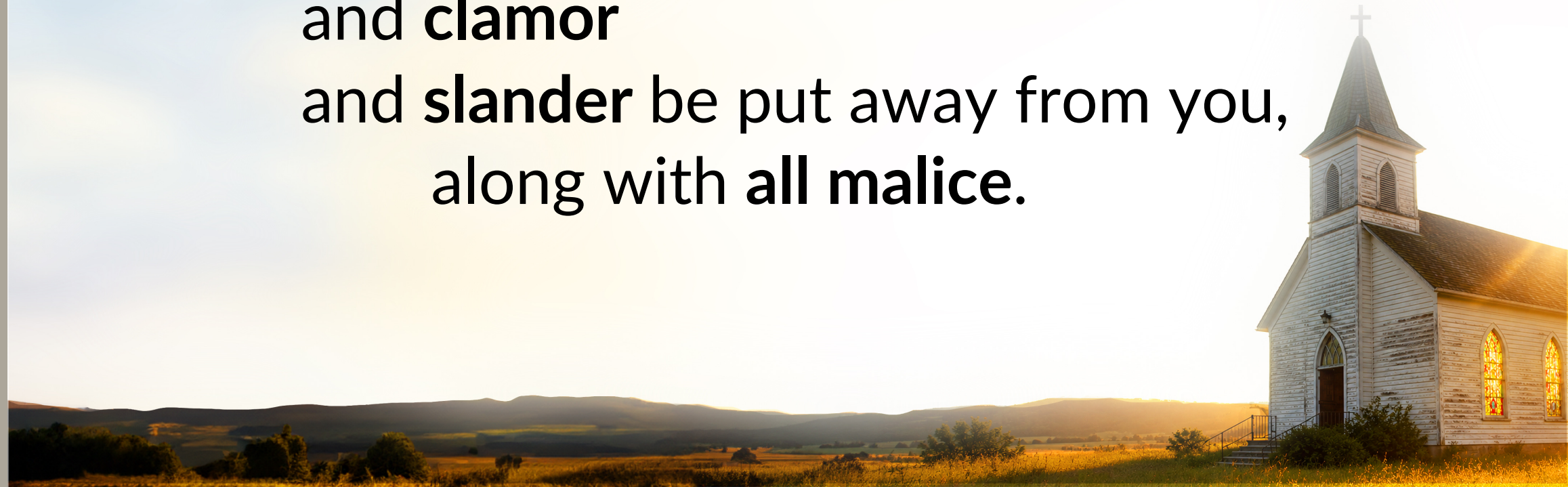


EPHESIANS

RELEASE DEBTS

EPHESIANS 4:31

31 Let all **bitterness**
and **wrath**
and **anger**
and **clamor**
and **slander** be put away from you,
along with **all malice**.



