

Put on the New

Ephesians 4:25 – 32

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

²⁹Do 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. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Putting on something new involves taking off something old.

Adding a virtue involves getting rid of a vice.

- Take off lies and put on truth – it’s foundational to trust and unity. (25)

Community is built on trust which is built on truth.

- Take off unrestrained anger and put on timely reconciliation – it keeps you from further sin. (26-27)

Righteous anger – directed toward evil or sin.

Unrighteous anger – resentment, spite, malice, animosity, spirit of revenge.

- Take off thievery and put on honest work – it allows you to share with those in need. (28)

Work provides for you and your family.

Work gives opportunity for generosity.

- Take off destructive language and put on productive language – it benefits others. (29)

Is it necessary (needed)? Is it beneficial?

Is it coming from a place of care & concern?

- Take off animosity and put on kindness and forgiveness – they reflect what God does for us. (31-32)

Bitterness, rage, anger, brawling, slander, and malice are self-centered.

Kindness, compassion, & forgiveness are others-centered.

When we put on the wrong things
we hold back the right things
the Holy Spirit wants to bring out in our lives.

This brings sorrow to the Holy Spirit. (30)

What do you need to take off and put on?