

EPHESIANS

ALIVE IN CHRIST

WHO WE ARE NOW

Ephesians 4:25–32

RELATED SCRIPTURES

John 14:5–7 | Matthew 6:25–33 | James 3:1–12

STUDY FOR SERMON FROM 08.03.25

SUMMARY

The apostle Paul reminds the Ephesian church of what they once were before their life in Christ (vv. 17-24), and now he begins to describe who they are now; he describes, very practically, the behavior that marks the Christian who is alive in Christ. Paul's first instruction is to "put away falsehood" (v. 25). Christians, endowed by the Holy Spirit, are imitators of Christ, who is the very embodiment of truth; we should always tell the truth as Christ did. Next, Paul tells believers, "Be angry and do not sin" (v. 26). Perhaps surprisingly, Paul does not instruct the church *not* to be angry; rather, "in your anger, do not sin." The implication being that anger is not inherently evil—even God expresses wrath. However, anger can often give root to bitterness, resentment, and hostility. Paul then instructs the believer, "Let the thief no longer steal" (v. 28). To steal someone else's property is to tell God, "I can't trust you to provide for me." Instead, the Christian should trust that the Lord will always supply their needs. Moreover, we should work for our provision and apply ourselves to the godly activity of labor; God works, and he created us in his image. Paul continues by telling the believer to "Let no corrupting talk come out of your mouths," to do so is to "grieve the Holy Spirit." (vv. 29-30). In his epistle, James, the brother of Jesus, reminds us that with the tongue, "we bless our Lord and Father, and with it we curse people who are made in the likeness of God" (James 3:9). The Lord made our tongues to be instruments of praise that bring glory to God, not tear down those made in his likeness. Lastly, Paul makes his plea to the church that they be a people of forgiveness (vv. 31-32). As Christians, we of all people should have the greatest appreciation for what it means to be forgiven; yet, we tend to be far less generous in forgiving others than God is in forgiving us. Paul's instruction is that, as followers of Jesus Christ, our hearts of forgiveness should reflect the forgiveness we've received in Christ. May the Church reflect the character of Christ in all things!

GROUP QUESTIONS

Share something that surprises, encourages, or troubles you from the sermon or your direct reading of Ephesians 4:25-32.

If Paul instructs the church to "Be angry and do not sin," how can we check ourselves in our anger? How can we ensure our anger doesn't give root to other sin?

Why do we, even as believers in Jesus, frequently find it difficult to forgive others? How can we help our hearts be more inclined to forgive our brothers, sisters, and neighbors?

If there's one thing Jesus would want you to walk away believing and receiving as a result of this portion of Scripture, what is that thing?

CLOSE IN PRAYER

As you pray, be sure to include today's themes in what you bring before God.