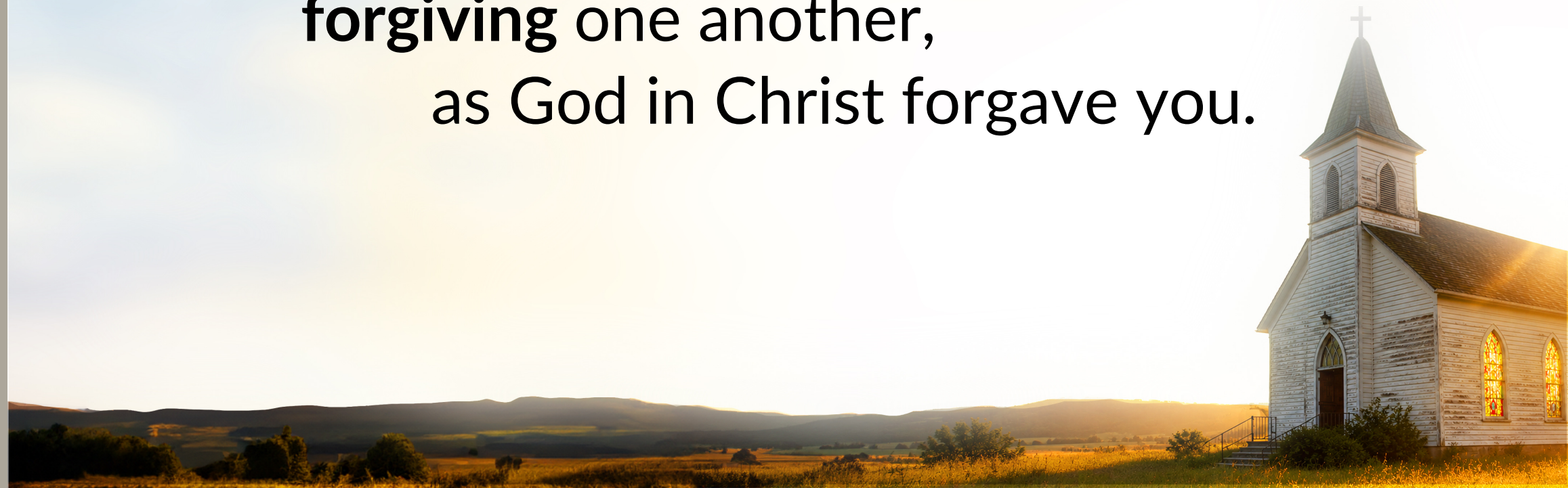
EPHESIANS

RELEASE DEBTS

EPHESIANS 4:32

32 **Be kind** to one another,
tenderhearted,

forgiving one another,
as God in Christ forgave you.



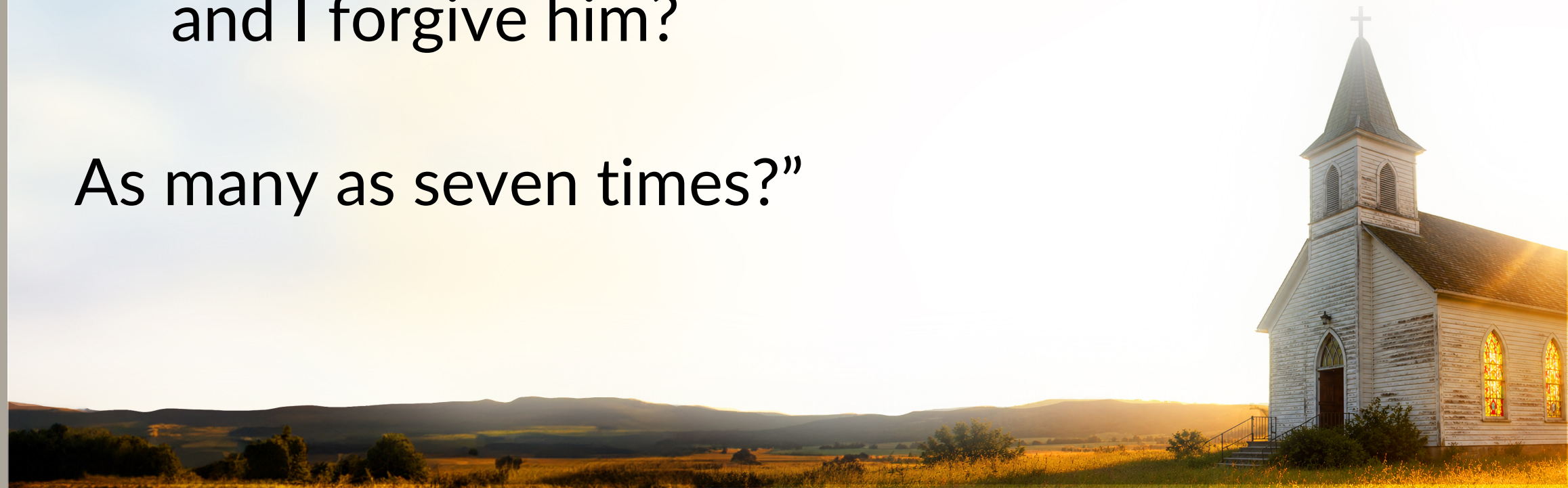
EPHESIANS

RELEASE DEBTS

MATTHEW 18:21–22

21 Then Peter came up and said to him,
"Lord,
how often will my brother sin against me,
and I forgive him?

As many as seven times?"



