

Dealing With Our



Ephesians 4:25-32
Blue Bible pg 1244

Emotions are a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

Good Samaritan

- He saw
- He felt compassion
- He had to do something

Ephesians 4:1-7^{ESV}

I therefore, a prisoner for the Lord,
urge you to walk in a manner worthy
of the calling to which you have been
called,² with all humility and
gentleness, with patience, bearing with
one another in love,³ eager to

Ephesians 4:1-7^{ESV}

**maintain the unity of the Spirit in the
bond of peace. ⁴ There is one body
and one Spirit—just as you were called
to the one hope that belongs to your
call— ⁵ one Lord, one faith, one
baptism, ⁶ one God and Father of all,**

Ephesians 4:1-7^{ESV}

who is over all and through all and in all. ⁷ But grace was given to each one of us according to the measure of Christ's gift.

Walking in a manner worthy of His calling challenges how we think, feel, and act in our relationship with the Lord Jesus and others.

**Today we are looking at
Ephesians 4:25-32**

Dealing with Our Emotions - 4:25-31
Dealing with Others Emotions - 4:32

Ephesians 4:25^{ESV}

**Therefore, having put away falsehood,
let each one of you speak the truth
with his neighbor, for we are members
one of another.**

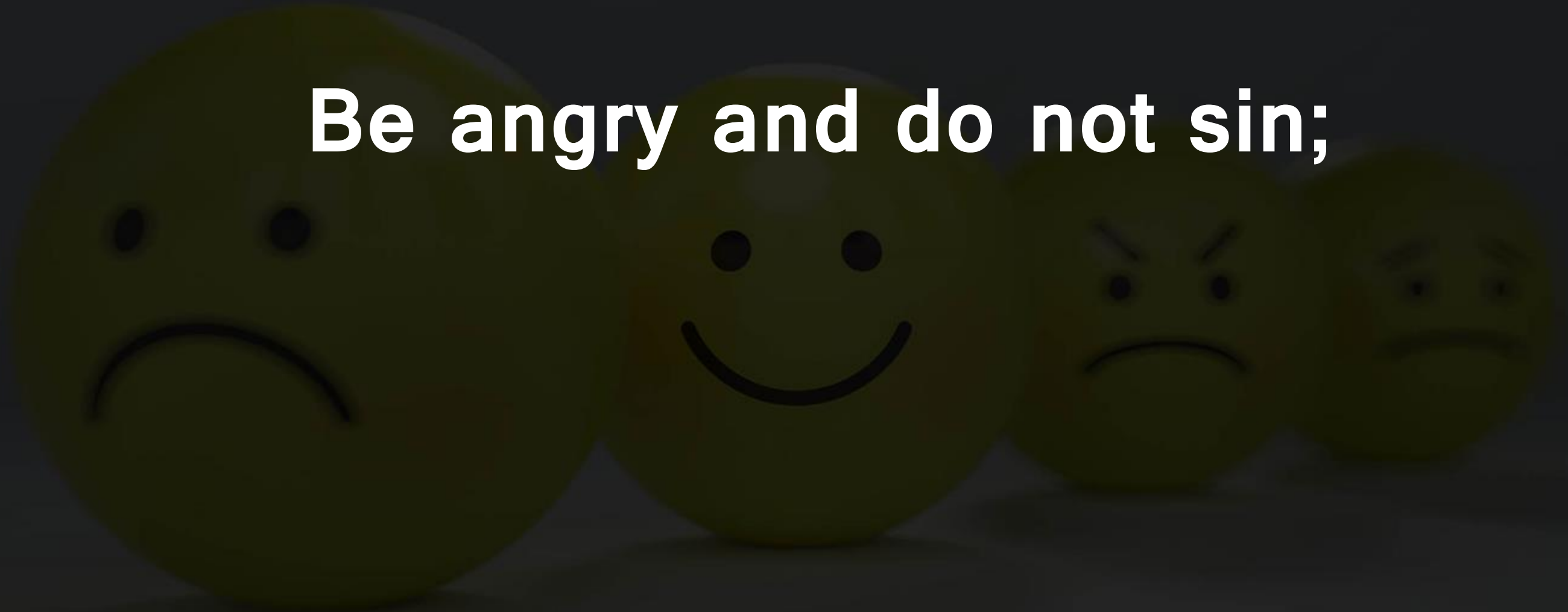
**Christ gave His life for us, in order
to give His life to us In order to live
his life through us. - *Ian Thomas***

We Speak the Truth with Our Neighbor

**What is the truth?- Jesus said “I am
the way, and the truth, and the life.
No one comes to the Father except
through me. - John 14**