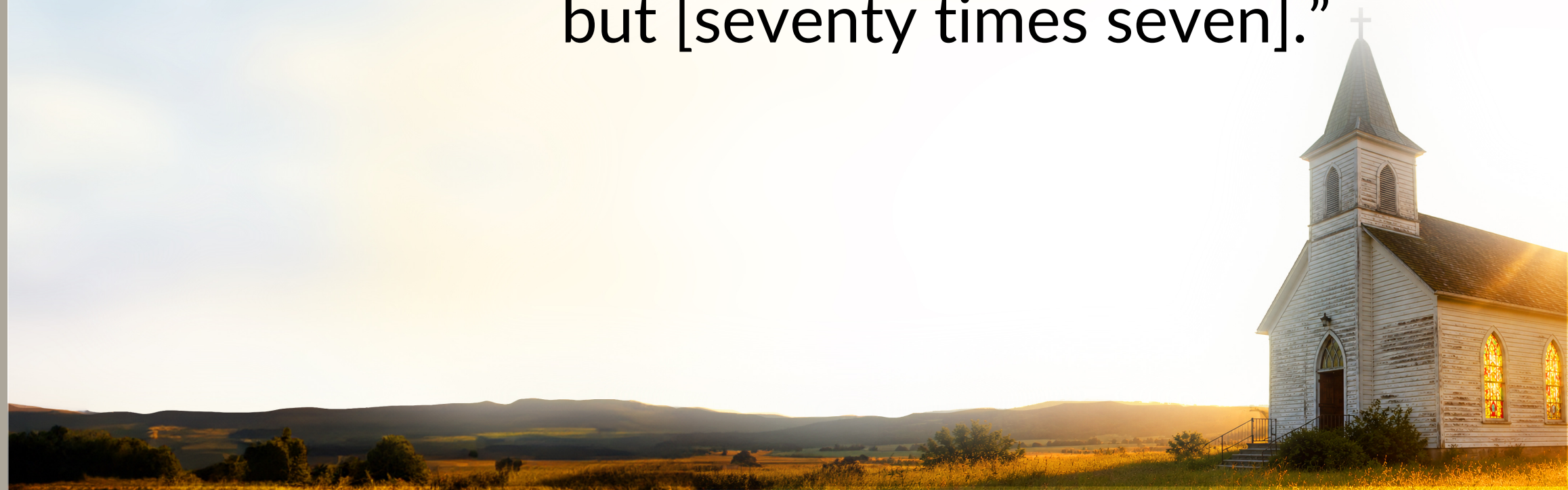
EPHESIANS

RELEASE DEBTS

MATTHEW 18:21–22

22 Jesus said to him,

"I do not say to you seven times,
but [seventy times seven]."

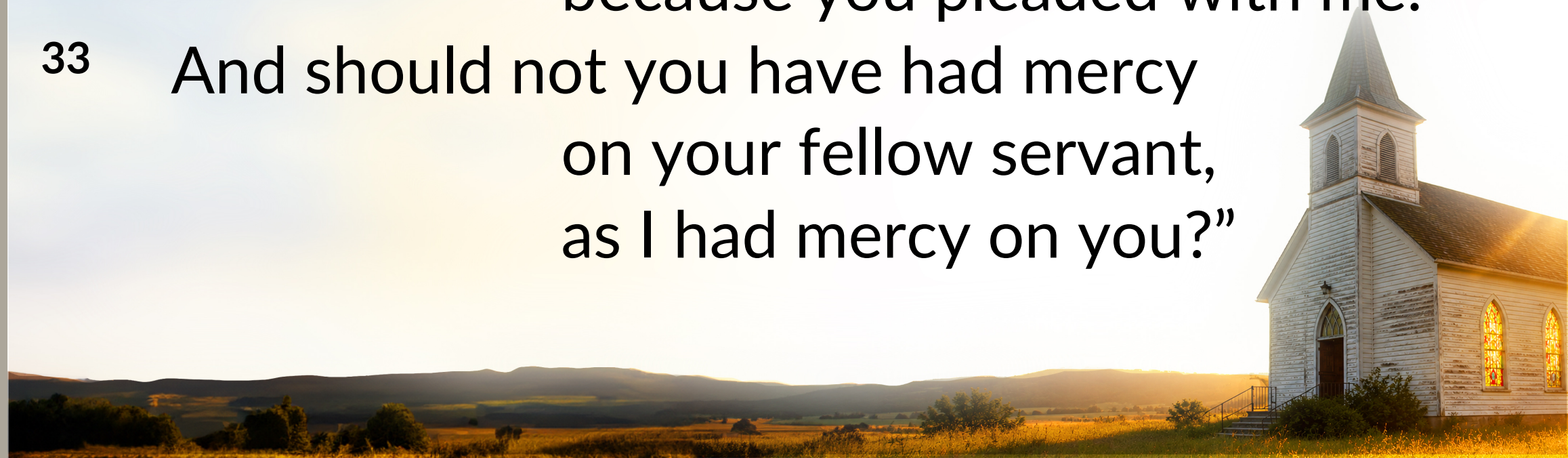


EPHESIANS

RELEASE DEBTS

MATTHEW 18:32–33

32 Then his master summoned him and said to him,
"You wicked servant!
I forgave you all that debt
because you pleaded with me.
33 And should not you have had mercy
on your fellow servant,
as I had mercy on you?"