Ephesians 4:26^{ESV}

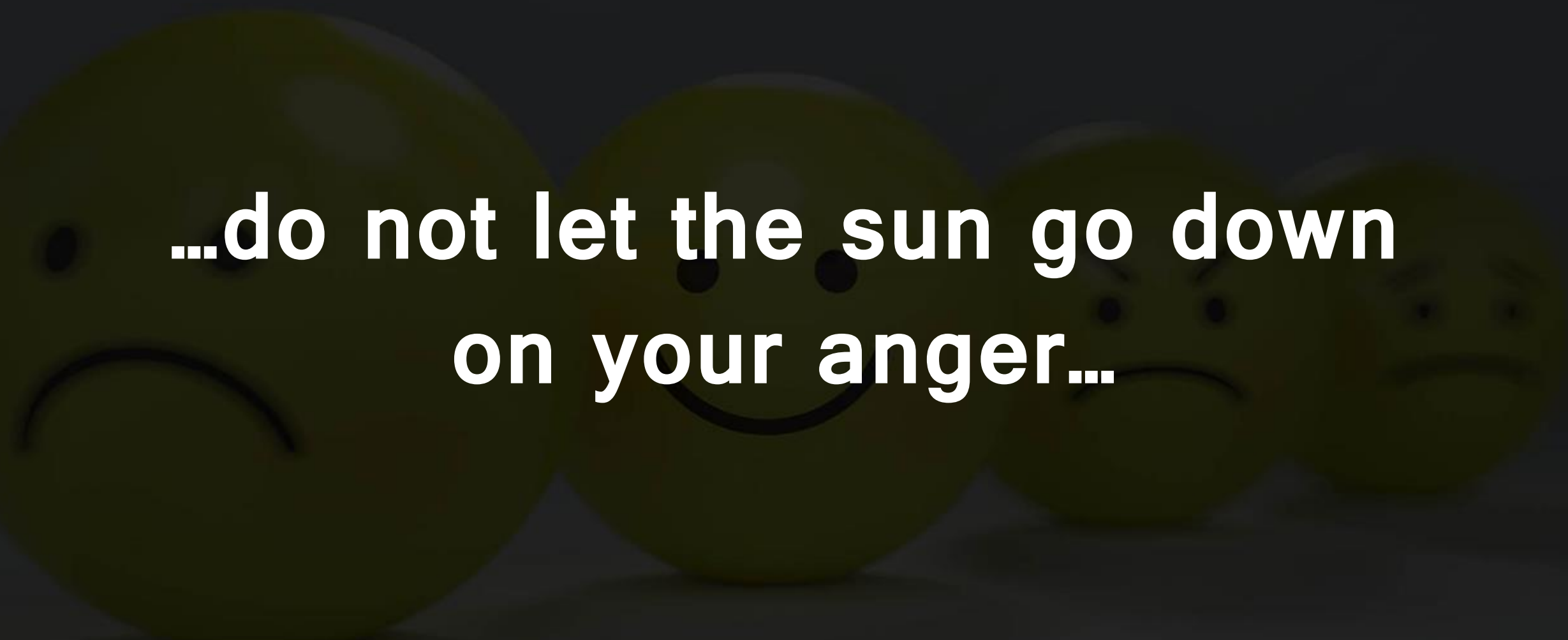
Be angry and do not sin;



**It is ok to be angry, righteously angry
- don't let it fester and become sin.
James 1 has a great explanation of
what sin looks like...**

James 1:14-15^{ESV}

¹⁴ But each person is tempted when he is lured and enticed by his own desire. ¹⁵ Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.



**...do not let the sun go down
on your anger...**

Homily on Ephesians

Do not let the sun leave you as enemies, lest anger increase overnight. Chrysostom: Do you wish to have your fill of anger? One hour, or two or three, is enough for you. But do not let the sun go down and leave you