EPHESIANS

RELEASE DEBTS

MATTHEW 18:34

34 And in anger
his master delivered him to the jailers,
until he should pay all his debt.

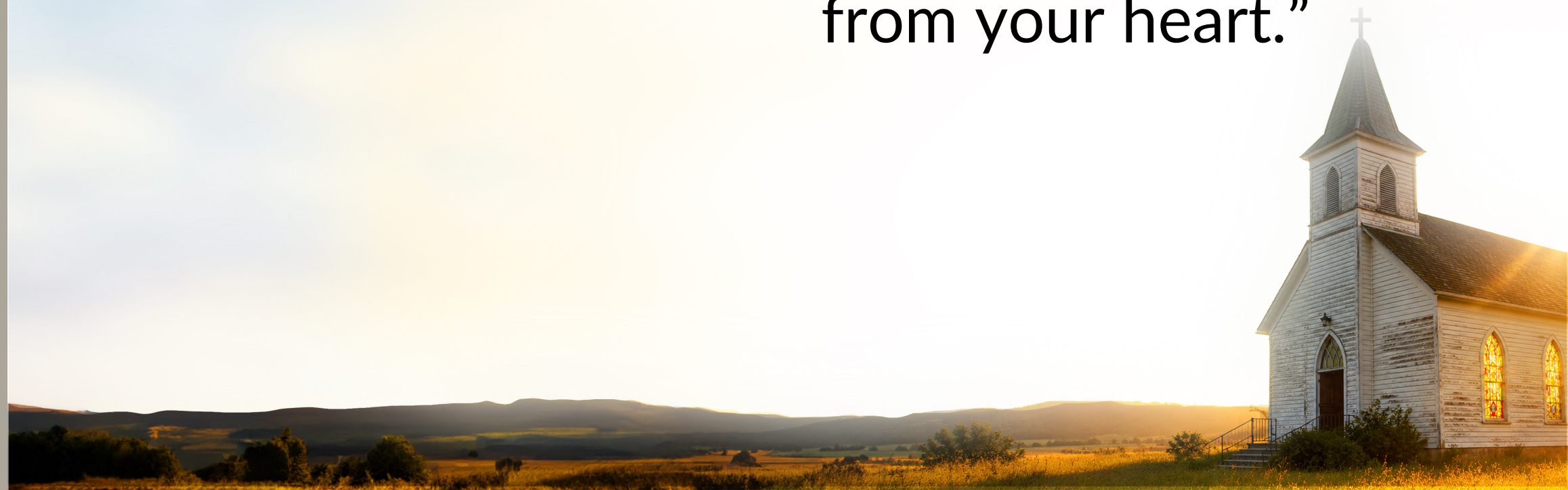


EPHESIANS

RELEASE DEBTS

MATTHEW 18:35

35 So also
my heavenly Father will do to every one of you,
if **you do not forgive** your brother
from your heart.”



EPHESIANS

RELEASE DEBTS

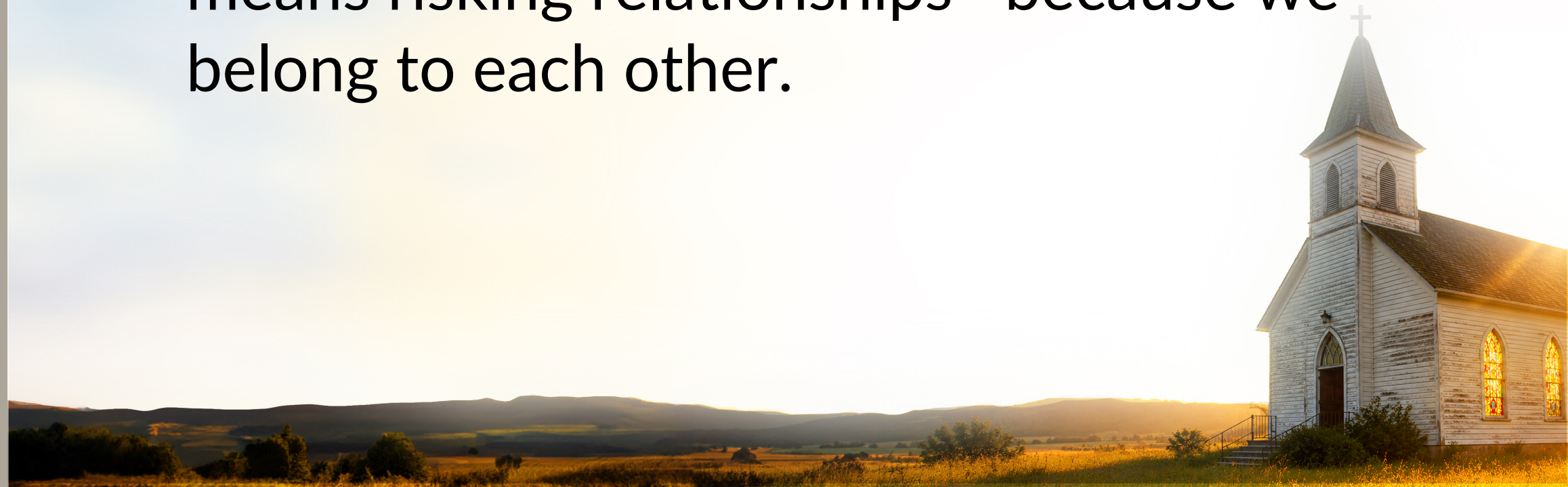
Release debts of sin owed to one another
—even when you feel like going to war—
to reflect God's kindness
in forgiving us all in Christ.



EPHESIANS

BODY BUILDING BOOT CAMP

#1 | Speak Truth: to one another—even when it means risking relationships—because we belong to each other.



EPHESIANS

BODY BUILDING BOOT CAMP

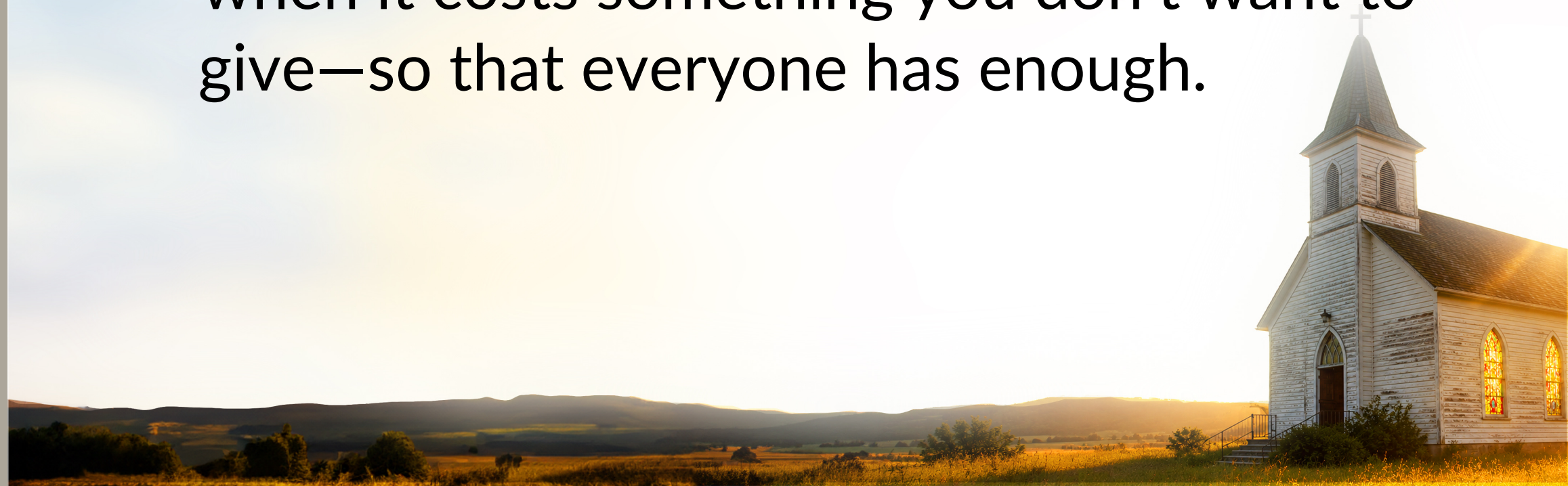
#2 | Make Peace: with one another—even when you're hurt, frustrated, and angry—to prevent Satan using conflict to destroy our body.



EPHESIANS

BODY BUILDING BOOT CAMP

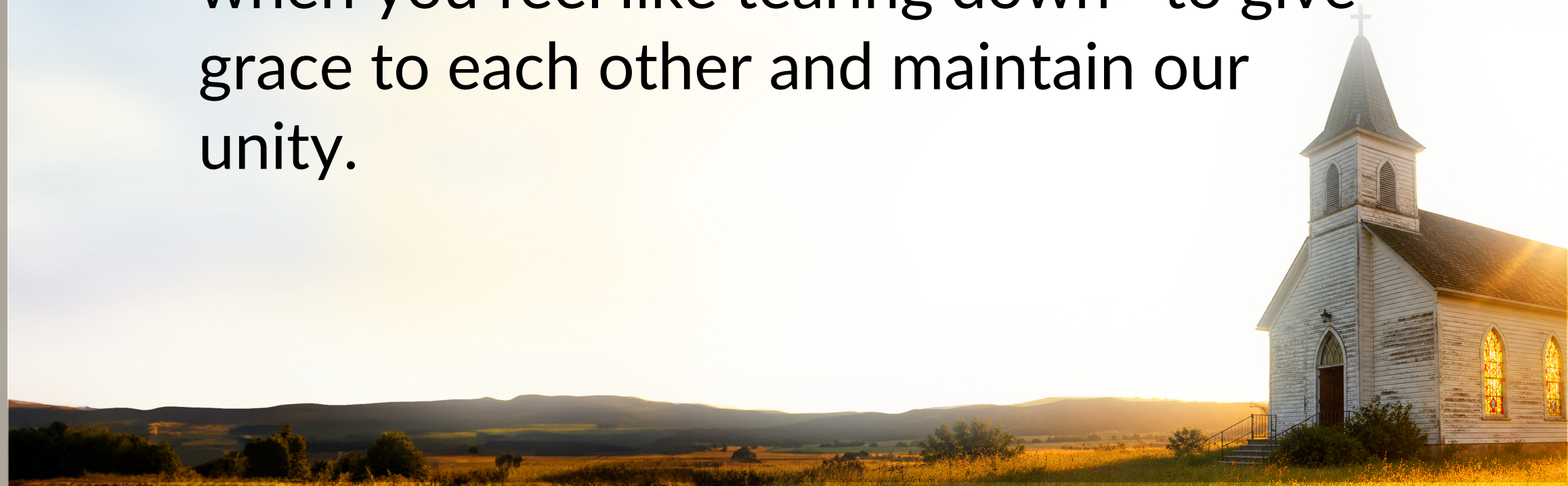
#3 | Provide Needs: for one another—even when it costs something you don't want to give—so that everyone has enough.