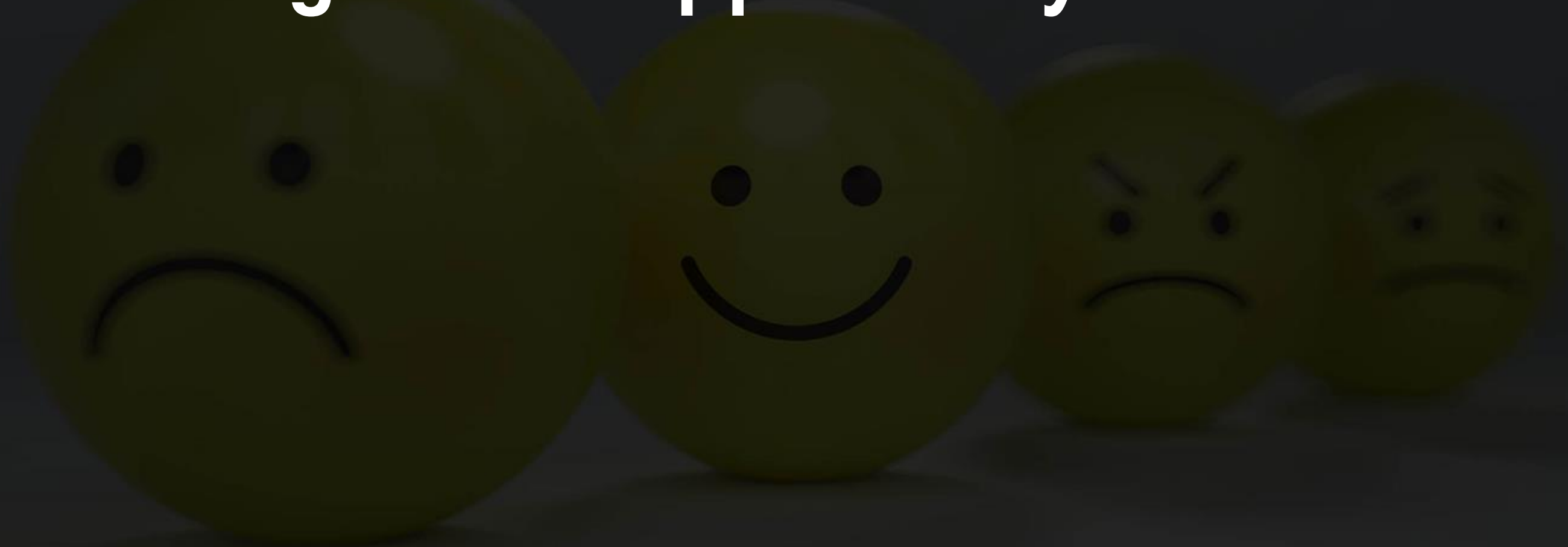
both as enemies. It was God's goodness that did not leave us in anger. He did not let us part in enmity. He shed his light upon those of us who were sinners. So when evening is coming on, be reconciled. Quell the evil impulses while they are fresh.

For if night overtakes you, the next day will not be enough time to extinguish the further evil that has been increasing overnight.



Ephesians 4:27^{ESV}

²⁷ and give no opportunity to the devil.



In John 10 Jesus says the enemy comes to kill, steal and destroy. The key in this passage is what Jesus says - *I came that they may have life and have it abundantly. ¹¹ I am the good shepherd. The good shepherd lays down his life for the sheep.*

Ephesians 4:28^{ESV}

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

Ephesians 4:29^{ESV}

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.

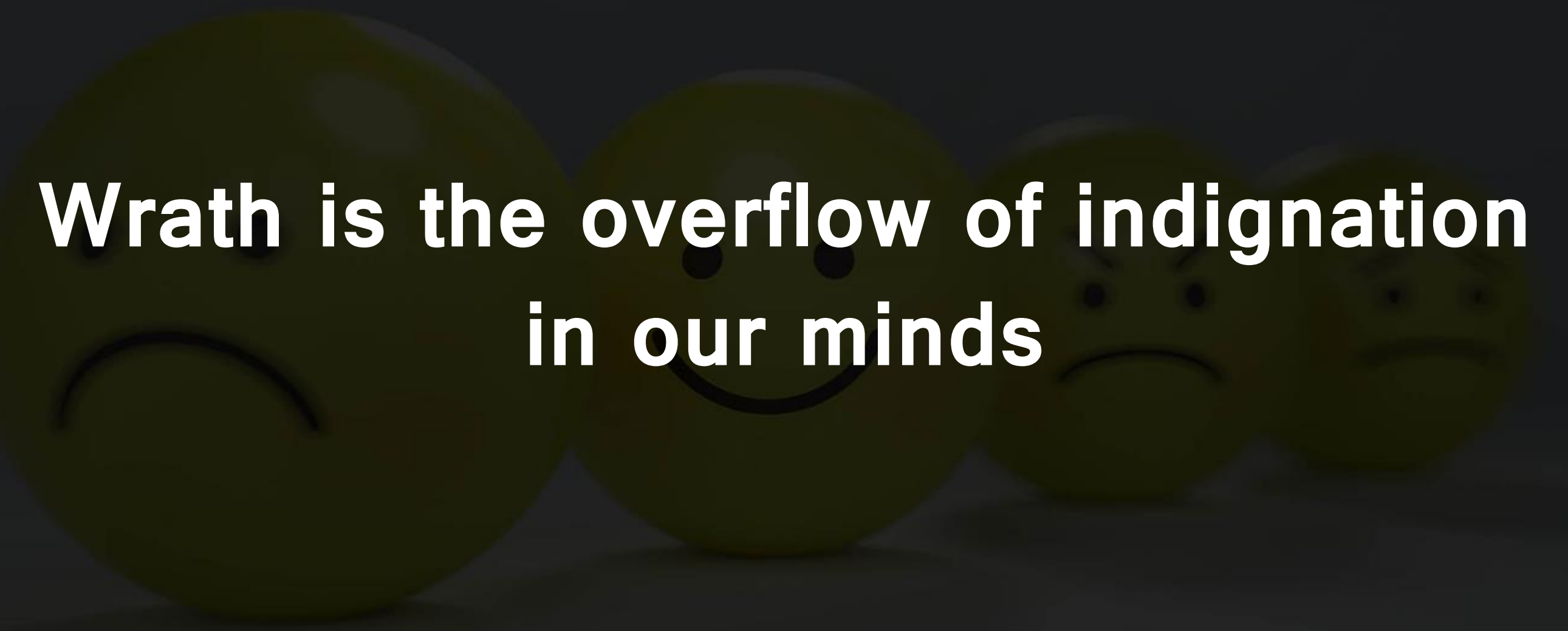
Ephesians 4:30^{ESV}

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



Ephesians 4:31^{ESV}

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



**Wrath is the overflow of indignation
in our minds**

Anger:

**A strong feeling of annoyance,
displeasure, and vengeance
that we act on**

Clamor:

A loud and confused noise, especially that of people shouting vehemently

Slander:

**Making a false spoken statement
damaging to a person's reputation**

Malice:

**Malice is hatred - and yes, there
various levels of hatred**

**Please Remember -
No one makes me angry,
I choose to be angry then I choose
how I will respond.**

Review Ephesians 4:25-31^{ESV}

- **Be angry and don't sin**
- **Don't go to bed angry-**
- **Don't give the enemy an opportunity**

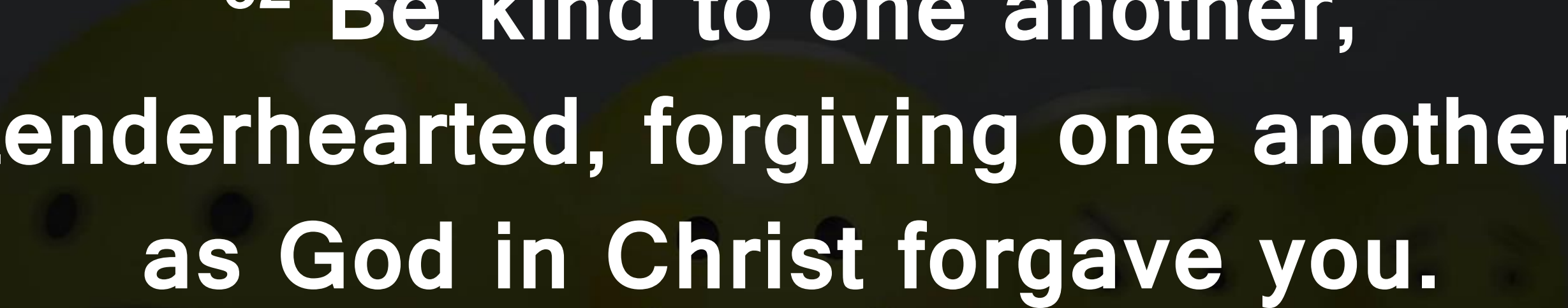
Review Ephesians 4:25-31^{ESV}

- The words we say ought to build up, not blast.
- Be led by the Holy Spirit-
- Put away bitterness, wrath, anger, clamor, slander, malice.

**If you are going to weed
the garden, plant good stuff to take
the place of the weeds...**

Ephesians 4:32^{ESV}

³² Be kind to one another,
tenderhearted, forgiving one another,
as God in Christ forgave you.

The background features three large, stylized smiley faces. The central face is a simple yellow circle with a wide, upward-curving black line for a mouth. To its left and right are two more smiley faces, rendered in a darker, olive-green color with similar simple features. The faces are positioned behind the text, creating a layered effect.

**Be kind in the face of
emotional upheaval - people who have
left behind anger, bitterness, wrath
and slander.**

**Tenderhearted is being like
Jesus-loving, approachable, listening
and building the other up.**

**Forgiving one another -
Forgiveness is no longer holding
someone to account for what they did.
We are releasing them from their debt
to us. It does not mean we are
reconciled or back being friends
or even associating with them.**



Dealing With Our