EPHESIANS

BODY BUILDING BOOT CAMP

#4 | Build Maturity: in one another—even when you feel like tearing down—to give grace to each other and maintain our unity.



EPHESIANS

BODY BUILDING BOOT CAMP

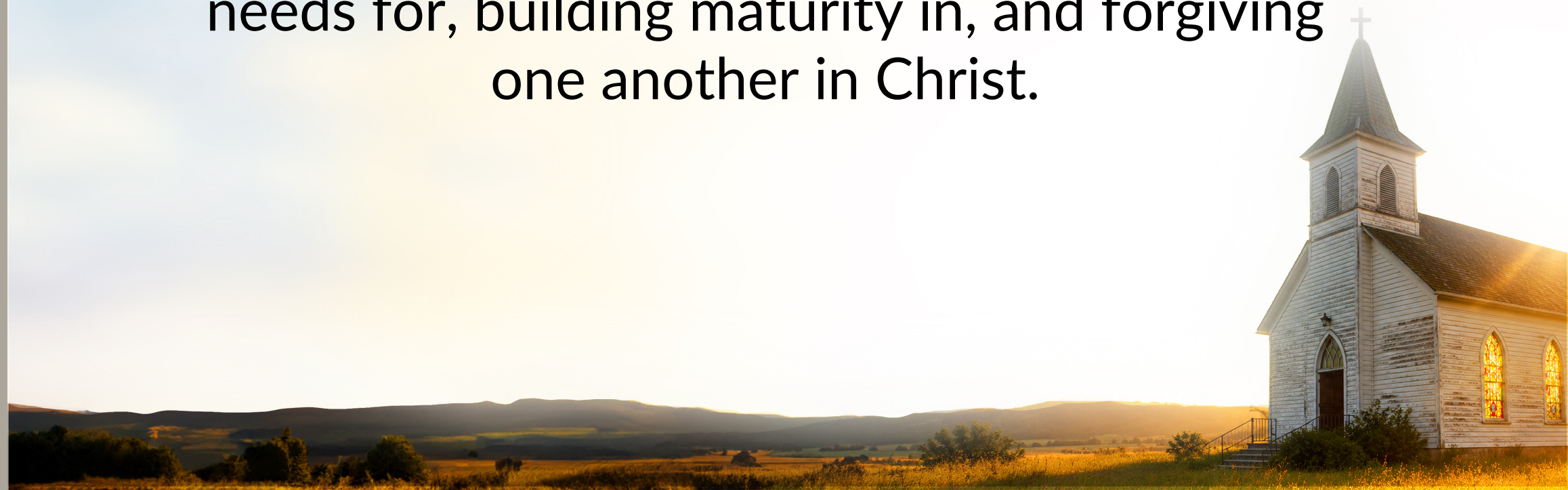
#5 | Release Debts of Sin: owed to one another—even when you feel like going to war—to reflect God's kindness in forgiving us all in Christ.



EPHESIANS

CONCLUSION

We are called to build **our body** up together
towards Christlike maturity
by speaking truth to, making peace with, providing
needs for, building maturity in, and forgiving
one another in Christ.



EPHESIANS

SPEAK TRUTH.
FORGIVE FAST.



A SERIES IN

EPHESIANS

OUR IDENTITY, CALLING, & CONDUCT
TOGETHER IN CHRIST

